

CRC Non-Log Cap, Fort Bliss, Texas, Medical Guidelines, Updated July 19, 2017

In order to expedite mobilization, it is highly recommended that you review the requirements for deployment. **All requirements must be completed prior to coming to the CRC mobilization center.**

References for guidance of deployment for Non-Log Cap (NLC) contractors include:

Department of Army personnel policy guidance for overseas contingency operations, Mod 13, AR 40–501, Standards of Medical Fitness. Tab A, Amplification of standards of Mod 13, and current COCOM guidance's for each specific COCOM deployed.

References:

1. USCENTCOM MOD 13
2. PPG-TAB A: AMPLIFICATION OF MINIMAL STANDARDS OF FITNESS TO CENTCOM AOR
3. PERSONNEL POLICY GUIDANCE
4. AR 40-501 STANDARDS OF MEDICAL FITNESS

ALL DOCUMENTS MUST BE IN ENGLISH AND EASILY READABLE

Physical Exams Requirements

Physical examinations are to be documented on either DD Forms 2808 and 2807-1 (Jan 2000) or OF 178. **Exams are required to be dated within 120 days of departure from MOBILIZATION platform.** Once deployed, the physical exam is good for 12 months.

Electrocardiograms (EKG/ECG) within 12 months of processing date are required for individuals greater than 39 years of age.

The physical exam forms are required to be filled out completely. This includes the clinic address where the physical examination was performed, and the signature of the physician or medical provider performing the medical examination. The medical provider must include their credentials. Documentation of past medical history, surgical history, medications, and other pertinent medical information are documented on this form.

DD Form 2795 MUST be completed online through AKO med pros. This form will be signed electronically by the medical providers at the CRC website once cleared for deployment. The printed form is not acceptable.

Audiology Requirements

Audiology examinations are to be documented on DD Form 2215 (Jan 2000). Test date must be visible, and be found within 90 days of processing for deployment. Name of patient, Social Security number, and date of birth are required to be on the document. All screening audiograms must be certified by an Audiologist/M.D./D.O. which requires: Name, Credentials, NPI number, and signature. If performed by an Audiology technician, there must be documentation of their CAOHC certification number.

The Audiometer make, model, serial number and calibration date, must be performed within 1 year, and documented on DD Form 2215.

Audiologist must perform diagnostic audiogram to include air, Bone, SRT, speech recognition, tympanometry, Sprint or hint screening if audiogram exceeds the following thresholds:

-Audiometer average level for each ear 500, 1000, 2000 Hz, not more than 30dB or Not more than 30dB with no individual level greater than 35 dB at these frequencies, and not more than 55dB at 4000Hz; or audiometer level 30dB at 500Hz, 25 dB at 1000 and 200Hz, and 35 dB at 4000Hz in better ear.

All requirements listed are Mandatory to be considered at Valid Audiogram.

Recommendation by Testing Audiologist **that patient can hear and wake up to emergency alarms unaided and hear instructions in the absence of visual cues such as lip reading.**

Vision Requirements

Vision prescriptions are good for 12 months if signed by a physician. Visual acuity tests will be performed at the CRC site. NO contact lenses are to be worn during the CRC process, or when deployed. If you require glasses and have inserts for pro-masks (gas mask), please bring them with you to the CRC site. If you need inserts they will be ordered at the CRC site. You must have a least two pair of glasses to be cleared to deploy.

Dental Requirements

Dental exams are valid for up to one year prior to deployment. They must be documented on the latest DD Form 2813, (MAR 2017). The DD 2813 must show that you are a class 1 or 2 (box 6: 1 or 2), and must be signed by a Dentist with his/her state license number must be documented.

Exams classified as a category 3(box 6) are non –deployable. To be deployable, corrective dental action must be completed, and a new DD 2813 form filled out indicating you are now a dental class 1 or 2.

Bitewing and Panoramic X-rays are required to be reviewed by a dentist and block 6 item 5 of the DD 2813 marked “yes” along with a date that is prior to or the same date as the exam.

