



Medical Clearance Checklist Guidelines

DIMENSION		Yes	No
1.	Does the patient have a new psychiatric condition?		
2.	Any history of active medical illness needing evaluation?		
3.	Any abnormal vital signs?		
	Temperature greater than 38 degrees C		
	Pulse outside of 50 to 120 beats/minute		
	Blood pressure less than 90 systolic or greater than 200; greater than 120 diastolic		
	Respiratory rate greater than 24 breaths/minute		
4.	Focused physical exam directed by history and presentation: Any abnormal physical exam?		
	TO INCLUDE IF APPROPRIATE:		
	• Acute and chronic trauma (including signs of victimization/abuse)		
	• Breath Sounds		
	• Cardiac dysrhythmia, murmurs		
	• Skin and vascular signs: Diaphoresis, pallor, cyanosis, edema		
	• Abdominal distention, bowel sounds		
	• Neurological with particular focus on:		
	• Gait		
	• Pupil symmetry size		
	• Nystagmus		
5.	Any abnormal mental status indicating medical illness such as lethargic, stuporous, comatose, spontaneously fluctuating mental status? (Mental Status Exam)		
6.	Selective diagnostic testing should be guided by the history and physical exam.		
	• CBC, urea, creatinine, E7 and extended electrolytes (calcium, magnesium, and phosphate).		
	• TSH if more than six months since previous test		
	• Alcohol level (if there is a history of liver disease and/or signs of intoxication are present)		
	• acetaminophen (in cases of self harm or if patient is taking Tylenol 3)		
	• Urine Drug Screen (if history is suggestive of substance abuse)		
	• Beta HCG if a urine test cannot be obtained.		
	• ECG		
7.	Diagnosis:		
	Psychiatric -		
	Medical -		
	Substance Abuse -		
8.	Medical follow-up or treatment required on Psychiatry Unit:		
9.	I have had adequate time to evaluate the patient and the patient's medical condition is sufficiently stable for psychiatric evaluation and does not pose a significant risk of deterioration.		

