

義守大學 新進教職員工健康檢查紀錄表(一般教職員工適用)

I-SHOU University New Staff Health Exam Form

姓 名 Full name		單 位		職 號 Staff no.	
身分證字號 (ID or Passport no.)		出生日期 Date of Birth		性 別 Sex	
地 址 Address				行動電話 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(Height) : _____ 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 Uncorrected	右/R : _____ 左/L : _____	矯正 Corrected	右/R : _____ 左/L : _____	
辨色力 Color Vision	<input type="checkbox"/> 正常(Normal) <input type="checkbox"/> 異常(Abnormal) : _____				
聽力 Hearing	右/R : <input type="checkbox"/> 正常(Normal) <input type="checkbox"/> 異常(Abnormal) : _____				
	左/L : <input type="checkbox"/> 正常(Normal) <input type="checkbox"/> 異常(Abnormal) : _____				
理學檢查 Physical examinations					
皮膚 Skin :		頭頸部 Head & Neck :			
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 /uL	高密度脂蛋白膽固醇 HDL-C	mg/dL		
血色素 Hb	g/dL	肌酸酐 Creatinine	mg/dL		
空腹血糖 AC sugar	mg/dL	尿酸 Uric acid	mg/dL		
總膽固醇 T-cholesterol(CHOL)	mg/dL	肝功能 SGPT	U/L		
三酸甘油酯 Triglyceride(TG)	mg/dL				
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 Suggestions					

醫師簽章 Doctor's Signature _____

證書字號 Identification number _____

日期 Date : ____ / ____ / ____

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 (*not including weekends, or days off*) ?

☐ 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 ☐ ③ 每天嚼檳榔, _____ 粒/天; Every day, _____ # quids per day
☐ ④ 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 兩天 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; ≤ 1 hour ☐ 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