



MED COMPASS MOBILE HEALTH SERVICES

7841 Wayzata Boulevard #214 | Minneapolis, MN 55426

www.medcompass.net | O: 952.542.9333 | 800.205.8729 | F: 952.542.0095

COMPREHENSIVE HAZMAT 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 **Comprehensive 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 ECG.

- To aid diagnosis of chest pain
- 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.

- **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 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. Our physician will review all responses; no personal information will be released to anyone without your written consent.

- **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.



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- **Blood Chemistry Profile and Analysis**

A laboratory Blood test is helpful in evaluating the current health status. Our bodies change constantly, and one of the most valuable tools that the physician uses to assess your health is the laboratory Blood test. These tests are ordered, and the results are used by the physician to pinpoint or to support diagnosis, monitor or determine treatment, or to screen for undiagnosed conditions. Blood tests take an internal and dynamic 'snapshot' of you, at the time of the test.

- **Visual Acuity & Color Blindness**

The Visual Acuity test is most often used to measure employees' near and far vision. Additional testing is employed such as depth and color perception; all factors may come in to play at the work site.

- **Hearing Test**

Hearing testing is a means of evaluating an individual's overall hearing function. The tests are used to determine if there is something wrong with the hearing (auditory) portion of the middle ear. They are often used as an ongoing monitoring program or an initial screening for more extensive testing.

- **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 exercise, such as marathon running. This does not test for any illegal drugs in the body.

The following components are screened in the Urinalysis:

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.

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

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.

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