



DEPARTMENT OF THE ARMY
SRRC
FORT BLISS, TEXAS 79916



DA Civilian Deployers

Recommendations and Preparations
7223rd Medical Staff

Effective: 28 JULY 16



References for Medical Processing



(CENTCOM region only)

- Mod 12: Individual Protection and Individual/Unit Deployment Policy
 - PPG- Tab A: Amplification of the Minimal Standards of Fitness for Deployment

<http://www.health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/Access-to-Healthcare/Pharmacy-Program/Deployment-Prescription-Program>

- Personnel Policy Guidance (PPG), Chapter 7
- DD 2795 Pre Deployment Health Assessment should be completed by the deployer within 30 days of arrival at CRC, Fort Bliss.
 - This will be validated and signed by a Provider at SRRC

NOTE: If deploying to location other than CENTCOM, contact SRRC Medical Operations at (915) 742-6855 for specific COCOM medical guidance



Getting Ready to Deploy



- You are responsible for arriving **medically ready to deploy**
- **Purpose of this Medical Review:** Validate your current medical and health status to ensure you meet deployment requirements.
 - ✓ Check all references. Ensure you are within medical fitness standards.
- Review the cited references with your Health Care Provider. Ensure you can:
 - ✓ Understand and accomplish the mission
 - ✓ Arrive at SRRC medically ready
 - ✓ Arrive at SRRC with all of the medical documentation required for waiver request (if eligible and not previously submitted by your employer)



Getting Ready to Deploy



- Accomplish medical requirements as soon as possible and complete vaccination requirements at least **30 days before arrival** to maximize level of disease protection
- DoD beneficiaries: When obtaining your prescription medications at home station, register for mail order refills at:

www.express-scripts.com/TRICARE

- DoD beneficiaries: See the Deployment Prescription Program slides:

www.health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/Access-to-Healthcare/Pharmacy-Program/Deployment-Prescription-Program



TDY AND RETURN



- Even if “TDY and Return,” you must:
 - ✓ Meet all deployment standards before returning to home station or you will be designated as non-deployable
 - ✓ Bring the applicable items and documents listed in the following slides to avoid being designated “Delay Deploy”
- If lacking a Medical SRP requirement, which must be accomplished at a local Civilian clinic or hospital, then you, NOT THE GOVERNMENT, are responsible for the costs of care/transportation
 - ✓ AR 690-11 para 2-2 stipulates, Emergency-Essential Civilians, “while deployed,” receive the same medical benefits as SMs. Will have an executed DD 2365.



Documents to Bring to Medical SRP



- Travel/Deployment Orders identifying deployment location
 - ✓ Without identified location on orders, we will only perform “CONUS” based medical SRP
- No orders = No Medical SRP
- You must meet medical requirements for all destinations identified on your orders
- DD Form 2766 “Adult Preventive and Chronic Care Flow sheet” (yellow folder)
 - ✓ Can be from a prior deployment; this serves as your deployment medical record
- Copy of medical records related to:
 - ✓ Significant current or past medical issues that may affect deployability
 - ✓ Mental health history and treatments



Documents to Bring to Medical SRP



- CPAP d/t Sleep Apnea: Bring a copy of initial (untreated) sleep study results and card reading/download from CPAP machine. ***May require waiver***
 - ✓ Army compliance: Reading must specify 4.5 hrs. per night and used 70% of nights
- Asthma or COPD prescribed/requiring medication: (inhalers, etc.) Bring copy of pulmonary function test. ***May require waiver***
- Copy of medical documentation for chronic conditions. ***May require waiver***
- Copy of waiver and response from CENTCOM, if waiver was initiated prior to SRRC arrival
- Letter from your surgeon indicating your recovery is complete if deploying within one year of surgery date



