SMC Health Sciences Department
PHYSICAL EXAM, TITERS AND IMMUNIZATION INSTRUCTIONS

Important:
✓ Nursing student will retain all original forms (health insurance card, lab results, vaccinations, TB test documents, etc.) to show proof of completion and coverage while enrolled in the Nursing program. Nursing student is responsible for informing Health Sciences Department of all updates.
✓ Use black ink when completing all forms!

Incoming FALL 2018: Nursing students must have a complete Physical Exam submitted by JULY 23, 2018 as required by the Nursing Program.

- Nursing students can have their Primary Care Provider (PCP) complete the Nursing Physical Exam as long as the Physical Exam is documented on the blue "Confidential Medical History" form (enclosed).
- A Medical Doctor (MD), Doctor of Osteopathy (OD) or a Nurse Practitioner (NP), must do the Physical Exam. Physical Exams completed by Physician Assistants or Chiropractors are not accepted.
- Nursing Physical Exams are not performed in the SMC Health Services Center. Select services can only be rendered to currently enrolled students and who have paid current semester health fees (please refer to the information on SMC Health Services Center General Information handout).

THE COMPLETE NURSING PHYSICAL EXAM CONSISTS OF:

☐ Completion of the blue Confidential Medical History Form in black ink.
☐ Have your Primary Care Provider (PCP) attach their business card or place their ‘business stamp’ by their signature on the completed blue Confidential Medical History form.
☐ Make a copy for your records and turn in the original blue Confidential Medical History form.

☐ Numerical (IgG) Titers: completed/filled in (by PCP) green Nursing Student Health Requirements Form (blood levels) to indicate immunity to:
  ☐ Hepatitis B, ☐ Measles (Rubeola), ☐ Mumps, ☐ Rubella, and ☐ Varicella (chickenpox)
    ▪ If vaccination/re-vaccination is required, follow-up blood titers must be done 30 days after vaccination and a completed/filled in Nursing Student Health Requirements Form must be resubmitted to verify vaccination updates and blood titers.
    ▪ Make a copy for your records and turn in the completed original green Nursing Student Health Requirements Form

☐ Submit a copy of these required blood & urine test results: UA with Microlab, VDRL and CBC within the past 6 months from the time of admission to the Nursing program.

☐ Immunization documents that show proof of vaccinations, e.g., ☐ Polio vaccination.
NOTE: Hepatitis B series must be completed IN FULL by the end of 2nd 8 weeks of your 1st semester.

☐ Tdap vaccination, (Tetanus/Diphtheria/Pertussis), is required within the past 5 years from the time of admission to the Nursing program. Tetanus (Td) alone is not acceptable.

☐ Proof of 2-Step TB Skin Test or CXR or Blood Test
☐ Current seasonal flu vaccination

4/30/18: Physical Exam Instructions (per EA)
Titer and Vaccination Explanations – Please read carefully
(Adapted from the CSULB School of Nursing website)

Serum titers are blood tests that measure whether or not you are immune to a given disease(s). More specifically, a quantitative serum titer is a titer with a numerical value indicating your actual degree of immunity to a disease(s). The clinical sites where you will be working at require documented proof of immunity in the form of quantitative titers – simply getting the vaccination is not enough. Therefore, each student must have quantitative titers drawn and keep copies of the official laboratory printouts containing the numerical values for Mumps, Measles, Rubella, Varicella and Hep B immunity. The numerical values should also be indicated on your completed Nursing Student Health Requirements Form (green form) that will be completed by your Primary Care Provider.

IMPORTANT THINGS TO BE AWARE OF/PITFALLS TO AVOID:

1. If you do not have a record of the previous vaccinations you have received, get your titers drawn first.
   - Why? Your titers might indicate a high immunity to a specific disease, in which case you will not need to get vaccinated for that disease.

2. Please get the exact type of titers we have asked you to complete.
   - 3 Common Mistakes Students Make:
     o Quantitative vs. Qualitative titers – quantitative titers have a numerical value, qualitative simply indicates “immune vs. non-immune” (with no numerical value). Be sure to get quantitative titers. If you do not get quantitative titers, we will ask you to get them redone.
     o IgG vs. IgM titers – you need IgG titers; DO NOT get labs for IgM titers.
     o Hbs AB IgG vs. HbsAG IgG titers (for Hep B) – you need Hep B AB (antibody) titers, NOT Hep B AG (antigen) titers.

3. If the titer for a specific disease shows that you are not immune, you need to get vaccinated or re-vaccinated (also known as getting a booster).
   - Note: This is where previous vaccination records are helpful. Vaccinations for different diseases have different timelines and numbers of shots needed (example – Varicella – 2 shot series 4-6 weeks apart vs. Hep B – 3 shot series over 6 months). If a specific titer indicates non-immunity, then your physician can direct you on next steps for vaccination.

4. Once vaccinated, titers should not be drawn until 6-8 weeks after the vaccination.
   - Why? If drawn to soon afterwards, the titers will indicate non-immunity as the vaccine will still be in your system. Do not make the mistake of getting a titer drawn prematurely in order to meet the nursing department deadline; that does not work in your favor.

WHAT TO DO IF ANY OF YOUR QUANTITATIVE TITERS COME BACK NOT-IMMUNE:

1. Consult your physician about your vaccination history – how many immunizations have you already received for the disease(s)?
2. If you have not already had it, start the vaccination series for the non-immune disease. If you are part way through the vaccination serious, complete it.
3. If you have completed the series, you will need to get an additional immunization (also known as a booster) for that disease.
4. After completing the series, or getting the booster, wait 6 weeks and then get a follow-up titer. DO NOT GET THE TITER TOO EARLY OR IT WILL COME BACK NON-IMMUNE.

WHAT TO DO IF YOUR FOLLOW-UP TITER STILL COMES BACK NON-IMMUNE:

- If you have received all of the immunizations possible (by completing the series and getting boosters), you may not convert to immunity. At this point, it is okay. The SMC Nursing program will need you to retain all documentation indicating your non-immunity to the disease(s), in the form of your follow-up titer(s). With this, you will be allowed to participate in clinical rotations.