

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	出生日期 Date of Birth	職號 Staff no.	1"Photo
身分證字號 (ID or Passport no.)	電話 Phone no.	性別 Sex	
地址 Address			
電子郵件信箱 E-mail 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 C: 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