

What is a physical screening?



Early Explorers requires that your a physical screening. You will need to make sure it is scheduled with your local public health nurse or Health Tracks (if your child is on medical assistance) at your social services office. This must be completed ASAP. You must have the nurse, that screens your child send the results to Early Explorers as soon as it is completed. Thank you.

The screening starts with a nurse who will call you from the waiting room into the exam room. There, the nurse will measure your weight and height to see how much you have grown since your last visit.

At the screening the nurse wants to make sure all your parts are in working order. To do this, he or she will use several tools to measure such things as your temperature, blood pressure, and reflexes. The nurse will put these numbers and information in your chart so that he or she will have a record of how your body looks - inside and out. Here's what the nurse will be checking out:

Blood pressure: Your blood pressure shows how hard your heart is pumping blood throughout your body. To measure it, the nurse will seal a cuff around the top part of your arm. Using a pump, the doctor will blow air into the cuff, which then will tighten around your arm like a little balloon. When the balloon begins to lose air, the doctor will watch the numbers on the meter to make sure the pressure isn't too high or too low.

Heart and lungs: The doctor will press the round, cool part of the stethoscope against your chest to hear your heart and against your back to examine your lungs. When the doctor listens to your heart, he or she will hear a sound like "lub-a-dub, lub-a-dub," which will let him or her know that blood is pumping through your heart correctly. The doctor will also listen to how fast your heart beats, or feel your pulse. When the nurse is listening to your lungs, he or she will ask you to take several deep breaths, to hear if air is moving in and out of your lungs OK.

Eyes, ears, nose, and throat: The nurse will use an otoscope, a tool which can be used to shine light into your eyes, ears, nose, and mouth. This helps the doctor see the part of your ear that allows you to hear. The nurse can also shine the light into your mouth to check for a sore throat.

Spine: Your nurse will ask you to bend over so he or she can check your spine to make sure it's straight. A curved spine could mean that you have scoliosis.

Hearing tests: for children over three year old they will use a machine that sends out high and low frequency sounds, the doctor or nurse will ask you to raise your hand to show when you hear something. It's OK not to hear every noise - the nurse just wants to know what you can hear. For the younger child they will check to see if child responds to a bell.

Immunizations: Going to the nurse doesn't mean you're going to get stuck with a needle. But there are regular immunizations (a fancy word for shots) that will help keep you from getting sick from some infectious diseases, such as measles.

Vision screening: For the children over three the nurse will have you look at some pictures to see how your eyes are working. She will check both eyes and then have you cover each eye one at a time with your hand to check them individually. The younger child's vision will be checked by having the child follow an object.

Blood tests: The nurse will check your blood. This means a little finger poke with a small needle. This checks your hemoglobin to make sure you are eating well.