

Republic of the Philippines Department of Education Region IX, Zamboanga Peninsula



Capitol Drive, Estaka, Dipolog City, 7100

Tel No.: (065) 212-5843

e-mail address: zn.division@deped.gov.ph

RECORDS SECTION

Division Memorandum No: 5, s. 2020

To:

Public Schools District Supervisor

Elementary and Secondary School Heads School Health Personnel Concerned

From

MA. LIZA R. BABILON Ed.D., CESO VI

Schools Division Superintendent

Subject

2020 Annual Physical Examination of DepEd Personnel

Date

February 17, 2020

- 1. Pursuant to DepEd Memorandum No. 22, s. 2015 Annual Physical Examination Of DepEd Employees, all teaching and non-teaching personnel are required to undergo annual physical examination in compliance with Civil Service Commission Memorandum Circular No. 17, s. 1989 considering that the physical well-being of government employees have a significant impact on the efficiency and effectiveness of delivery of public service.
- 2. The annual health examination shall be conducted to ensure that employees are physically fit to perform their assigned roles and functions to give quality, healthy and safe services as public servant using the 3-year Form 86. See Enclosure Nos. 1 and 2.
- 3. Based on the result of the 2019-2020 annual health examination of DepEd Schools Division of Zamboanga del Norte, the top ailments are Hypertension, Urinary Tract Infection, Anemia, Diabetes Mellitus, Upper/Lower Respiratory Tract Infection. Hence the following laboratory and diagnostic tests are required:
 - a. Chest X-ray result (except for pregnant women which required Sputum Analysis)
 - b. Urinalysis
 - c. Complete Blood Count
- 4. For personnel who are 40 years old and above and those who are Hypertensive and Diabetic: ECG, Lipid Profile, Creatinine, Blood Uric Acid and SGPT is suggested. It is further advised for female employees 30 years old and above that Pap smear should be done for 3 consecutive years. If the three consecutive-year result is normal, the next Pap smear would be after 5 years.



Be and Do Much Better Each Day with a Sense of Urgency





Republic of the Philippines Department of Education Region IX, Zamboanga Peninsula SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE

Capitol Drive, Estaka, Dipolog City, 7100

Tel No.: (065) 212-5843

e-mail address: zn.division@deped.gov.ph

A consolidated report on the result of the Annual Physical Examination shall be submitted to the Schools Division Office on or before May 31, 2020 thru

For strict compliance. 6.

