

PRO FORMA FOR ANNUAL HEALTH CHECK UP OF INDIAN POLICE SERVICE (IPS) OFFICERS

Name -

Age -

Sex - M/F

(A) I Examinations

1.	<p>General Physical Examination</p> <ul style="list-style-type: none"> <li>(i) Height</li> <li>(ii) Weight</li> <li>(iii) Chest Expansion</li> <li>(iv) BMI</li> <li>(v) Brief Clinical history. if any</li> </ul>
2.	<p>Systemic Examination</p> <ul style="list-style-type: none"> <li>(i) Respiratory System</li> <li>(ii) CVS</li> <li>(iii) Abdomen</li> <li>(iv) CNS</li> <li>(v) Locomotor System</li> <li>(vi) Dental Examination</li> </ul>
3.	<p>Eye Examination</p> <ul style="list-style-type: none"> <li>(i) Distant Vision</li> <li>(ii) Vision with Glasses</li> <li>(iii) Colour Vision</li> <li>(iv) Tonometry</li> <li>(v) Fundus Examination</li> </ul>
	<p>ENT</p> <ul style="list-style-type: none"> <li>(I) Hearing</li> <li>(ii) Oral Cavity</li> <li>(iii) Nose</li> <li>(iv) Throat</li> <li>(v) Larynx</li> </ul>
5.	<ul style="list-style-type: none"> <li>(i) Urological Examination (for men only)</li> <li>(ii) Rectal Examination (for men only)</li> </ul>

## Gynecological Health Check Up

- (i) Pelvic Examination
  - (a) Local Examination
  - (b) Per Vaginum (P/V)
  - (c) Per Speculum
- (ii) Surgical Examination
- (iii) Breast Examination

## (II) Investigations

1.	<b>Haemogram</b> <ul style="list-style-type: none"><li>(i) Haemoglobin</li><li>(ii) TLC</li><li>(iii) DLC<ul style="list-style-type: none"><li>(a) Polymorphs</li><li>(b) Lymphocytes</li><li>(c) Eosinophils</li><li>(d) Basophils</li><li>(e) Monocytes</li></ul></li><li>(iv) Peripheral Smear</li></ul>
2.	<b>Urine Examination</b> <ul style="list-style-type: none"><li>(i) Colour</li><li>(ii) Albumin</li><li>(iii) Sugar</li><li>(iv) Microscopic Examination</li></ul>
3.	<b>Blood Sugar</b> <ul style="list-style-type: none"><li>(i) Fasting</li><li>(ii) Post-Prandial</li></ul>
4.	<b>Lipid Profile</b> <ul style="list-style-type: none"><li>(i) Total Cholesterol</li><li>(ii) HDL Cholesterol</li><li>(iii) LDL Cholesterol</li><li>(iv) VLDL Cholesterol</li><li>(v) Triglycerides</li></ul>
5.	<b>Liver Function Test</b> <ul style="list-style-type: none"><li>(i) S. Bilirubin (total)</li><li>(ii) S. Bilirubin (direct)</li><li>(iii) S.G.O.T.</li><li>(iv) S.G.P.T.</li></ul>

6.	<p>Kidney Function Test</p> <p>(i) Blood Urea (ii) S. Creatinine (iii) S. Uric Acid</p>
	<p>Cardiac Profile</p> <p>(I) S.LDH (ii) CK-MB (iii) S.CRP (iv) SGOT</p> <p>For Men (v) PSA</p> <p>For Women (vi) PAP SMEAR</p>
8.	X-Ray-Chest PA View Report
9.	ECG Report
10.	USG Abdomen Report
11.	TMT Report
12.	Mammography Report (Women)

B. MEDICAL REPORT OF THE OFFICER

1.	Haemoglobin level of the officer	Normal/Low
2.	Blood Sugar Level	Satisfactory/Normal/High/Low
3.	Cholesterol level of the officer	Normal/High/Low
4.	Liver Functioning	Satisfactory/Normal/Dysfunctioning
5.	Kidney Status	Normal / Both/one kidney not functional optimally
6.	Cardiac Status	Normal/Enlarged/Blocked/Not normal

C. SUMMARY OF MEDICAL REPORT (only copy of this part is to be attached to PAR)

	<u>Overall health of the officer</u>		
2.	Any other remarks based on the health <u>medical check up of the officer</u>		
3.	Health Profile Grading		

Date :

Signature of Medical Authority

Designation: