**GENERAL HEALTH PROFILING FOR UNIVERSITY STUDENTS**

**Following Structure of Profiling is recommended to be followed.**

**Name of the Institution: University of Chakwal**

**Name of District: Chakwal**

**PART – A**

**Basic Medical History (To be filled by Student)**

**Bio Data:**

|  |  |  |
| --- | --- | --- |
| **i** | **Name** |  |
| **ii** | **Age** |  |
| **iii** | **Gender** |  |
| **Iv** | **Residential Address** |  |
| **V** | **Class** |  |
| **vi** | **Contact Number of Parent / Guardian** |  |

**PART – B:**

History (To be filled by Student and verified by Recognized Medical Professional **(RMP)**

|  |  |  |
| --- | --- | --- |
| **i** | **Family History of any Medical or Psychiatric illness** |  |
| **ii** | **Past Medical and Surgical History, if any** |  |
| **iii** | **History of Substance abuse in family** |  |
| **Iv** | **Decreased appetite and loss of weight** |  |

**PART – C**

General Physical Examination (To be filled by Paramedic Staff)

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| **i** | **Overall General Physical Health on appearance** |  |
| **ii** | **Height** |  |
| **iii** | **Weight** |  |
| **iV** | **Blood Pressure** |  |
| **V** | **Temperature** |  |
| **Vi** | **Pulse Rate** |  |
| **Vii** | **Respiratory Rate** |  |
| **Viii** | **Any obvious structural abnormality on inspection** |  |
| **ix** | **Any Superficial cuts, needle marks, or burn marks on skin** |  |

**PART – D**

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| **1** | **General Mental Health (To be filled by Psychiatrist)** |  |
| **i** | **General appearance and behavior especially self-care report building understanding of situation and response to questions and instructions** |  |
| 2 | **General Mental Health (To be filled & authenticated by concerned institution)** |  |
| **i** | **Past psychiatric history if any** |  |
| **ii** | **History of smoking and any other substance / drug abuse** |  |
| **iii** | **A decline in academic performance** |  |
| **iV** | **Manifestation of risky behaviors e.g. increased frequency of vehicle accidents, frequent college fight, keeping some weapons like knife etc** |  |
| **V** | **Habit of running away / bunking routing classes** |  |
| **Vi** | **History of stealing late coming in classes involvement of sexual activities** |  |
| **Vii** | **Keeping bad company / friends with habits of bullying using drugs or fights** |  |
| **Viii** | **Decline in other activities of interest / hobbies** |  |
| **ix** | **Abrupt change in daily routine** |  |
| **x** | **Disturbed sleep wake cycle / habit of dozing in the classes** |  |
| **xi** | **Social media post / other pointers of interest towards substance / drug use e.g. tattoos, stickers on vehicle / books etc** |  |
| **xii** | **Increased frequency of mood swings or increased irritability** |  |
| **xiii** | **Lack of physical energy and motivation, easy fatigability** |  |
| **xiv** | **Decline in self – care** |  |
| **xv** | **Unusual suspiciousness or any other unusual / unexplainable behaviors** |  |
| **xvi** | **Decline in socialization** |  |
| **xvii** | **Unusual protective behaviors / being over-secretive behavior regarding personal belongings** |  |
| **xviii** | **Evidence of remains of cigarettes / other objects of use, employed in taking drugs, inside his / her personal belongings** |  |

**PART – E:**

(Is applicable in case of positive initial Risk Assessment)

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| **I** | **Structured / Formal Psychological**  **Assessment Proceed to this or referral for this only if there is increased risk of substance use suspected on the basis of above mentioned General Health Profile** |  |
| **ii** | **Urine drug Screening test**  **Employ this for confirmation if formal Psychological Assessment confirms the suspicion of substance use found on screening by General Health Profiling** |  |