Documents to Bring to Medical SRP



- Eye surgery – must **NOT** be using steroid eye drops
 - ✓ Letter from **your** eye doctor indicating your status after PRK/LASEK, if deploying within 90 days of the surgery
 - ✓ Letter from your eye doctor indicating your status after LASIK surgery, if deploying within 30 days of surgery
- Copy of medical records or letter from Medical/Behavioral Health Provider treating your psychiatric disorders (anxiety, depression, PTSD, etc.) stating:
 - ✓ Stability for at least three months using the same treatment and are not expected to decompensate in a deployed environment
 - Same treatment is defined as having used the same dosage of current medication for at least 90 days without the discontinuation of any other behavioral health medication during that 90 days
 - ✓ No inpatient/residential psychiatric or substance abuse treatment in the past 12 months (requires waiver if within past 12 months)



Documents to Bring to Medical SRP



- Copy of Behavioral Health evaluation if:
 - ✓ History of psychiatric hospitalization and/or out patient psych visits
 - ✓ Substance abuse (medication, illicit drug, alcohol, inhalant) or prior treatment for such misuse
 - ✓ Traumatic Brain Injury or Mild Traumatic Brain Injury
- Copy of results of Neurological and Psychological evaluation if history of Traumatic Brain Injury (**even if mild**) (May be accomplished by your Primary Care Provider)
- Copy of records demonstrating High Blood Pressure **is controlled** (can be on physical examination records) with no change in medication regimen in past 90 days (start, stop or change in dosage of medication)



Documents to Bring to Medical SRP



- If you had a positive TB skin test in distant past, bring records documenting:
 - ✓ History of exposure to TB, proof of past treatment
 - ✓ No TB symptoms currently exist, results of chest X-ray
- You will need a waiver to deploy without proper documentation
- If you had a recent positive TB skin test associated with this deployment, bring records:
 - ✓ Even if NO symptoms currently exist (unexplained weight loss or fever, night sweats, chronic cough)
 - ✓ History of exposure to TB
 - ✓ Results of chest X-ray
 - ✓ PCM recommendations to treat or not



Documents to Bring to Medical SRP



- Your MEDPROS Individual Medical Readiness Report if your clinic enters vaccinations and lab tests into MODs
- If your clinic cannot enter vaccinations and lab tests into MEDPROS, bring paper documentation
- All civilian records of valid vaccinations (or lab results demonstrating immunity)
- PHS 731 (yellow shot card) if your deployment requires yellow fever vaccination
- Hearing aids and six months supply of batteries
- Two pairs prescription eyeglasses
 - ✓ One pair prescription protective mask inserts
 - ✓ Inserts from prior deployment are ok if prescription still valid; these will be provided, if needed



Documents to Bring to Medical SRP (Dental)



- DD Form 2813 (Report of Dental Examination)
- Must document:
 - ✓ Results of the examination
 - ✓ Panograph X-ray was done
 - ✓ Dentist's information:
 - Name, State Dental license number, Office address, Office phone number



Documents to Bring to Medical SRP (Dental)



- Individuals with Orthodontic appliances are non-deployable without a waiver. Bring these documents:
 - ✓ Waiver request and response if Orthodontic appliances worn
- Waiver request should include:
 - ✓ Letter of evaluation from Orthodontic Provider stating that wires with neutral force are in place, if applicable
- DOD 2813, DoD Active Duty/Reserve Forces Dental Examination. Form must be completely filled out by examining Dentist.



Documents to Bring to Medical SRP (Physical Exam)



- **Copy of physical examination report-** valid for **15** months (allows for 12 month deployments because performing a physical may not be possible)
- DoD civilians may use SF 178 or DD Forms 2808 and 2807-1
- A Periodic Health Assessment performed as a Service Member or FAA certificates **ARE NOT** acceptable substitutes
- Physical examination results must reflect:
 - ✓ The Deployer is psychologically and physically fit for working in an austere environment and capable of wearing respiratory, chemical, and biological protective equipment
 - ✓ Results of Framingham Calculation if:
 - > 40 years old or if treated for Diabetes Mellitus Type 2



