

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)

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

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-protective 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)

i	<u>Structured / Formal Psychological Assessment</u> 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	<u>Urine drug Screening test</u> Employ this for confirmation if formal Psychological Assessment confirms the suspicion of substance use found on screening by General Health Profiling	