義守大學 新進教職員工健康檢查紀錄表(餐飲人員適用)

I-SHOU University New Staff Health Exam Form

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姓名		出生日期		職號			
Full name		Date of Birth		Staff no.			
身分證字號		電 話		性別			
(ID or Passport no.)		Phone no.		Sex			
地址							
Address			たもあせ				
電子郵件信箱			行動電話				
E-mail address Cell phone no. 病史 Medical history							
以往病史 Past medical history:							
自覺症狀 Subjective symptoms:							
作業經歷 Work/Study Experience:							
一般檢查 General inspection							
體格 Physique	身高(Heigh	t): cm	體重(Weight)	: kg	腰圍(Waist):	cm	
血壓 Blood Pressure ; 脈搏 Pulse Rate	血壓(BP): / mmHg ; 脈搏(P): 次/ min						
視力 Vision	裸視	裸視 右/R:		矯正	右/R:		
	Uncorrect			<u> </u>	左/L:		
辨色力 Color Vision	□正常(N	ormal) [□異常(Abnormal)	:			
時 A II '	右/R: □正	右/R:□正常(Normal) □異常(Abnormal):					
聽力 Hearing	左/L: □正常(Normal) □異常(Abnormal):						
理學檢查 Physical examinations							
皮膚Skin (含手部皮膚病	、出疹、膿瘡)):	頭頸部 Head &	Neck(含眼疾):			
胸部 Chest:			肺部Lungs:				
腹部 Abdomen:			心臟 Heart:				
口腔 Oral Cavity:			其他 Others:				
肌肉、骨、關節 Muscles/Bones/Joints:							
實驗室檢查 Laboratory Examinations							
白血球 WBC		$10^3/\mathrm{uL}$	肌酸酐 Creatinii	ne		mg/dL	
血色素 Hb	g/dL		尿酸 Uric acid		mg/dL		
空腹血糖 AC sugar	mg/dL		肝功能 SGPT			U/L	
總膽固醇 T-cholestero(CHC	(CHOL) mg/dL		Anti-HAV IgM 抗體		□陽性□	陰性	
三酸甘油酯 Triglyceride(TC	G)	mg/dL	傷寒糞便培養檢查 □陽性		│□陽州□□	陰性	
高密度脂蛋白膽固醇 HDI	密度脂蛋白膽固醇 HDL-C mg/dL 傷寒		勿 公共以2000年				
尿液 Urine: 尿蛋白 Protein () 尿潛血 Occult Blood ()							
胸部 X 光 Chest X-Ray (大片):							
總評建議 Comments and Suggestion	ns						
醫師簽章Doctor's Signature							

請務必加蓋機關印章,否則視同無效。Not valid if without the institution's seal.

	生活型態 Lifestyle
*	請勾選最合適的選項 Tick the box that best describes your lifestyle:
1.	過去 7 天內(不含假日),睡眠習慣: How much did you sleep during the past 7 days (<u>not including weekends</u> , <u>or days off</u>)? □①每日睡足 7 小時; ≥ 7 hours a day □②不足 7 小時; < 7 hours a day □③時常失眠; I suffer from
	insomnia
2.	過去 7 天內(不含假日),早餐習慣: How many days did you eat breakfast during the past 7 days (not including weekends, or days off)? □①都不吃; Never □②有時吃; Seldom, 天 days □③每天吃,幾點吃?點; Every day
	at (time) ?
3.	過去一個月內(不含假日及寒暑假),若以每週至少運動 3 次,每次至少 30 分鐘為基準,心跳達每分鐘 130 下,您做到了嗎? During the past month (not including weekends, days off, or winter or summer vacation), have you exercised three times a week, for at least 30 minutes each time, and achieving a heartbeat rate of 130 bpm each time?:
	□①有;Yes □②沒有;No
4.	過去一個月內,吸菸行為 During the past month, did you smoke?:
	□①不吸菸; No □②時常吸菸; Often □③每天吸菸,支/天; Every day: # cigarettes per day
	□④已戒除; Quit
5.	過去一個月內,喝酒行為 During the past month, did you drink alcohol?:
	□①不喝酒;No □②時常喝酒;Often □③每天喝酒,杯/天;Every day:# glasses per day
	□④已戒除; Quit(1杯的定義:啤酒 330 ml、葡萄酒 120 ml、烈酒 45 ml)
	(Note for ③: please say how many glasses, 'one glass' means: beer 330 ml, wine 120 ml, liquor 45 ml)
6.	過去一個月內,嚼檳榔 During the past month, did you chew betel quid? ①不嚼檳榔; No ② 時常嚼檳榔; Often ② 每天嚼檳榔,粒/天; Every day,# quids per day ② 已戒除; Quit
7.	常覺得焦慮、憂鬱嗎 Do you feel worried or depressed?
	□①沒有; No □②很少; Seldom □③時常; Often
8.	常覺得胸悶嗎 Do you regularly feel chest discomfort?
	□①沒有;No □②很少;Seldom □③時常;Often
9.	常覺得胃痛嗎 Do you regularly feel stomach discomfort?
	□①沒有;No □②很少;Seldom □③時常;Often
10.	常覺得頭痛嗎 Do you regularly have headaches?
	□①沒有; No □②很少; Seldom □③時常; Often
11.	排便習慣:過去7天內,多久排便一次 Bowel habits: During the past 7 days, how often did you defecate?
	□①每天至少一次 At least once every day □②雨天 Once in 2 days □③三天 Once in 3 days □④四天
	以上 Once in 4 or more days
12.	網路使用習慣:過去7天內(不含假日)每日除了上課及作功課需要之外,累積網路使用的時間? Internet use: During the past seven days (not including weekends, or days off), how many hours did you use the internet every day, apart from when doing homework or in class? □①每天少於1小時;≦1hour □②每天約1-2小時;1-2(less than)hours □③每天約2-4小時;2-4
	(less than) hours □④每天約 4-5 小時; 4-5 (less than) hours □⑤每天約 5 小時或以上; ≥ 5 hours