



BORANG PENILAIAN PERUBATAN PRA-PERTANDINGAN

*Borang ini perlu diisi oleh doktor yang diiktiraf

*ECG wajib dilampirkan

*Isi setiap bahagian

*Ujian darah dan radiografi dilampirkan bila perlu

A. Maklumat Pemain | *Players Details*

Nama Penuh <i>Full Name</i>	:	
No KP / Passport <i>ID or Passport Number</i>	:	
Tarikh Lahir <i>Date of Birth</i>	:	
Jantina <i>Gender</i>	:	
Universiti / Institusi <i>University / Institution</i>	:	

B. Sejarah Perubatan | *Medical History*

i. Umum | *General*

		Ada yes	Tiada No
Epilepsi / Sawan <i>Epilepsy / Seizure</i>	:	[]	[]
Alahan <i>Allergy</i>	:	[]	[]
Gegaran Otak <i>Concussion</i>	:	[]	[]
Strok Haba <i>Heat Stroke</i>	:	[]	[]
Lain-lain <i>Others</i>	:	[]	[]

ii. Keluhan Jantung dan Paru-paru

		Ada yes	Tiada No
Sakit dada <i>Chest Pain</i>	:	[]	[]
Berdebar-debar <i>Palpitation</i>	:	[]	[]
Pingsan atau pitam <i>Syncope</i>	:	[]	[]
Bronkial asma <i>Bronchial Asthma</i>	:	[]	[]
Dinasihati tidak bersukan <i>Advised not for Sports</i>	:	[]	[]
Penat yang melampau <i>Unexplained fatigue</i>	:	[]	[]

C. Sistem Muskuloskeletal

i. Kecelakaan Serius (nyatakan tahun) | *Serious injury (state the year)*

	Kanan <i>Right</i>	Kiri <i>Left</i>	Tiada <i>None</i>
<i>Groin Strain</i>			[]
<i>Quadiceps Strain</i>			[]
<i>Hamstring Strain</i>			[]
<i>Knee Ligament Injury</i>			[]
<i>Ankle Ligament Injury</i>			[]

ii. Pembedahan (nyatakan tahun) | *Surgery (state the year)*

	Kanan <i>Right</i>	Kiri <i>Left</i>	Tiada <i>None</i>
<i>Hip Joint</i>			[]
<i>Groin</i>			[]
<i>Knee Ligament</i>			[]
<i>Meniscus / Cartilage</i>			[]
<i>Achilles Tendon</i>			[]
<i>Ankle Joint</i>			[]

iii. Keluhan Sekarang | *Presenting Complaint*

Ada <i>yes</i>	Tiada <i>No</i>
	[]

D. Sejarah Penyakit Keluarga | *Family Medical History*

	Ayah <i>Father</i>	Ibu <i>Mother</i>	Adik beradik <i>Siblings</i>	Datuk/nenek <i>Grandparents</i>	Tiada <i>None</i>
Kematian jantung mengejut <i>Sudden cardiac death</i>	[]	[]	[]	[]	[]
Kematian bayi mengejut <i>Sudden infant death</i>	[]	[]	[]	[]	[]
Penyakit jantung <i>Heart disease</i>	[]	[]	[]	[]	[]
Tekanan darah tinggi <i>Hypertension</i>	[]	[]	[]	[]	[]
Kerap pengsan <i>Frequent fainting spells</i>	[]	[]	[]	[]	[]
Kardiomiopati <i>Cardiomyopathy</i>	[]	[]	[]	[]	[]
Aritmia <i>Arrhythmia</i>	[]	[]	[]	[]	[]
Transplan organ <i>Organ Transplant</i>	[]	[]	[]	[]	[]
Perentak jantung <i>Pacemaker</i>	[]	[]	[]	[]	[]
Sindrom Marfan <i>Marfan Syndrome</i>	[]	[]	[]	[]	[]
Strok <i>Stroke</i>	[]	[]	[]	[]	[]
Penyakit Kencing Manis <i>Diabetes Mellitus</i>	[]	[]	[]	[]	[]
Kanser <i>Cancer</i>	[]	[]	[]	[]	[]
kemalangan kereta yang tidak dapat dijelaskan <i>unexplained car accident</i>	[]	[]	[]	[]	[]

