



# MED COMPASS MOBILE HEALTH SERVICES

7841 Wayzata Boulevard #214 | Minneapolis, MN 55426

[www.medcompass.net](http://www.medcompass.net) | O: 952.542.9333 | 800.205.8729 | F: 952.542.0095

## BASIC SCBA USER EXAM

Thank you for your interest in your department's physicals. Med Compass' medical program will ensure that your employees are 'fit for duty' and ultimately their safety in performing their duties. As you know, our testing results are confidential for your employees; Med Compass will always present your employees with sealed envelopes of their results, while management will only be advised who "passed or failed"; not the reason.

As requested here is an explanation of what is in our **Basic Physical**.

### 12 Lead Resting EKG

An EKG is a recording of heartbeats; it detects any irregularities in your heart rhythm. It is the most common test performed to help a Doctor decide on or in many cases eliminate a possible heart problem. If your Doctor or in Med Compass' case **PLHCP** (Physician or Licensed Health Care Provider) thinks you may have heart disease or a heart-related problem, we may refer you on for additional testing.

Listed below are four of the most common reasons for recording an EKG.

- To aid diagnosis of chest
- To know more about your heart rhythm
- To examine the heart with a murmur
- To examine the heart in patients who have high blood pressure

### Blood Pressure

Blood pressure measurement is the non-invasive measurement of the pressure exerted by the circulating blood on the walls of the body's arteries. The purpose of non-invasive blood pressure measurement is to detect any changes from normal values, which may indicate disease. Measurement is also performed to monitor the effectiveness of medication and other methods used to control elevated blood pressure.

### Spirometry (Lung Function Test)

Spirometry (meaning *the measuring of breath*) is the most common of the Pulmonary Function Tests (PFTs), measuring lung function, specifically the measurement of the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled. Spirometry is an important tool used for generating pneumotachographs which are helpful in assessing conditions such as asthma, pulmonary fibrosis, cystic fibrosis, and COPD.

### OSHA Required Questionnaire & Review

This questionnaire is an important part of Med Compass providing you with the best health care possible. Your answers will help in understanding the problems that you may have. Our Health Questionnaire is a strictly confidential screening questionnaire to identify possible health complaints or problems that may be associated with your work/home environmental exposures while reviewing your past medical history. All responses will be reviewed by our physician; no personal information will be released to anyone without your written consent.



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## **Urinalysis**

Urinalysis can be used to detect and measure the level of various substances in the urine, including protein, glucose (sugar), ketones, blood, and other substances. These tests use a thin strip of plastic (dipstick) impregnated with chemicals that react with substances in the urine and quickly change color. Protein may appear constantly or only intermittently in the urine, depending on the cause. Proteinuria is usually a sign of kidney disorders, but it may occur normally after strenuous exercises, such as marathon running. This does not test for any illegal drugs in the body.

The following components are screened:

Glucose in the urine (glucosuria) can be accurately detected by dipstick. The most common cause of glucose in the urine is diabetes mellitus, but the absence of glucose does not mean a person does not have diabetes or that the diabetes is well controlled.

Ketones in the urine (ketonuria) can often be detected by dipstick. Ketones are formed when the body breaks down fat. Ketones can appear in the urine from starvation, uncontrolled diabetes mellitus, and occasionally after drinking significant amounts of alcohol.

Blood in the urine (hematuria) is detectable by dipstick and confirmed by viewing the urine with a microscope and other tests. Sometimes the urine contains enough blood to be visible, making the urine appear red or

Glucose (Sugars) when blood glucose levels rise above 160 mg/dL, the glucose will be detected in urine. The test is used to detect elevated brown. Consequently, glycosuria (glucose in the urine) may be the first indicator that diabetes or another hyperglycemic condition is present.

Acidity of urine is measured by dipstick. Certain foods, chemical imbalances, and metabolic disorders may change the acidity of urine.

I hope the above information clarifies the specific tests and their value to your employees. Please feel free to contact us with any further questions.