##### MARCH OF THE LIVING YOUTH DELEGATION 2018

##### DOCTOR’S REPORT

##### NOTES TO THE EXAMINING DOCTOR

1. Each March of the Living participant will face a new and strenuous environment, which will be physically as well as emotionally stressful. They will be living, eating and sleeping in a communal environment. They will be expected to participate in activities, which will include long bus rides, walking long distances and other strenuous activities. They will visit places such as Auschwitz and Majdanek, where they will be emotionally affected. Therefor, it is essential that this medical report be as complete and precise as possible. Please bear in mind that the medical facilities available for participants will cover only acute illness and accidents. There are no facilities available within the framework of the March of the Living program, for the treatment of chronic disturbances.
2. You should complete this form only if you have known the applicant for the last 18 months. In addition, if the applicant has been under the care of a specialist (i.e. cardiologist, neurologist, psychiatrist, psychologist, social worker, etc.) it is essential that the specialist summit a written report for use by the representatives of the March of the Living South Africa, to better service the applicant.
3. If the applicant is required to continue receiving medication while participating in the program, he/she should be given a medical letter giving full details. Since medicine is not often available under the same trade name as in South Africa, the full generic name should be given.
4. It is our intention to rely on this completed form and supplementary letters in determining the final acceptance of the applicant into this program.
5. The final decision will be made by the representatives of March of the Living South Africa together with the relevant experts from International March of the Living.
6. If you become aware of any change in the applicant’s medical or psychological condition, please notify Rene Pozniak (details below)
7. The information on this report form and all supplementary material on the physical, mental or psychological condition of the applicant shall be held strictly confident.
8. If you have any concern about the participation of the patient in this program, please contact Rene Pozniak.

### PHYSICAL EXAMINATION

To be completed by a licensed physician.

1. Significant past illnesses or emotional problems which might have bearing on the participant’s health while he/she is away:

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1. Present physical or emotional problems: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Medications – If so, list detailed prescription and exact instructions:

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1. Dietary restrictions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Restrictions on physical activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Required: Tetanus date \_\_\_\_\_\_\_\_\_\_\_\_\_
3. My recommendations are as follows: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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#### Name of Doctor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stamp and signature of Physician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### PHYSICIAN’S STATEMENT

##### Name of applicant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the above medical form and thereafter have examined the above named participant and have recorded the results above, which represent to the best of my knowledge, the entire applicant's medical history and my findings. In my opinion, the applicant is

* ­­Capable of participating in the March of the Living Tour.
* Incapable of participating in the March of the Living Tour (as outlined in the notes).

I have known the applicant for \_\_\_\_\_ years. To the best of my knowledge the information on these pages is correct.

I understand that the leadership of the March of the Living and its representatives will rely on my report and findings.

* If you become aware of a change in the applicant’s medical condition, please notify:

Rene Pozniak

Tour Leader

March of the Living

South Africa Youth

rpoz@telkomsa.net

082 556 9573