

Partnership for Russian, East European and Eurasian Folklore

Physician's Health Statement

To the examining physician:

Your patient is applying to participate in a folklore collecting expedition in a remote village setting. Physical, mental and emotional resilience are required to cope with local conditions, such as: shared living space, lack of privacy, pit toilets (squatting required), absence of showers, lower standards of cleanliness, close proximity to farm animals, unfamiliar food, and lack of air-conditioning.

- Volunteers must carry all their own luggage, including up and down stairs.
- Volunteers must be able to walk 3 miles per day on uneven surfaces.
- There are zero-to-minimal accommodations for people with significant disabilities of any sort.
- Health clinics and hospitals are available, but may be some hours away.

Based on your review of the patient's history, a current physical examination, and evaluation of other factors as appropriate, please respond to the following questions:

The patient has the following chronic medical conditions:

These conditions are under control with medication: Yes/No If no, please explain

Please describe any psychiatric or psychological conditions that the patient has and how they are currently managed:

Does the patient have any psychological or psychiatric conditions that would impact his/her ability to adapt to an unfamiliar environment with significant physical stresses? Yes/No

If so, please describe and recommend how these might be handled on such an expedition.

Does the patient have any active respiratory diseases that would be significantly exacerbated by dust and other particulate matter such as smog in the air? Yes/No

If yes, does the patient have adequate medications and ability to handle this type of situation?

Does the patient have the physical capacity to perform the above described activities including walking up to 3 miles on uneven surfaces, climbing stairs, carrying luggage and sitting and sleeping on varying surfaces that may not be optimally supportive? Yes/No

Please describe any limitations the patient may have and how these might be addressed.

If the patient takes medications on a daily basis, please review with him/her the appropriate regimen to follow when crossing multiple time zones. For your reference:

Los Angeles– Astana:	14 hours difference
New York – Astana:	11 hours difference
London – Astana:	6 hours difference

Based on my examination of the patient, it is my professional judgment that

(patient's name)

_____ is physically and emotionally capable of participating in the Russian Folklore Expedition. Please call me if you have any questions. If applicable, I have reviewed with my patient the appropriate regimen for taking daily medications while crossing multiple time zones.

Physician's name _____

Physician's signature _____ Date _____

Address _____

Phone _____ Emergency phone _____

Email address: _____