E. Sejarah Ubat-ubatan | *Medication History*

	Ada (nyatakan) <i>yes (specify)</i>	Tiada <i>none</i>
Ubat Rawatan sekarang <i>Current prescription</i>		[]
Alahan Ubat <i>Medication allergy</i>		[]
Ubat hormon untuk melambatkan haid semasa pertandingan penting? <i>Hormonal medication to suppress menstruation during an important competition?</i>		[]

F. Pemeriksaan Umum | *General Examination*

Tinggi <i>Height</i>	:		Berat Badan <i>Weight</i>	:	
Tekanan Darah <i>Blood Pressure</i>	:		Nadi <i>Heart Rate</i>	:	

		Normal <i>normal</i>	Tidak normal <i>abnormal</i>
Kelenjar Tiroid <i>Thyroid Gland</i>	:	[]	[]
Kelenjar Limfa <i>Lymph nodes</i>	:	[]	[]
Paru-paru <i>Lungs</i>	:	[]	[]
Perut <i>Abdomen</i>	:	[]	[]

Marfan Kriteria <i>Marfan Criteria</i>		Ada <i>yes</i>	Tiada <i>none</i>
		<i>Pectus carinatum (pigeon chest)</i>	[] []
		<i>Pectus excavatum (sunken chest)</i>	[] []
		<i>Hindfoot deformity/Flat feet</i>	[] []
	:	<i>Arm span/Height ratio > 1.05</i>	[] []
		<i>Scoliosis or thoracolumbar kyphosis</i>	[] []
		<i>Reduced elbow extension</i>	[] []
		<i>Facial features (Dolichocephaly, enophthalmos, down-slanting palpebral fissures, malar hypoplasia, retrognathia)</i>	[] []
		<i>Striae not associated with weight change.</i>	[] []

G. Sistem Kardiovaskular | *Cardiovascular System*

		Normal <i>Normal</i>	Tidak normal (nyatakan) <i>Abnormal (specify)</i>
Ritma <i>Rhythm</i>	:	[]	
Bunyi Jantung <i>Heart Sound</i>	:	[]	
Murmur Jantung <i>Heart Murmur</i>	:	[]	
12-Lead ECG/EKG (*Lampirkan <i>Attach</i>) <i>The international consensus on ECG interpretation in athletes</i>	:	[]	

H. Ujian Darah atau Radiografi (jika perlu)

Blood Test or Radiography (if necessary)

- i. *Full Blood Count (Hb / WBC / HCT / Platelet) jika anemia | if anemia*
- ii. *Radiografi (xray / report MRI) | Radiography (xray / MRI report)*
- iii. *Lain-lain ujian | Other investigations*

I. Rumusan Pemeriksaan Perubatan

Summary Medical Examination

		Normal <i>Normal</i>	Layak dengan pemeriksaan susulan <i>Eligible for follow-up examination</i>	Tidak layak <i>Ineligible</i>
B. Sejarah Perubatan <i>Medical History</i>	:	[]	[]	[]
C. Sistem Muskuloskeletal <i>Musculoskeletal System</i>	:	[]	[]	[]
D. Sejarah Penyakit Keluarga <i>Family Medical History</i>	:	[]	[]	[]
E. Sejarah ubat-ubatan <i>Medication History</i>	:	[]	[]	[]
F. Pemeriksaan Umum <i>General Examination</i>	:	[]	[]	[]
G. 12-lead ECG/EKG	:	[]	[]	[]

		Layak <i>Eligible</i>	Layak dengan pemeriksaan susulan <i>Eligible for follow-up examination</i>	Tidak layak <i>Ineligible</i>
Pengesahan Perubatan untuk Penyertaan Sukan <i>Medical Clearance for Sports Participation</i>	:	[]	[]	[]

J. Pengesahan Pemeriksaan Doktor | *Confirmation of Medical Examination*

Nama <i>Name</i>	:	
Tandatangan <i>Signature</i>	:	
Cop <i>Stamp</i>	:	
Tarikh <i>Date</i>	:	