Laboratory Requirements

No handwritten lab results will be accepted at the CRC site. All labs must be on print outs from the performing lab or clinic with dates. Abnormal labs may need to be repeated, and if still abnormal require further work up with a medical provider, and possibly further testing. Abnormal test results need to be commented on by the ordering medical provider, to include rationale as to why the contractor is still deployable. All abnormal results and provider notes will be reviewed by the Medical CRC staff once at the CRC medical processing site.

Basic labs required for all contractors are:

- G6PD enzyme level, one time test only. Can be drawn at CRC medical site.
- Blood type, one time test only. On lab print out.
- HIV test. Must be performed within 120 days of processing for deployment, and must be negative in order to deploy. Oral HIV testing is not acceptable.
- DNA sample, one time test only. Result needs to be on file with the DoD DNA Specimen Repository; therefore, testing done by civilian laboratories will not be accepted. If not on file the specimen will be drawn at CRC medical site.
- Pregnancy test for all females within 30 days must be negative. Can be performed at CRC site. If contractor requires anthrax vaccination during CRC processing, a Urine Pregnancy Test will be performed at the CRC medical site on Monday.
- All contractors ages 35 and over are required to have a lipid panel performed within one year of deployment.

Further lab testing may be required based on individual chart review by the medical providers at the CRC site.

Immunizations

Immunizations are based on site of deployment. Standard vaccination requirements are found in the attached spreadsheet, but are not all inclusive. Immunization requirements for specific COCOMs can be located at the Defense Health Agency website. Other reference used is the CDC Yellow Book guidelines.

PPD testing (tuberculosis) or QuantiFERON-TB Gold Plus Lab draw within 90 days of deployment. If a PPD test is positive, the contractor must have a counseling note and screening from a medical provider regarding Latent Tuberculosis infection diagnosis, and treatment options. A Chest X-Ray must be performed within 90 days and be read as negative. If the contractor was previously known to have a positive PPD they must bring documentation of counseling or treatment for clearance.

Other vaccines may be required based on occupational risk and area of deployment. Vaccination requirements are updated by CDC and MilVac, requirements can change without notification, based on risk of disease

Common reasons for non-deployability, or delay in deployment

Framingham risk - assessment is a tool used by the National Institute of Health. It uses your age, gender, total cholesterol, HDL cholesterol, smoking status, systolic blood pressure and if you are on blood pressure medications. It predicts a person's chance of having a heart attack in the next 10 years. This is used for NLC contractors aged 40 and older. If the results are 15% or higher, further workup is required with a cardiologist. A cardiac stress test and echocardiogram needs to be performed. After the work up is completed, a waiver must be submitted for deployment. For purposes of deployment, MOD's 13 allows for a 90-day stabilization period. This means if you have a new medical condition (example high blood pressure), or if you stopped or started a new medication within the last 90 days, a waiver is required for deployment. (Exception being newly diagnosed diabetes, which requires at least 90 days of treatment before waiver can be initiated)

Body mass index is a measure of fat based on height and weight that applies to adult men and women. The National Institute of Health calculator is used for this calculation. If NLC contractor has a BMI greater or equal to 35 a waiver is required for deployment.

All individuals will have their height and weight evaluated at the CRC medical site. Weight greater than 300 lbs is generally non-deployable, each case will be evaluated by medical provider at the CRC site.

Asthma or other chronic respiratory conditions require a pulmonary function test for evaluation of FEV1%. It needs to be done within last 1 year, and the FEV1% needs to be >50%. If not, a waiver is required. If the individual is on daily oral steroids, or if hospitalization was required within last 1 year, a waiver will be required. If there are multiple exacerbations of disease within last 1 year the medical provider can request a waiver as well.

Obstructive Sleep Apnea, depending on the severity, may require a waiver (if AHI >15, also dependent on COCOM). A NLC contractor deploying needs to bring their sleep study results with them. They will also need to have the most recent results of the interrogation of their CPAP machine within the last 30 days. The approving surgeon wants to see that the contractor is compliant with CPAP use and it is effective in treating their disease.

Psychiatric conditions- Many do require a waiver. Please review USCENTCOM MOD 13, Tab A, Amplification of standards for more detailed list. It is best if your behavioral health provider provides a clinic note regarding your stability and ability to deploy overseas. This will provide supporting documentation for you if a waiver is required.

