

Many school students will start their summer break next month. What is your best advice for getting back-to-school physicals completed prior to the final week before school starts in August, when there is a big rush for required sports physicals?

- 1) We coordinate with the school to provide one or two days for physicals prior to school letting out in May. Then, we have another one or two days in August just before school starts. We do the physicals in the clinic, and the entire staff coordinate the process.
- 2) I have seen this done several ways, but the best is to set up a time with the school to do as many physicals on the same day as possible. With bigger schools we have organized multiple providers to get together on one or two nights at a mutual location (usually the school) and do the exams at that time.
- 3) We have the “best practice” model for getting them done in our town. It was started by two FPs prior to me so I can’t really take credit, but I participate every year. We have a designated day after 6th hour sports toward the end of the school year in May. We charge a minimal amount, used to be \$6 now I think it’s up to \$10. We get nurse, EMTs, PTs, and doctors to all volunteer. They either come to our clinic, or we go to the school; both work well. All the proceeds are donated back to school athletic department as a fund raiser. The coaches all come and organize the kids. Win-win.
- 4) We do the same in McIntosh County. It was started by a doc in Checotah and me in Eufaula in 1985. We rally the other docs, nurses, chiropractors, eye docs and go to the 2 schools at the end of May to do the exams....great time to discuss issues and compare notes....we don’t charge the students and get paid with a good supper furnished by the school.