



TRIPLER ARMY MEDICAL CENTER

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July 9, 2009

Get your child's medical records in order for the new school year

July 30 is the red letter day for parents now getting children ready for the first day of the new school year. A visit to the doctor may be on the short list, especially for those who have recently moved to Hawaii. The Hawaii Department of Education requires every student enrolling for the first time to submit a school/sports physical and an updated immunization record.

Parents whose children have food allergies or other special healthcare needs should also ask the school's staff if the school has special forms that need to be completed by their child's doctor.

Who needs a school or sports physical exam

1. Anyone starting kindergarten, or entering the school system for the first time.
2. Anyone changing schools, whether due to a move, going from elementary to middle school, or going from middle school to high school.
3. Children participating in organized sports through the school.

Who does NOT need a school/sports physical

1. Anyone changing grades in the same school. However, all children should have an annual checkup, which can be scheduled at any time during the year.
2. A child who has had an annual checkup in the past eight months does not need another exam. The child's parent or guardian can drop off the required form(s) at the clinic where the child receives care, and the physician who did the exam can fill out the forms. The completed form(s) will usually be ready within three working days.

"Most school-aged children should have a physical once a year," said Dr. Chris McEvoy, chief of the pediatrics clinic at Schofield Barracks Health Clinic. "This allows for a complete exam, evaluation of growth and development, and a chance to discuss common issues as well as any specific concerns. A school physical with your child's primary care manager will meet this recommendation."

"On the other hand, if your child had his or her annual check-up since January, that can also meet the requirement for a school or sports physical," McEvoy said.

For information about physical exams or form completion, call the Tripler Army Medical Center's Pediatrics Clinic at 433-9728, the Adolescent Clinic at 433-4165, the Schofield Barracks Health Clinic at 433-8175/8155, or consult with your doctor.

More information about the state's requirements for enrollment in public schools can be found at:

State Department of Education

<http://doe.k12.hi.us/register/index.htm>

State Department of Health FAQ's: go to <http://hawaii.gov/health> and type "school health" in the Google custom search window in top right corner of the web page.