

# TAROPWEN WURUWO

(Kopwe Sinei: Taropwe epwe kan awasino seni ewe chon semwen me pwan sam me in/chon tumun me mwan eom kopwe kuuna ewe chon awora. Chon awora epwene iseni echo kapiin non an ewe chon semwen we rekoto. Sukun epwene iseni echo kapiin non an ewe sukun we rekoton asukun kena a kan ngeni ekkewe met kopwe fofori ren ewe Family Education Rights and Privacy Act (FERPA). Me fan FERPA, rekoton asukun kena epwene pachenong ekkena rekoton an chon sukun we semwen ina ra kan iseis seni sukun kena.)



Kose mochen skaneni QR code ren asofonon nenien angei aninis kena remi riri ngeni semwenin mekur.

Iten: \_\_\_\_\_ Ranin ren uputiw: \_\_\_\_\_

Mwan ika Fefin: \_\_\_\_\_ Ierin: \_\_\_\_\_ Mwich: \_\_\_\_\_ Sukun: \_\_\_\_\_ Urumwot: \_\_\_\_\_

**Safei kena me pwan Allergi kena:** Kose mochen maaketiw meinisin ekkewe safei mi wor taropwer seni dokter me pwan safei kena seni me won counter me pwan asopwesopwen kena (herbal me pwan mongoeoch) ina en ka kan angeir non ei attun.

Met mi wor eom kena allergi?  Ewer  Apw Ika pwe ewer, kose mochen aitata afaten allergi me fan.  
 Safei kena  Pon Ira kena  Mongo kena  Kuukun Maan kena

**Me non ekkewe ruwow wik ra no, a fan fita en ka kan fen awosukosuk seni ekkena osupwang mi tapweto?**  
**Ngeni kich ponu kena usun chok 0 tori 3, eaea ei awukuk: 0 = Ese kan fakkun; 1 = Ekkoch ran; 2 = Nap seni esopw ekkewe ran; 3 = Arapakan iteiten ran**

Ekis mochenin ika apwapwan non forin mettoch kena: 0	1	2	3	Mefingaw, noninengino, ika ese nukunuk: 0	1	2	3
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Arongorong ngeni Chon Awora kena: Ika pwe achufengenin skor a kan 3 ika nap seni, iwe ewe chon sukun epwene kan anapeno awukukun fiti ewe PHQ-9 ren ar repwe finata ika ir ra kan tori ewe tetenin ren ew osupwangen ekkiekingaweno.