CVO/2020Form86/SGOD-SHNS/DM011-2020/02182020





TEACHER'S HEALTH CARD

					D: 11				٨٠٠		Candar				
Name:		-		Date of	Birth:				Age	:	Gender:		-	-	_
School	/District/Division	n:									Civil Status		-		
Positio	n/Designation:										Years in Ser	VICE	<u>-</u> :		-
First Y	ear in Service:														
	Family History: (pls. check		Υ	N				Specifi	/ Relatio	nship				
	Hypertension			[]	1 1				14		-				
	Cardiovascul			1 1	1 1										
	Diabetes Me			ſI	1 1										
				[]	1 1										
	Kidney Disea	ise		1 1	1 1				*******************************						
	Cancer			1 1	1 1										
	Asthma			[]	1 1										
	Allergy			[]	[]										
	Other Remarks:		and the second second second second second										_		
	Past Medical His	story: (che	cic)												
					Y	N						Y		N	
	Hypertensio	n			[]]	1	Tuber	rculosis			[1	[]
	Asthma				[]	[1	Surgi	cal Operations (pl	s. specify	1)	1]	[]
	Diabetes Me	allitus			[]	[1		wish discoloration]	1]	1
	Cardiovascu				[]	ſ	1		nospitalization (re			I	1	1	1
									r (pls. specify)				ž.	65	515
	Allergy (pls.	specify	Data	Res		-		Othe		Date	Result				
	Last Taken	D 11	Date	Res	uit			T		Date	Others	cno	cifu		
	CXR/Sputum	n Result:				-		rug Tes			Others	she	CITY		-
	ECG			-		-			ychiatric exam:						-
	Urinalysis					-	В	lood Ty	ping:						
	Social History														
	Smoking	Υ	N	Age sta	arted:			Stick	s/packs per day:		Packs per year:				
	Alcohol	Υ	N	How o	ften:			Food	preference:						
				-											
	OR Gyn History	Inls encire	cle) (Female Teac	chers)											
	Menarche:							Dura	tion						
			Cycle			-		Duid							
	Service Control														
	Parity:			E	D										
			The state of the s	F	P	P	1	L	S Whon:						
	Papsmear d	one:		γ	N	P			S, When:						
	Self Breast e	one: examinatio			N N	ρ	λ.	if YES							
	Self Breast e Mass noted	one: examination :	n done:	Y Y Y	N N	P	A	if YES	ify where						
	Self Breast e Mass noted	one: examination :		Y Y Y	N N	P		if YES			Date examined:				
	Self Breast e Mass noted	one: examination :	n done:	Y Y Y	N N	P	\	if YES	ify where		Date examined:				
	Self Breast e Mass noted	one: examination : ersonnel: Di	n done: gital rectal exam	Y Y Y	N N			if YES	ify where					N	
	Self Breast e Mass noted For Male pe	one: examination : ersonnel: Di	n done: gital rectal exam	Y Y Y ination do	N N N			if YES	ify where					N	1
	Self Breast e Mass noted For Male pe Present Health Cough	one: examination : ersonnel: Di	n done: gital rectal exam check)	Y Y Y	N N N			if YES	ify whereY N				<i>'</i>	1	<u> </u>
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness	one: examination : ersonnel: Di	n done: gital rectal exam check)	Y Y Y ination do	N N N	,	<i>r</i> 1	If YES	ify where YN	n		1	1]	:
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea	one: examination : ersonnel: Di Status (pls 2wks	n done: gital rectal exam check)	Y Y Y ination do	N N N	1	1 1	Spec	ify where YN Lumps Painful urinatio			1	1 1 1]]
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back	one: examination : ersonnel: Di Status (pls 2wks	n done: gital rectal exam check)	Y Y Y ination do	N N N	1 [1	Spec	ify where YN Lumps Painful urination	aring		1 1 1	1 1 1 1)]]]]
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab	one: examination : ersonnel: Di Status (pls 2wks	n done: gital rectal exam check)	Y Y Y ination do	N N N	1	1 1	Special Specia	ify where YN Lumps Painful urination Poor/loss of he Syncope/faintin	aring		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1 1 1 1	I [[[[]
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extren	one: examination : ersonnel: Di Status (pls 2wks pain pility mity pains	n done: gital rectal exam check)	Y Y Y ination do	N N N	1 [1 1	Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions	aring			1 1 1 1 1 1]]] 1
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of	one: examination : ersonnel: Di Status (pls 2wks pain bility mity pains vission	n done: gital rectal exam check)	Y Y Y ination do	N N N	1 [1 1	Special Specia	ify where YN Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria	aring			1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1]]]]]
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of w	one: examination : ersonnel: Di Status (pls 2wks pain billity mity pains vission eglasses	n done: gital rectal exam check) 1 month	Y Y Y ination do	N N N			Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter	aring			1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
	Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of w	one: examination : ersonnel: Di Status (pls 2wks pain pility mity pains vission eglasses charge/blee	n done: gital rectal examcheck) 1 month	Y Y Y ination do	N N N	1 [1 1	Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter Anemia	aring ng			1 1 1 1 1 1 1 1 1]]]]]
	Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc	one: examination : ersonnel: Di Status (pls 2wks pain pility mity pains vission eglasses charge/blee us: (pls. spe	n done: gital rectal exam check) 1 month ding	Y Y Y ination do	N N N			Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter	aring ng			1 1 1 1 1 1 1 1 1		
	Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc	one: examination : ersonnel: Di Status (pls 2wks pain pility mity pains vission eglasses charge/blee us: (pls. spe	n done: gital rectal examcheck) 1 month	Y Y Y ination do	N N N			Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter Anemia Others: Pls. spe	aring ng ecify)	Result:		1 1 1 1 1 1 1 1 1		
	Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc	one: examination : ersonnel: Di Status (pls 2wks pain pility mity pains vission eglasses charge/blee us: (pls. spe	gital rectal exam check) 1 month ding ecify) ken: (pls. specify)	Y Y Y Y Ination do	N N N			Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter Anemia Others: Pls. spe	aring ng ecify)			1 1 1 1 1 1 1 1 1		
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc Dental State Present Me	one: examination: crsonnel: Di Status (pls 2wks pain bility mity pains vission eglasses charge/blee us: (pls. spe dication tal CXR EXG	gital rectal exam check) 1 month ding ecify) ken: (pls. specify) - Chest	Y Y Y V ination do	N N N			Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter Anemia Others: Pls. spe	aring ng ecify) Imonary T	Result:				
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc Dental State Present Me	one: examination : ersonnel: Di Status (pls 2wks pain bility mity pains vission eglasses charge/blee us: (pls. spe dication tal CXR EXG Y	gital rectal exam check) 1 month ding cify) ken: (pls. specify) Chest Flect Yes	Y Y Y Y Ination do	N N N			Special Specia	Lumps Painful urinatio Poor/loss of he Syncope/faintir Convulsions Malaria Goiter Anemia Others: Pls. spe	aring ng ecify) Imonary T I Term e-mature	Result:		1 1 1 1 1 1 1 1 1		
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc Dental State Present Me	one: examination : ersonnel: Di Status (pls 2wks pain bility mity pains vission eglasses charge/blee us: (pls. spe dication tal CXR EXG Y N	ding cify) - Chest - Yes - No	Y Y Y ination do longer	N N N			Special Specia	Lumps Painful urination Poor/loss of he Syncope/faintin Convulsions Malaria Goiter Anemia Others: Pls. spec	aring ng ecify) Imonary T	Result:		1 1 1 1 1 1 1 1 1 1		
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc Dental State Present Me	one: examination : ersonnel: Di Status (pls 2wks pain bility mity pains vission eglasses charge/blee us: (pls. spe dication tal CXR EXG Y	ding cify) - Chest - Yes - No - Hype	Y Y Y Y Ination do	N N N N none:			Special Specia	Lumps Painful urination Poor/loss of he Syncope/faintin Convulsions Malaria Goiter Anemia Others: Pls. spec	aring ecify) Imonary 1 I Term e-mature ortion	Result:				
	Self Breast e Mass noted For Male pe Present Health Cough Dizziness Dyspnea Chest/Back Easy fatigab Joint/extrer Blurring of v Wearing ey Vaginal disc Dental State Present Me	one: examination : ersonnel: Di Status (pls 2wks pain pility mity pains vission eglasses charge/blee us: (pls. spe dication tal CXR EXG Y N HPN	ding cify) - Chest - Yes - No - Hype - Card	Y Y Y ination do	N N N N Disease			Special Specia	Lumps Painful urination Poor/loss of he Syncope/faintin Convulsions Malaria Goiter Anemia Others: Pls. spec	aring ecify) Imonary T I Term e-mature ortion e Birth	Result:		1 1 1 1 1 1 1 1 1 1		

