



Student Medical Forms FAQ

For Use Beginning: 3/2017

File Name: Form

Last Update: 3/2017

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 school 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 beginning of every fourth (4th) year following 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 below.)*

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. 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 +86-21-5899-0380 ext. 1130-2 or 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 or complete this schedule, 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 Student Medical History and Permissions:** Parent Completed.
- **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 by July 31. 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 completed and contact parents if additional information or action is required.

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

- **Annual Student Medical History and Permissions,** Parent Completed: Must be completed every year the student attends Concordia.
- **Student Physical Examination,** Doctor completed: **To be completed at the start of every fourth (4th) year after the most recent submission.** 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 by July 31. 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 or legible scan to the Health Office (M121) **prior to your child's first day of class**. Visit the Health Office section, under Community, 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 annually, but, as of the fall of 2011, the doctor completed, Student Physical Examination form will be required at the time of admission and then **before the start of every fourth year** that the student is enrolled at Concordia. For example, a student enrolled during the 2014-15 school year would need to renew their exam for the start of the 2017-18 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 to 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 two other 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:

- United Family Hospital and Clinics 上海和睦家医院浦西
Address: 1139 Xian Xia Rd. Changning District, Puxi 浦西 长宁区仙霞路1139号
Phone: 400 639 3900
- Shanghai International Travel Healthcare Center 上海国际旅行卫生保健中心
Address: 15 Jin Bang Road, Puxi. 上海金浜路15号
Appointment needed for PPD test.
Time: Mon –Wed, Friday , 9am -11am
Phone: 6268 5072

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. If child has received BCG, they should not do PPD as it will produce a false positive.

T-SPOT.-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.

This test is available at Parkway Health-Jinqiao, United Family Hospitals-Puxi. For now patients have to see the doctor first then have the test scheduled for a later date. Most clinics in Shanghai will provide the test result in 3-5 days which is different from in other countries at this time. Cost is around 1400RMB for the test plus the medical consultation at the clinics mentioned above.

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 would be the 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 any problem we recommend that you submit the forms in hard copy or legible scan to the Health Office by July 31 health.office@concordiashanghai.org. 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.

7. How much will a Student Physical Examination cost?

This depends on the facilities. Clinics that cater to expatriates with English-speaking doctors/nurses will be more expensive. Not all Shanghai clinics have the capability to do skin testing or chest X-rays for the TB screening, so it's a good idea to ask the health care provider when calling to make the appointment. The skin test is called the Mantoux test, Tuberculin Sensitivity Test, or PPD

(Purified Protein Derivative) test. Here is a brief list of costs as of **Mar 2017** at some Shanghai medical service providers that you may wish to consider*: (Please see Page 3 of Student Physical Examination – doctor completed form– for more detailed contact information for these and other hospitals and clinics.)

Clinic	Medical Exam Price with X-ray	Medical Exam Price with PPD	Telephone
Ruidong Hospital	RMB 960		5833 9046
Shanghai East International Medical Center	RMB 1500		5879 9999
United Family Healthcare (Pudong)	RMB 1500		5030 9907
Parkway Health	RMB 2500		6445 5999
United Family Healthcare (Puxi)	RMB 2500-3000	RMB 1900-2200	4006393900
Shanghai Int'l Travel Center	RMB 600	RMB 800	62685072
WorldPath Clinic	RMB 1600		20207888
Yosemite Clinic	RMB 1288		68775093

NOTE: Rates subject to change.