**Aweweni "Ewer" ponu kena me fan. Circleni kapaseis kena en kose kan sinei ekkewe ponu ngeni.**

UNUSENAPEN KAPASEIS KENA	EWER	APW
1. Met mi wor eom kena noninen en ka mochen eom kopwe kakapas usun fiti noumuwe chon awora?		
2. Meta a kan wor emon dokter ika pwan emon chon angangen tumunon safei a kan pinei ika awukuku eom fitinong non wurumwot ren ew ekkena popun?		
3. Meta mi wor eom kena sopwesopwenon osukosuken semwen kena ika semwen mi fis non ei attun?		
4. Meta en ka kan angei ew semwenin COVID-19 ina a kan fofori eom nuingeno?		
<b>EKKEI KAPASEIS RA KAN MUT NGENI KICH ACH SIPWE SINEI USUN EWE PECHAKUNEN REN EOM FOUN NGASENGAS</b>	<b>EWER</b>	<b>APW</b>
5. Met en ka kan rochon non mekurum ika arapakan rochono non mekurum nupwen ika murin eom taiso?		
6. Met en ka kan mefi eom kose kinamwe, metek, ngutuno ika ngutun non fan mwerum nupwen eom taiso?		
7. Meta foun ngasengasom a kan mutirino, pichingaw non fan mwerum, ika amweta ew pichin kena (ese weweno pichin kena) nupwen eom taiso?		
8. Meta emon dokter a kan erenuk pwe en awor ew eom ekkena osupwangen foun ngasengasom? Ika pwe, cheki meinisin ekkena ra kan aeoeo ngeni: ___ Tekian feinin chaa      ___ Ew konon pichin foun ngasengas ___ Tekian kolesterol      ___ Ew semwenin foun ngasengas ___ Semwenin Kawasaki      Pwan Ekkoch: _____		
9. Meta emon dokter a kan fen order ew tes ren foun ngasengasom? Ren awewe, electrocardiography (ECG) ika echocardiography.		
10. Met en a kan paaneno non mekurum ika mefi mwochomwochen eom ngasengas seni chienom kena nupwen taiso?		
11. Met en ka kan angei ew seizure me mwan?		
<b>EKKEI KAPASEIS RA KAN MUT NGENI KICH ACH SIPWE SINEI USUN PECHAKUNEN NON EOM FOUN NGASENGAS KOSE MOCHEN PONUWENI NON EOCHUN EOM TONGENI.</b>	<b>EWER</b>	<b>APW</b>
12. Met a kan emon chon eom family ika aramasom a mano ren osupwangen foun ngasengasom kena ika a angei ew mutirin manon me mwan ier 35 (mi pachenong tuuno ika accident ren chitosa ese wor awewen)?		
13. Meta mei wor emon ekkena non eom family a angei ew osupwangen foun ngasengasom seni genetic usun chok hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (AR VC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
14. Meta mei wor emon non eom family a angei ew pacemaker ika ew forinongen defibrillator me mwan ier 35?		
<b>EKKEI KAPASEIS RA KAN MUT NGENI KICH ACH SIPWE SINEI USUN EKKENA OSUPWANGEN CHUU IKA NEFINEN CHUU KENA INA A KAN AWUKUKU EOM TONGENI EOM KOPWE PUSIN MOKUTUKUT FETAN.</b>	<b>EWER</b>	<b>APW</b>
15. Met en ka kan fen angei ew pwanun ika ew feingaw ngeni efoch chuu, muscle, ligament, nefinen chuu ika tendon ina a kan popungonuk eom kopwene missini ew asosot ika wurumwot?		
16. Met mi wor ew eom feingawen chuu, muscle, ligament, ika nefinen chuu ina a kan awosukosuk ngonuk?		
<b>EKKEI KAPASEIS RA MUT NGENI KICH ACH SIPWE SINEI USUN EKKENA OSUKOSUKEN SEMWEN SENI IEI IKA ME MWAN KENA</b>	<b>EWER</b>	<b>APW</b>
17. Met en ka naw, wuur ngasengasom, ika ka kan weires ne ngasengas nupwen/murin taiso?		
18. Met en ka missini ew kidney, ew mesom, ew foun (mwan kena), eom spleen, ika ekkena pwan ekkoch pisekin non inisum?		
19. Met a kan wor metekin nefinen pecheom ika foun ika ew pwono mi fakkun mettek ika hernia non ewe neni nefinen pecheom?		
20. Met a wor eom kena kinikinin kinum kena ra fifis sefan, ika kinikin kena ra kan etto me pwan nono, mi pachenong herpes ika methicillin-resistant Staphylococcus aureus (MRSA)?		
21. Met en ka kan rochono non mekurum ika feingawen mekurum ina a kan popun afitikokono, ew tamenon metekin mekur, ika osupwangen chechemeni kena?		
22. Met en ka kan angei wachikinino, angei tingling, angei apwangepwanenon non poum kena ika pechem kena ika kose kan tongeni amwokutu poum ika pecheom kena murin a kuuruk ika turutiw?		
23. Met en ka kan mefi semwen nupwen eom taiso non ena pwichikar?		
24. Met en ika meta emon non eom family a angei asininin sickle cell ika semwen?		
25. Meta en ka kan angei, ika met en a wor eom kena osupwang ren mesom kena ika eom kuuna?		
<b>EKKEI KAPASEIS RA MUT NGENI KICH ACH SIPWE SINEI IKA EN KA KAN AWORA NGENI INISUM FITI NAFEN PECHAKUN (CHONUN) NUPWEN EN KA KAN MWOKUTUKUT FETAN</b>	<b>EWER</b>	<b>APW</b>
26. Met en ka kan noninen ren choum?		
27. Met en ka kan satuni ngeni ika meta emon a kan pesei pwe kopwe angei/nusunano choum?		
28. Meta en ka nom won ew konon amongo ika meta en ka kan apetieno ekkoch sakkun mongo ika mwichen mongo kena?		
29. Meta en ka kan fen angei ew osupwangen mongo?		
30. Meta en ka kan fen angei ew attun fansoun chaa? (Ika pwe ewer, kose mochen ponuwani ekkai kapaseis mi tapweto.)		
31. Fita ierum ikewe nupwen en ka angei eomuwe aewin attun fansoun chaa? _____		
32. Inet ewe eomuwe aewin minafon attun fansoun chaa? _____		
33. Fita fansoun attun chaa ka kan angei non ewe lasenon 12 maram? _____		

