

To: Medical Practitioner

From: Wellness Sciences Department

RE: Medical certificate for Applicants for the National Diploma: Somatology

In order to complete all subject requirements for the three year National Diploma: Somatology applicants to this course must be physically fit and healthy in order to perform treatments as well as being able to roleplay as a client and receive treatments.

Participation in each of the following activities is compulsory:

- Full body massage
- Electrotherapy (i.e. passing of an electrical currents through the body)
- Sauna (dry heat or steam for limited time periods)
- Use of various cosmetics and make-up products. This implies that a person who develops reactions to cosmetic and make-up products may not be able to participate in facial and make-up training.
- Electrical epilation which makes use of sterile fine needles to remove hair from follicles. In accidental cases blood may be drawn and needle stick injuries may result. It is imperative that applicants be aware of the risk with regard to blood-borne infectious diseases.
- Very weak eyesight would be a distinct disadvantage to performing electrical epilation
- Waxing (application and removal of strips of hot wax on face and body to remove body hair)
- Pregnancy is a contraindication for various treatments and the applicant should not be pregnant upon entering the programme.

If the applicant is not known to you, please ensure that an identification document is presented during the assessment.

Please stamp or sign each page.

If there are any queries with regard to the medical assessment, please contact Ms. Noleen Miller on **(021) 460 3189**.

Medical History

Ms has been known to me foryears.

Height:m

Weight:kg

Tick as applicable

Does the applicant have or did she ever have any of the following? If YES state full details	Yes	No
1. Disorders of the heart, eg rheumatic fever, heart murmur, coronary artery disease, chest pain, shortness of breath or palpitations		
2. High or low blood pressure or circulatory disorders		
3. Respiratory disorders, eg asthma, bronchitis, persistent cough, tuberculosis		
4. Tested for and immunised against hepatitis B		
5. Mental health or neurological complaints, eg epilepsy, blackouts, paralysis, anxiety or depression		
6. Eating disorder, eg anorexia, bulimia, body dismorphic disorder		
7. Disorder of muscle, bones, joints (eg gout), especially the spine		
8. Diabetes or other endocrine disorders		
9. Skin disorders, including allergic reactions		
10. Any other illness, disorder, operation, disability or injury		
11. Any allergy or sensitivity		
12. Chronic medication		
Specify:		
13. Disclosure of current pregnancy		

In my opinion she is fit / she is not fit to undergo 8 hours of training per day.

Additional comments:
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Name of health professional:

HPCSA Register No:.....

Address:

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Telephone: (.....).....

Stamp / Signature