

HEALTH PROFILE FORM

(Postgraduate Students)

Under the relevant regulation No. 1(iii) Candidate has to produce Health Profile Form, at the time of first enrolment, from the Registered Medical professional (RMP)/University Resident Medical Officer to the effect that s/he is free from any communicable (contagious) disease or mental or physical disability which is likely to stand in the way of his/her pursuing chosen field of study.

Part-A Basic Medical History (To be filled by the Student)			
Bio-Data			
Name of Student:		S/D/W/O:	
Age:		Gender:	
UAF Regd. No.:		CNIC #:	
Contact No.:		Email ID:	
Blood Group:		Parent Contact:	
Faculty:		Department:	
Degree:			
Residential Address:			
Part-B, History (To be filled by the Student and verified by recognized Medical professional (RMP))			
i.	Family History of any medical or psychiatric mental illness		
ii.	History of substance abuse in family		
iii.	Decreased appetite and loss of weight		
iv.	Significant past disease/ illness, surgery, including complications trauma (if any)		
v.	Smoking, alcohol or recreational drugs		
Part-C: General physical Examination (to be filled by the paramedical staff)			
i.	Overall general physical health on appearance		
ii.	Height		iii. Weight
iv.	Blood pressure		v. Temperature
vi.	Pulse Rate		vii. Respiratory Rate
viii.	Any obvious structural abnormality on inspection		ix. Any superficial cuts, needle marks or burn mark on skin
Part-D: General mental Health (to be filled by psychiatric)			
1	General appearance and behaviour specially cell care rapport building understanding of situation and response to the questions and instructions.		

Senior Medical Officer UAF

Recognized Medical Professional

Psychiatrist

2.	General Mental Health (to be filled and authenticated by concerned institution)	
i.	The following information is required for general Mental Health	
ii.	Past psychiatric history, if any	
iii.	A decline in academic performance	
iv.	Manifestation of risky behaviour e.g. increased frequency of vehicle accidents, frequent school light, keeping some weapon like knife etc.	
v.	Habit of running away bunking routine classes	
vi.	History of stealing, late coming in classed, involvement in sexual activities	
vii.	Keeping bad company/friends with habits of bullying using drugs or fights	
viii.	Decline in other activities of interest/hobbies	
ix.	Abrupt change in daily routine	
x.	Disbursed sleep-wake cycle/habit of dozing in the classes	
xi.	Social media post//other pointers of interest towards substance/drug use e.g. tattoos, stickers on vehicle/books and walls of room etc.	
xii.	Increased frequency of mood swings or increased irritability	
xiii.	Lack of physical energy and motivation. Easy fatigability	
xiv.	Decline in self-care	
xv.	Unusual suspiciousness or any other unusual/unexplainable behaviours	
xvi.	Unusual protective behaviours/being over-secretive behaviour regarding personal belongings	
xvii.	Evidence of keeping of cigarettes/other objects of use, employed in taking drugs, inside his/her personal belongings.	
Part-E (Is applicable in case of positive initial Risk Assessment)		
i.	Structured/ Formal Psychological Assessment: Proceed to this or referral for this only if there is increased in risk of substance use suspected on the basis of above mentioned general health profile	
ii.	Urine drug screening Test: Employ this for confirmation if formal psychological assessment confirms the suspicion of substance use found in screening by general health profiling. Test facilities through government health facilitated labs or private labs registered with Punjab health care commission. Lis of registered labs is available at www.phc.org.pk .	

(Academic Council 04-12-2020)

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Health Profile form (postgraduate)