# Chechekin Me Mwan Fitinongen Urumwoten Sukun Kena - Part 2: Chon Awora Safei Epwe Awasano

Asiwinino May 2017

Aweweni "Ewer" ponu kena ikei. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Ngang seni iei uwa apasa pwe, seni ewe eochun ren ai sinei, ai kewe ponu ngeni ekkewe kapaseis me asan ra kan unus me pwan wenechar.**

Sainin seni Chon Urumwot \_\_\_\_\_ Sainin seni Sam me In/Chon Tumun \_\_\_\_\_ Ranin \_\_\_\_\_

*ORS 336.479, Section 1 (3) "Ew sukun district epwe kan fojori pwe chon sukun kena ir ra sopwesopeno ne fitinong non napenon fojorun murin sukun ren urumwot kena non mwchen 7 tori 12 ren ar repwe angei ew chekin inis fan ew iteiten ruwow ier." Section 1(5) "Ekkena chekin inis repwene fojori seni ei section epwe kan fojorino seni emon (a) dokter a angei ew laisen ese awukukuno ngeni fojorun safei; (b) licensed naturopathic dokter; (c) emon aninisin dokter mi laise; (d) fojorun kangof mi certified; ika emon (e) dokterin chiropractic mi laisen ii a wor an kaeon safeian me pwan sinei non asinin semwenin cardiopulmonary me pwan ngawenon kena."*

Taropwe ra kan angei seni ©2023 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. OHA mental health related resources can be found on the OSAA website via the QR code above or at <https://www.osaa.org/resources>.

## TAROPWEN CHECHKIN PECHAKUNEN INIS



*(Kopwe Sinei: Chon awora epwene iseni echo kapiin non an ewe chon semwen we rekoto. Sukun kena repwene iseni echo kapiin an ewe chon sukun kewe rekoton sukun kena a kan ngeni ekkewe met kopwe fojori ren ewe Family Education Rights and Privacy Act (FERPA).*

*Me fan FERPA, rekoton asukun kena epwene pachenong ekkena rekoton an chon sukun we semwen ina ra kan iseis seni sukun kena.)*

Kose mochen skaneni QR code ren asofonon nenien angei aninis kena remi riri ngeni semwenin mekur.

