



BSA SAFETY MOMENT

HOW TO REVIEW THE ANNUAL HEALTH AND MEDICAL RECORD (AHMR)

SUMMARY

Congratulations! You have been given the responsibility for managing your unit's Annual Health and Medical Records (AHMR). This Safety Moment will help you review the unit's AHMR—even if your knowledge of medicine is limited to basic first aid.

GENERAL INFORMATION

These general tips will enable you to more effectively manage the information and apply it for the unit's and participants' benefit:

- Become familiar with the AHMR, its FAQs, guidelines for medication use in BSA activities, and the medical risk factors (see "Resources" below).
- Make sure all sections are complete, including signatures!
- Check the date to be sure the form has been completed within the last year.
- Be alert for and review with the participant any information that is missing, conflicting, or out of sync with other sections, e.g., a person affirms allergies but does not list medications or a management plan, or the participant has had recent orthopedic surgery but plans to go on a backpacking adventure.
- Use the AHMR information for unit planning and rendering care.

RESOURCES

- Annual Health and Medical Record: www.scouting.org/health-and-safety/ahmr/
- AHMR Instructions Handout: www.scouting.org/health-and-safety/ahmr/
- AHMR Frequently Asked Questions: www.scouting.org/health-and-safety/ahmr/medical-formfaqs/
- Medical Risk Factors for Your Participation in Scouting: www.scouting.org/health-and-safety/risk-factors/
- Medication Use in Scouting: www.scouting.org/health-and-safety/guidelines-policies/
- AHMR Safety Moment: www.scouting.org/health-and-safety/safety-moments/annual-health-and-medical-record/
- Immunization Exemption Request: www.scouting.org/health-and-safety/forms/

ADDITIONAL INFORMATION

The AHMR form consists of three parts: Parts A and B, for all participants to complete, and Part C for a licensed healthcare professional (HCP), e.g., an M.D., D.O., N.P., or P.A.

- **Part A: Informed Consent, Release Agreement, and Authorization**
 - Check for restrictions and signatures. Discuss any restrictions with the individual, parent/guardian when a youth is involved, and unit adult leaders.
- **Part B: General Information/Health History**
 - The emergency contact information is vital, so confirm its accuracy with the participant.
 - The health history section boxes checked "yes" may be topics for discussion with the participant or help explain restrictions.
 - Review whether or not the participant is allowed to take over-the-counter medications. Some states require authorization by a parent/guardian and a licensed HCP. Check with the camp you will attend or the council health supervisor.
 - Note the immunization history, including that of tetanus. An exemption requires a completed form; some states may require additional forms. Check with the camp you are attending for specific requirements.
- **Part C: Pre-Participation Physical** (for resident camps and events lasting 72 hours or more)
 - Review the form for high blood pressure and excessive body weight. Both are serious risk factors for illnesses and injuries during BSA events, especially in the backcountry.
 - Check restrictions, abnormalities, or other medical issues checked as "false" by the HCP.
 - Discuss any issues with the individual, the parents/guardian if applicable to a youth, and unit adult leaders.
 - If there is no signature from the healthcare provider, the form is not valid.