Medications- Many do require a waiver. All opioids and most controlled substances waiver request have been denied. Please review the MOD 13, Tab A for list of medications requiring a waiver. This is not an all-inclusive list!! All medications are reviewed by the medical providers at the CRC website. Always list your medications; you have an obligation to disclose medical

history and medications. Failure to disclose previous history/meds can lead to release from the CRC site.

Diabetes-Blood sugars must be controlled with oral medications for deployment. Hgb A1C level must be under 7 in order to deploy. Hgb A1C is required within 90 days of deployment. If the Hgb A1C is 7 or greater, or if insulin is used a waiver is required. If the diagnosis of diabetes is new, within the last 90 days, the contractor is NOT deployable. Must be stable for at least 90 days before a waiver can be submitted.

Waiver Procedures

Waivers are exceptions to policy for deployment. Waivers are required for deployment when individuals do not meet the deployment guidelines or requirements due to medical conditions.

Waivers must be submitted to the COCOM Surgeon prior to coming to the CRC site. **The CRC case management team will assist to initiate a waiver for you if needed only up to XXX,XX 2017. After this date, it will be the responsibility of the individual contractor and the contractor's company to ensure waiver submission.** It is the contractor's responsibility to submit all medical documentation and supporting documentation that will be needed for the waiver to COCOM Surgeon. The waiver will not be adjudicated by the COCOM's Surgeon for 5-10 days and could take up to 30 days. This will prevent you from deploying within the first week you are at the CRC site. The decision to allow a NLC CRC contractor to stay at Fort Bliss CRC beyond the first week's iteration is up to the Commander of Bravo Company, who is your operational command. It is not up to the medical CRC section.

CENTCOM waivers initially go to USARCENT. Point of Contact for Medical Waiver Manager is:

Comm: 803-885-7946 or 813-529-0361 DSN: 312-889-7946 or 312-529-0361

Medical Waiver email: Usarmy.shaw.usarcent.mbx.surg-waiver@mail.mil

References

1. CENTOM blank waiver
2. MODS 13, Section 15.C.3 Medical Waivers (for submission):

THIS IS NOT AN ALL INCLUSIVE LIST OF MEDICAL CONDITIONS NEEDING WAIVERS FOR DEPLOYMENT. YOUR MEDICAL PROVIDER SHOULD REVIEW MOD 13, MODS 13 TAB A, PPG, AND AR 40-501, AS WELL AS ANY COCOM SPECIFIC GUIDANCE. EACH INDIVIDUAL'S MEDICAL RECORDS ARE EVALUATED BY A MEDICAL PROVIDER AT THE CRC MEDICAL SITE FOR THE PRESENCE OF ANY NON-DEPLOYABLE CONDITIONS.

“Frequent Fliers or Guest Flyers” are individuals, who have previously cleared NLC CRC site in the recent past, sometimes will deploy again under the same LOA. Those individuals who are identified as Guest Flyers by Operations do not go through the CRC Medical site.

If you are coming to the CRC site in this status you need to ensure to bring your required anti-malaria medications with you (if needed). You will not be seen by medical and you will not receive any anti-malaria medications from the medical section. If you do come to the CRC medical site, you will be required to go through the entire medical screening process. And you will be required to have all the updated paperwork, exam, labs, and vaccinations to be fully deployable.

NLC CRC contractors are expected to come to Fort Bliss medically ready to deploy. It is the contractor’s responsibility to come prepared and with all required documentation. We will identify any medical deficiencies for the contractor, but we can only provide limited support for their medical needs per current MOD 13 guidelines. There are local clinics that can work with the contractor to provide vaccines, labs, and testing, however they are fee for service and it will be the contractor’s responsibility to pay any fees incurred. The CRC and ARMEDCOM are not responsible for any fees accrued while utilizing any off post services in attempt to meet deployment criteria. We do not endorse or have any contract with these outside clinics. They do perform a needed service for contractors but again are not associated with the CRC.

Point of contact for the Medical Section of NLC CRC site as follows:

Medical MOB/DEMOB Coordinator, Fort Bliss, TX

Phone: 915-742-3778