Ranin ren Checheki: \_\_\_\_\_

Iten: \_\_\_\_\_ Ranin ren uputiw: \_\_\_\_\_

Mwan ika Fefin: \_\_\_\_\_ Ierin: \_\_\_\_\_ Mwich: \_\_\_\_\_ Sukun: \_\_\_\_\_ Urumwot: \_\_\_\_\_

CHECHEKI		
Tamen:	Choun:	BMI %:
BP: / ( / ) Pichin	Ngasengas: Kuuna R 20/	L 20/ Apunungunon <input type="checkbox"/> EWER <input type="checkbox"/> APW
SAFEI	MI USUN CHOK MET	MET RA KUUNA KENA REMI KONO
Anapenapen		
Mesen kena/seningen kena/pwotun/woren		
Lymph nodes		
Foun Ngasengasen •Konon Pichin Ngasengasen (auscultation standing, supine, fiti me pwan ese fiti Valsalva)		
Pichin Foun Ngasengas kena		
Ean kena		
Wupwen		
Kinin		
Neurologic		
MUSCULOSKELETAL		
Uwen		
Nukun		
Uwonfaren/poum		
Nesopwen poum/sopun poum		
Kumwochum/poum/ewutun poum		
Nukonapen Inis/tangen		
nepukuwen		
Pechen/epin pechen		
Ipwen pechen/ewutun pechen kena		

- A fatenon ren meinisin urumwot kena nge ese wor awukukunon
  - A fateno ren meinisin urumwot kena nge ese wor awukukunon fiti pesei kena ren anapenon awukukunon ika tumunon ren:
  - Ese kan afateno
    - Witiwit ren anapenon awukukunon
    - Ren ew ekkena urumwot
    - Ren ekkena sakkun urumwot: \_\_\_\_\_
- Popun: \_\_\_\_\_
- Peseier kena: \_\_\_\_\_

Ngang uwa kan cheki ewe chon sukun a wor iten me asan me pwan awasano ewe chekin pechakunen me mwan fitinong. Ewe chon urumwot ese kan uwanong foforon pechakunen seni safei ren an epwe asosot me pwan fitinong non ekkewe urumwot usun a poraus usur me asan. Echo kapiin ren ewe chekin pechakun a kan nom non rekoton non aiwe ofes me pwan a kan tongeni kawor ngeni ewe sukun non ewe tungor seni ekkewe sam me in. Ika pwe ususun kena ra pwano murin ewe chon urumwot a kan fen fateno ren an epwe fitinong, iwe ewe chon awora epwene siwini ewe fateno tori ewe osupwang a kan forino me pwan ekkewe fichin ngawenon kena ra kan unusen aweweno ngeni ewe chon urumwot (me pwan sam me in kena/chon tumun kena). Ei taropwe a kan ew wenecharen kapiin ewe minafon taropwe epwene fofori seni ewe State Board of Education a nom non ewe chok wuruwon kapasais me pwan kuunen chechekin inis kena. Ngang uwa fen pwan cheki ewe "Ekkiekin Foforon Cheki".

Iten Chon Awora (maakei/type): \_\_\_\_\_

Ranin: \_\_\_\_\_

Address: \_\_\_\_\_

Fon: \_\_\_\_\_

Sainin seni Chon Awora: \_\_\_\_\_

ORS 336.479, Section 1 (3) "Ew sukun district epwe kan fofori pwe chon sukun kena ir ra sopwesopeno ne fitinong non napenon foforon murin sukun ren urumwot kena non mwchen 7 tori 12 ren ar repwe angei ew chekin inis fan ew iteiten ruwow ier." Section 1(5) "Ekkena chekin inis repwene fofori seni ei section epwe kan foforino seni emon (a) dokter a angei ew laisen ese awukukuno ngeni foforon safei; (b) licensed naturopathic dokter; (c) emon anininis dokter mi laise; (d) foforon kangof mi certified; ika emon (e) dokterin chiropractic mi laisen ii a wor an kaeon safeian me pwan sinei non asinin semwenin cardiopulmonary me pwan ngawenon kena."