Enclosure No.1 to DepEd Memo No. OFS s. 2020

HEALTH EXAMINATION RECORD

Name:			Division:		Department:	
Date of Birth:	Birth:		Type of Work:		Sex:	Civil Status:
-	Date:		Date:		Date:	*
	Height		Height		Height	
	Weight		Weight		Weight	
2	Temperature:					
ω	Respiratory System:					
	Fluorography:					
	Sputum Analysis:		And the state of t			
4	Circulatory System:					
	Blood Pressure:		Commission of the commission o			
	Pulse:				AND AND THE OWNER OF THE PARTY	
	Sitting:	Agility Test:	Sitting:	Agility Test:	Sitting:	Agility Test:
5	Digestive System:					
6	Genito-Urinary:					
	Urinalysis, etc.	NEW PROPERTY OF THE PROPERTY O		enssensensissistem en		
7	Skin:					
00	Locomotor System:					
9	Nervous System:			t.		
10		Conjuctivities, etc.:				
	Color Perception:					
11	Vision:	en senan i e dia didi di adrificazioni de denta servización de la come commune prepara de la particular productiva en				
	With glasses:	Far: Near:	With glasses:	Far: Near:	With glasses:	Far:
	Without glasses:	Far: Near:	Without glasses:	Far: Near:	Without glasses:	Far:
12	Nose:					
13	Ear:		APPARATE DES CONTRACTOR DE LA CONTRACTOR			
14	Hearing:					
		Left:	Right:	Left:	Right:	Left:
15	Throat:					
16	Teeth and Gums:					
17	Immunization:					
18	Remarks		ANABOLIS CONTINUES CONTINU			
19	Recommendation	*				
20	Employee's Signature:					
	Employee's Name (Print):					
21	Physician's Signature:					

Physician's Name (Print):



Republic of the Philippines

Department of Education

19 MAR 2015

DepEd MEMORANDUM 22 No. , s. 2015

ANNUAL PHYSICAL EXAMINATION OF DEPED EMPLOYEES (TEACHING AND NON-TEACHING PERSONNEL)

To: Undersecretaries

Assistant Secretaries

Bureau Directors

Directors of Services, Centers and Heads of Units

Regional Directors

Schools Division Superintendents

Heads, Public Elementary and Secondary Schools

All Others Concerned

- All Department of Education (DepEd) teaching and non-teaching personnel shall undergo annual physical examination in compliance with the Civil Service Commission Memorandum Circular No. 17, s. 1989.
- 2. Chest X-ray and laboratory examinations shall only be done as recommended by the physician.
- Teachers' Annual Health Examination Form 86 may be filled out by the DepEd Medical Officer, Tamang Serbisyong Kalusugang Pampamilya (TSEKAP) Service Provider Medical Officer or any government-licensed physician. All DepEd teaching and non-teaching personnel are encouraged to avail of the TSEKAP formerly known as the Primary Health Care Benefit 1 (PCB1) Package.
- To avail of the TSEKAP services, teachers must visit their assigned service provider for enlistment. Profiling of medical history will then be done to determine the needed physical examination. All concerned may refer to DepEd Memorandum No. 30, s. 2014 entitled Expansion of PhilHealth Primary Care Benefit 1 (PCB1) Package to cover Personnel of the Department of Education.
- The teachers' annual health clearance shall be based on the filled out Form 86 or its equivalent health clearance certificates provided by the TSEKAP physician.
- This Memorandum shall rescind the statement in Item 3B, Paragraph 2 of DepEd Order No. 44, s. 2004 entitled Strengthening DepEd's TB Prevention and Control Program Through Adoption of the Comprehensive and Unified Policy on TB Control in the Philippines (CUPTBCP) requiring Chest X-ray in the Teachers Annual Health Clearance.

Immediate dissemination of this Memorandum is desired.

BR. ARMIN A. LUISTRO FSC Secretary