



Student Medical Forms FAQ

For Use Beginning:

File Name: Form

Last Update: 5/2020

Division: All School

Purpose: Frequently asked questions about completing the forms: **Student Medical History & Permissions** and **Student Physical Examination**

Instructions and Information

Physical Examination

All new students are required to provide evidence of a physical examination within six months prior to the first day of the new academic year or their first day of school at Concordia to ensure they are in good health. Returning students must provide evidence of a physical examination at the start of every three-academic year after the most recent submission. A complete physical exam ensures your child's good health and is also important to detect any problems that may affect your child's ability to perform in class and/or participate in sports activities.

The **Student Physical Examination** can be completed by your own registered physician in your home or current country or by a registered physician in Shanghai. If your doctor has given you an alternate form, this will suffice; it is not necessary to use the form we have provided, although it is our preference. *Please note: If you use an alternate form that does not include tuberculosis screening, TB screening is required in addition to the form your doctor has given you. (Please see questions 3 to 5 above.)*

Immunization Record (Student Medical History and Permissions form)

Concordia has a **mandatory** vaccination and immunization policy, requiring your child to have current and/or completed MMR, DPT, and Polio series in order to attend school. Varicella vaccine is highly recommended. Concordia follows the Centers for Disease Control and Prevention (CDC) Recommended Immunization Schedule. (Please refer to the CDC website - www.cdc.gov/vaccines/ . If you are unsure if your child's immunizations meet the mandatory requirements, contact the Health Office at health.office@concordiashanghai.org. Your child's doctor visit for his/her **Student Physical Examination** provides an excellent opportunity to review your child's immunization record with his/her doctor to ensure all immunizations are up to date and meet Concordia's mandatory vaccination requirements. Please attach a copy of your child's immunization record, including all exact dates. (Copies accepted in English and Chinese. If in another language, please provide a translation to accompany the document.)

Action Plan

If your child has a significant medical history (such as severe allergic reaction, asthma, seizure disorder, etc.), the school nurse may request additional information in order to formulate an action plan with you and your child's doctor should an emergency occur.

1. Which medical forms do we need to submit for our child(ren) to attend school?

New Students: All Grade Levels

- **Annual, Parent Completed: Student Medical History and Permissions**
- **Student Physical Examination:** Doctor completed. All new students must have a complete physical examination within the six-month period preceding their first day of school at Concordia. Please have your doctor complete this form.
- **Submission deadline for both forms:** Request they be submitted **prior to your child's Orientation Day**. Must be on file in the Health Office before the student can attend class.

Visit the Health Office section, under Services, on the Concordia website (<https://www.concordiashanghai.org/community/services/health-office>) to download PDF versions of both medical forms. They are also available through the Admissions Office. School nurses will verify information is complete and contact parents if additional information or action is required.

Returning Students: All Grade Levels (Applies to all currently enrolled students)

- **Annual, Parent Completed: Student Medical History and Permissions:** Must be completed every academic year the student attends Concordia.
- **Student Physical Examination:** Doctor completed. **To be completed before the start of every three-academic year.** If you are uncertain if this is required for you, please contact the Health Office directly.
- **Submission deadline for both forms:** We request they be submitted **prior to your child's Orientation Day**. Must be on file in the Health Office before the student can attend class in the fall.

The required form(s) can be submitted as part of Returning Student Data Verification process in August. The form(s) may also be given in hard copy to the Health Office (M121) **prior to your child's Orientation Day**. Visit the Health Office section, under Services, on the Concordia website (<https://www.concordiashanghai.org/community/services/health-office>) to download PDF versions of both medical forms. They are also available through the Health Office (health.office@concordiashanghai.org). School nurses will verify information is complete and contact parents if additional information or action is required.

2. Is the Student Physical Examination required yearly, for all students?

No. The Parent Completed Student Medical History and Permissions form is required every academic year. But the Doctor Completed, Student Physical Examination form will be required at the time of admission and then **before the start of every three academic year** that the student is enrolled at Concordia. For example, a student enrolled during the 2013-14 school year would need to renew their exam for the start of the 2016-17 school year.

3. Does my child need the TB (tuberculosis) screening?

TB (tuberculosis) screening will be required each time the **Student Physical Examination** is completed. Tuberculosis is endemic in China, and the purpose of the screening is to identify those people who have been exposed to TB, help prevent the student from becoming ill, and stop disease from progressing.

4. I do not want my child to have an X-ray for the TB screening. Is there another screening method?

Yes. There are another two options:

- A skin test may be administered; however, you should confirm availability with the clinic or plan to do the skin test outside of Shanghai before the start of school in August. Currently the school has been told that the skin test is available at the:
 - Shanghai International Travel Healthcare Center 上海国际旅行卫生保健中心
Address: No. 15 Jin Bang Road, Puxi. 上海金浜路15号
Phone: 6268 5072
Appointment needed for PPD test.
 - United Family Hospital Pudong and Puxi 上海和睦家医院
Address: No. 1598 Xinqinqiao Road Pudong/No. 699 Pingtang Road Puxi 浦东新金桥路1598号/浦西平塘路699号
Phone: 4006393900
Appointment needed for PPD test.

The skin test is called the Mantoux test, Tuberculin Sensitivity Test, or PPD (Purified Protein Derivative) test. The test site (usually the forearm) is cleansed. The PPD extract is then injected under the top layer of skin, causing a blister to form on the skin. You must return to your health care provider within 48 to 72 hours to have the area checked (your health provider will measure any swelling at the site). Requires you to see doctor. For those had BCG, PPD is not recommended as for high rate of false positive result.

- T-SPOT.TB is a single-visit blood test for tuberculosis (TB) screening, also known as an interferon gamma release assay (IGRA). The test is available in most European countries, the United States as well as various other countries. It counts the number of anti-mycobacterial effector T cells, white blood cells that produce interferon-gamma, in a sample of blood. This technique has the advantage that it is comparatively fast (results within 24 hours), and less influenced by previous BCG vaccination compared with the traditional testing method for latent tuberculosis, the PPD skin test.

Most clinics in Shanghai, will provide the test result in 3-5 days which is different from in other countries at this time.

5. If my child has received the BCG (Bacille Calmette-Guérin) vaccine, does he/she still need to complete the TB screening?

Yes. In this case, a chest X-ray or the T-Spot blood test are screening options. We have consulted with several doctors in Shanghai, and they are in agreement that TB screening is necessary even with a history of BCG vaccination. The reason is because BCG is only 75 to 80 percent effective in preventing TB disease, so further screening is necessary to make sure your child is not carrying active TB. A skin test may be administered but may yield a positive result due to previous BCG. The only way we can tell apart a positive PPD result from BCG or an exposure to active disease is by a chest X-ray. Also see the T-SPOT.TB test mentioned above.

6. Can both medical forms be submitted ON the first day of school?

Yes, however, to avoid this problem we recommend that you submit the forms in hard copy the Health Office **prior to your child's Orientation Day**. It is preferred that the forms be submitted earlier. Returning students may submit them as early as the spring prior to the start of the school year to the Health Office or as part of the Returning Student Data Verification process. New students should submit the forms no later than the New Student Orientation in August.