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**MUSCULOSKELETAL**

Angei chon semwen:

1. Wuuta sapngeni chon cheki
2. Nengeni ewe tencho, papen non imw, neno won uwenforom kena, atepa seningom kena ngeni uwenforom kena
3. Amwakutata uwenforom kena (ngeni apechakun)
4. Abduct uwenforom kena 90 degrees, amwochu ngeni apechakun
5. Me nukun akunu unusen poum kena
6. Apechakuna me pwan atamano epin poum kena
7. Poum kena nepenieom kena, epin poum 90 degrees apechakun, pronate/supinate
8. Suukano ewutun poum kena, fori ew afon
9. Apechakuna sopun poum, awenano sopun poum kena
10. "Fetanan Duck" 4 ipweip kena seni ewe chon cheki
11. Wuuta fiti sekurum ngeni ewe chon cheki
12. Awenewena nepukuwom, atepa ewutun pecheom kena
13. Wuuta won epin pecheom, iwe ewutun pecheom kena

Ren an epwe cheki ren:

- AC joints, general habitus
- mokutukutun Cervical chuunapen
- Pechakunen Trapezium
- Pechakunen Deltoid
- Amwokutukutun uwenforom
- Amwokutukutun Epin poum
- Amwokutukutun Epin poum me kumwochum
- Amwokutukutun Poum me ewutun poum, wunungawen kena
- Symmetry me pwan nepukuwom/awuuna epin pecheom
- Amwokutukutunon Hip, nepukuwom me epin pecheom
- Uwenforom symmetry, scoliosis
- Scoliosis, hip mwokutukut, hamstrings
- Calf symmetry, pechakunen pecheom

**AWUKUKUN MURMUR** – Auscultation epwe kan fofori non mwoteti, supine me squatting non ew ruum ese akurang eaea ewe diaphragm me pwan bell seni ew stethoscope.

Auscultation kuuten ren:

1. S1 Mecheres ne rong; ese holosystolic, pwetete, tekiakis wurun
  2. Normal S2
  3. Ese wor ejection ika mid-systolic click
  4. Sopwesopenon diastolic murmur absent
  5. Ese wor mutirin diastolic murmur
  6. Mi Normal femoral pulses
- (Wewe ngeni brachial pulses on pechakun me an toto)

Eiemuwow:

- VSD me pwan mitral regurgitation
- Tetralogy, ASD me pwan pulmonary hypertension
- Aortic stenosis me pwan pulmonary stenosis
- Patent ductus arteriosus
- Aortic ese nafeno
- Coarctation

**CONCUSSION** -- Inet emon chon urumwot a kan tongeni niwin ngeni urumwot murin ew concussion?

Murin aosupwangenon ew concussion, esapw wor chon urumwot kena epwe kan niwin ngeni urumwot ika asosot won ewe chok ranin. Me mwanewe, chon urumwot kena ra kan mut ngenir ar repwe niwin ngeni urumwot ika pwe ar kewe asinin ra kan wasino me non 15 minich seni ewe feingaw. Kaeo kena ra kan pwarano pwe ewe kukunon foun non mekur ese kan pwak sefan non ena mutirin, iwe ina ewe Oregon Legislature a kan forata ew annuk pwe esapw wor chon urumwot epwe kan niwin ngeni urumwot murin ew concussion won ewe chok ranin me pwan ewe chon urumwot epwe kan afateno seni emon fichin chon angangen tumunun safei me mwan ar repwene mumuta ar repwe niwin ngeni urumwot ika asosot.

**Foforinon, Napenon Eochun tetenin Niwin ngeni Fitinong:** Ew katowowun safei epwene kan fofori seni **ORS 336.485, ORS 417.875** me mwan ar repwe niwin ngeni fitinong.

1. Asinin Awukukun Fofor: Foforinon asoso epwe tori 48-72 awa. Mutata tekiakisin foforon inis me pwan foforon anea. Epwene pachenong nonom non imw ika awukuku awan sukun kena me/ika homework. Poputani ne uweisefaninong non fakkun mecheresin fofor nupwen awukukun asinin kena.
2. Mecheresin Taison Aerobic: Fetan ika or stationary bike non tekiakisin tori ekisichok weiresin; esapw wor fofor fengen, apechakun ika kaeon choun.
3. Afatenon Taison Urumwot: Saa mutir, dribbling basketball ika soccer; esapw wor helmet ika equipment, esapw wor foforon ngeni mekuran.
4. Kaeo Esapw wor Fofor fengen: Napenon weiresin fofor kena non unusen pisekin angang. Kaeon chou ika apechakun kaeo epwene poputa.

