

SMART Medical Clearance Form

Five **SMART** Categories

1. SMART: Suspect	No*	Yes	Date & Time Resolved
Suspect New Onset Psychiatric Condition?			

2. SMART: Medical Conditions	No*	Yes	Date & Time Resolved
Medical Conditions that Require Screening?			
Diabetes (FSBS less than 60 or greater than 250)			
Possibility of pregnancy (age 12-50)			
Other complaints that require screening			

3. SMART: Abnormal	No*	Yes	Date & Time Resolved
Vital Signs?			
Temp: greater than 38.0° C (100.4° F)			
HR: less than 50 or greater than 110°			
BP: less than 100 systolic or greater than 180/110 (2 consecutive readings 15 minutes apart)			
Mental Status?			
Cannot answer name, month/year and location (minimum A/O x 3)			
If clinically intoxicated, Hill score 4 or more? (next page)			
Physical Exam (unclothed)?			

4. SMART: Risky Presentation?	No*	Yes	Date & Time Resolved
Age less than 12 or greater than 55			
Possibility of ingestion (screen all suicidal patients)			
Eating disorders			
Potential for alcohol withdrawal (daily use equal to or greater than 2 weeks)			
Ill-appearing, significant injury, prolonged struggle or "found down"			

5. SMART: Therapeutic Levels Needed?	No*	Yes	Date & Time Resolved
Phenytoin			
Valproic acid			
Lithium			
Digoxin			
Warfarin (INR)			

* If ALL five SMART categories are check "NO" then the patient is considered medically cleared and no testing is indicated. If ANY category is checked "YES" then appropriate testing and/or documentation of rationale must be reflected in the medical record or in the space below, and time resolved must be documented above.

* FAQs are accessible [here](#).

NOTES:

Date: _____ Time: _____ Completed by (signature) _____

Completed by (print), MD/DO _____

List of Abbreviations

A/O x 3	Alert and Oriented x 3 (person, place and time)
FSBS	Finger Stick Blood Sugar
HII Score	H-Impairment Index Score
INR	International Normalized Ratio
O2 Sat	blood oxygen saturation



H-Impairment Index (Hill Score)

Gross Motor Functions

Time	0)	1)	2)	3)	4)
Unable to cooperate; cannot sit up	4	4	4	4	4
Can sit up, but unsteady	3	3	3	3	3
Can sit up steadily	2	2	2	2	2
Can stand and walk, but unsteady	1	1	1	1	1
Can stand and walk steadily	0	0	0	0	0

Mentation and Speech

Time	0)	1)	2)	3)	4)
Unable to cooperate; unintelligible speech/moans	4	4	4	4	4
Slurred speech; does not make sense	3	3	3	3	3
Slurred speech; answers some questions	2	2	2	2	2
Imperfect speech; answers most questions	1	1	1	1	1
Baseline speech; lucid and appropriate	0	0	0	0	0

Tracing Curve

Time	0)	1)	2)	3)	4)
Unable to participate	4	4	4	4	4
Makes mark on paper	3	3	3	3	3
Traces mostly out side of line	2	2	2	2	2
Traces mostly inside lines	1	1	1	1	1
Traces curve perfectly	0	0	0	0	0

Nystagmus

Time	0)	1)	2)	3)	4)
Unable to participate	4	4	4	4	4
Profound nystagmus / can't follow finger with eyes	3	3	3	3	3
Moderate nystagmus/ follows finger for short distance only	2	2	2	2	2
Minimal nystagmus/follows finger with eyes whole time	1	1	1	1	1
No nystagmus/ follows finger with eyes whole time	0	0	0	0	0

Finger to Nose Testing

Time	0)	1)	2)	3)	4)
Unable to participate	4	4	4	4	4
Grossly unsteady/misses targets	3	3	3	3	3
Unsteady and inaccurate/barely touches targets	2	2	2	2	2
Steady/ touches targets, but inaccurate	1	1	1	1	1
Steady/ accurately touches targets	0	0	0	0	0

Time					
Health Care Provider Initials					

Scoring Reference

Gross Motor

Unable to cooperate, cannot sit up		4
Can sit up, but is unsteady		3
Can sit up and is steady, but cannot stand		2
Can stand or walk, but is unsteady		1
Can stand and walk, is steady		0

Mentation and Speech

Unable to cooperate, unintelligible speech or only moans	4
Slurred speech; does not make sense	3
Slurred speech; answers few questions appropriately	2
Imperfect speech; answers most questions appropriately	1
Normal or Baseline speech; conversive and appropriate	0

Tracing Curve

Unable to participate		4
Makes mark on paper		3
Traces mostly outside of lines		2
Traces mostly inside lines		1
Traces curve perfectly		0

Nystagmus

Unable to participate		4
Profound nystagmus; unable to follow finger with eyes		3
Moderate nystagmus; only follows finger with eyes for short distance		2
Minimal nystagmus; follows finger with eyes whole time		1
No nystagmus; follows finger with eyes whole time		0

Finger to Nose Testing

Unable to participate		4
Grossly unsteady; missing finger to target		3
Unsteady; inaccurate/barely touches target		2
Steady; inaccurate but touches target		1
Steady; accurate finger to target		0

Tracing Curve

Time:

Psychiatric Facility-Specific Clinical Admission Considerations/Limitations

Alaska Psychiatric Institute (API).

API is a free-standing psychiatric care facility in Anchorage with limited ability to care for acute medical conditions. Accepts involuntary (DET). Has adolescent unit

Key & Emergency Contact

3700 Piper Street Anchorage, AK 99508-4677

Phone: 907-269-7100

Medical Records Fax: 907-269-7129

Admissions Office Fax: 907-269-0279

- No on-site imaging or laboratory services.
- Cannot provide IV therapy, negative pressure isolation, cardiac or fetal monitoring, acute dialysis (home dialysis can be accommodated), or daily physical therapy.
- Can take patients with mobility problems including those with prostheses, in wheelchairs, and who need assistance with mobility and some activities of daily living (ADLs), but not those who require a "total assist" level of care.
- Has Chilkat unit for adolescents (minimum age 13).

Bartlett Regional Hospital

The Mental Health Unit at BRH located in Juneau accepts involuntary (DET, minimum age 18).

- Laboratory services and imaging services available.
- Cannot take patients with mobility problems.
- Cannot provide negative pressure isolation, cardiac or fetal monitoring, dialysis, or IV therapy.
- Physical and occupational therapy available.

Fairbanks Memorial Hospital

Located in Fairbanks; accepts involuntary (DET).

- Adults only.

Mat-Su Regional Hospital

Located in Palmer; accepts involuntary (DET).

- Adults only.

Providence Mental Health Unit

Located within the Anchorage Providence Alaska Medical Center ED. Only accepts voluntary admissions.

Key & Emergency Contact

3200 Providence Drive, Anchorage, AK 99508

Phone: 907-212-3040

North Star Behavioral Health System

Has both inpatient hospital and PRFTF for youth. Voluntary admissions only.

Key & Emergency Contact

[Professional referrals page](#)

- May accept younger than 13