\*\*Me mwan mokutuno ngeni ewe tetenin murin, ewe chon urumwot epwe kan unusen pwak sefan, afateno seni safei, me pwan non sukun unusen fansoun nge esapw wor anenian kena.

5. Unusen Fofor fengen non Asosot: Fitinong non iteiten unusen fofor fengen foforun kaeo kena.
6. Ese Awukukuno an Niwin ngeni Fitinong / Unusen Asosot fengen: Urumwot ngeni ponuwan ew mwichena.

Ewe chon urumwot epwe kan fori ew kukunon ren ew ran non ew me ew foforon kena. Ika pwe asinin kena ra kan fis sefan, iwe ewe chon urumwot epwe kan kawuuno ewe fofor me pwan kori nourewe chon tumunun chon urumwot ika pwan ekkoch chon angangen tumunun safei. Anongonong won ewe afaten sakkun

me pwan ngawen ekkewe asisinin, ewe chon urumwot meni repwene ereni pwe epwe asoso ren 24 awa me pwan iwe sopweino fofor kena ew teten me fan ewe awukuk nupwen ekkewe asisinin kena ra fis sefan. Sopwesopwenon foforinon a kan aeoeo ngeni meinisin fofor kena mi pachenong urumwot me pwan PE class kena.

**581-021-0041 Taropwe me pwan Foforun ren Chechekin Pechakun ren Urumwot**

1. Ewe State Board of Education a kan angei seni awewe ngeni ewe taropwe a itenapen "School Sports Pre-Participation Examination " ranin April 2023 ina epwene kan eaea ren ar repwe maakei ewe chechekin pechakun me pwan forawow ewe foforun ren forun ewe chechekin pechakun. Ewe taropwe epwene nounou non ika ew hard copy ika maaken electronic. Chon awora safei kena repwene nounou ar kewe eletronic systemin rekoton safei kena ren ar repwe forata ewe taropwen electronic. Chon awora safei kena ir ra kan fori chekin pechakun ren chon sukun kena ir ra fitinong non napenon fofor kena murin sukun non mwichen 7 tori 12 repwe kan nounou ewe taropwe.
2. Ika pwe ewe taropwe a forita seni ew rekoton safei mi eletronic, iwe epwe kan masow ren ekkewe poraus mi tapweto me asan an ewe chon awora we sainin line:  
Ei taropwe a kan ew wenecharen kapiin ewe minafon taropwe epwene fofori seni ewe State Board of Education a nom non ewe chok wuruwon kapaseis me pwan kuunen chechekin inis kena. Ngang uwa fen pwan cheki ewe "Ekkiekin Foforun Cheki".
3. Chon awora safei kena ra kan fori chekin pechakun won ika murin May 1, 2018, me pwan me mwan tori May 1, 2023 repwe kan nounou ewe taropwe a ranin May 2017.
4. Chon awora safei kena ra kan fori chekin pechakun won ika murin May 1, 2023, me pwan me mwan tori May 1, 2024 repwe kan nounou ika ewe taropwe a ranin May 2017 ika ewe taropwe a ranin April 2023.
5. Chon awora safei kena ra kan fori chekin pechakun won ika murin May 1, 2024 repwe kan nounou ewe taropwe a ranin April 2023.

**KOPWE SINEI:** Ewe taropwe a kan tongeni kuuna won ewe Oregon School Activities Association (OSAA) website non <https://www.osaa.org/health-safety>

Statutory/Pwan Ekkoch Chon Nemenem: ORS 326.051

Statutes/Pwan Ekkoch Katowow: ORS 336.479