Documents to Bring to Medical SRP (Physical Exam)



- If Framingham Calculation is $> 15\%$ for a Deployer who is > 40 years old and/or is treated for Diabetes, bring:
 - ✓ Results of cardiology evaluation with, at least, one type of Cardiac Stress Test
 - ✓ Results of Framingham Calculations
 - ✓ PCM or Cardiologist recommendations to deploy
- Lipid panel results required if 35 years or older
- Copy of Hemoglobin A1c (within 90 days) if you have Diabetes or take meds used for Diabetes



Documents to Bring to Medical SRP (Physical Exam)



- Lab test requirements (must have results from lab, not written on physical exam)
 - ✓ Blood type and RH factor lab results
 - ✓ G6PD lab results
 - ✓ Lipid panel results required if 35 years or older
 - ✓ Copy of Hemoglobin A1c (within 90 days) if you have Diabetes or if you take meds used for Diabetes Mellitus
 - ✓ Serum titers are acceptable proof of immunity for Hepatitis A, Hepatitis B, MMR (measles/mumps/rubella), and VZV (varicella or chickenpox)
- Hearing test results NOT > one year old



What to Bring to Medical SRP (Meds)



- Chronic/daily use medications – Bring 180 days supply or an amount sufficient to cover the entire deployment if < 180 days
- Come prepared. Please do not expect to get your deployment supply of daily medications at Fort Bliss Military Treatment Facility. Your CRC schedule will be very tight!
- Malaria prophylaxis medications:
 - ✓ Malaria prophylaxis will be provided to you at the SRRC site with instructions and dosing
 - ✓ Inform the SRRC provider if you have any medication allergies
 - ✓ Allergy warning tags (Red ID/Dog Tags with allergen listed). These can be provided at SRRC if needed



Required Vaccinations



- Review references with your Health Care Provider to understand all requirements
- At minimum, the first vaccination in a series is **required** to deploy, unless medically or administratively contraindicated
- Recommend receiving required vaccinations at least 30 days before arrival to SRP
- Polio booster vaccination is currently required prior to entry into Afghanistan or Pakistan for > four weeks, due to a current polio outbreak in these countries
 - ✓ Vaccine should be timed so that it will be given within 12 months of projected DEPARTURE from Afghanistan or Pakistan
- Your Combatant Command Requirements can be found at:
<http://www.health.mil/Military-Health-Topics/Health-Readiness/Immunization-Healthcare/Vaccine-Recommendations/Vaccine-Recommendations-by-AOR>



Waivers



- If you need a waiver to deploy, we recommend **your organization** request one **immediately**. Results must be presented at the Medical SRP (See PPG and Mod 12 for details)
- **If a waiver is initiated** during the Medical SRP, there is a risk of delayed departure. Waiver may take up to three weeks to be approved. Bottom line: Have all your information and documents ready to ensure an easy process.



Waivers



- If assigned to CENTCOM, the CENTCOM Surgeon is the Approving Authority for:
 - ✓ All Behavioral Health diagnoses (Anxiety, Depression, Post Traumatic Stress Disorder, Chronic Insomnia, etc.) for all Civilians
 - ✓ All diagnoses for Military and Civilians
 - ✓ Send requests to: ccsg-waiver@CENTCOM.army.mil
- The Component Surgeon has been delegated as the Approving Authority for all medical conditions except Behavioral Health
- If assigned to ARCENT, send requests to: arcent-waiver@arcent.army.mil
- The SOCCENT Surgeon is the approving authority for all Special Operations Personnel



Common Documents Required for Waivers



- **Diabetes**
 - ✓ HgbA1c within past 90 days, list of ALL medications
- **Sleep Apnea**
 - ✓ ORIGINAL sleep study documenting untreated severity, 30-day compliance download within past 30 days, list of ALL medications
- **Framingham > 15%**
 - ✓ Cardiac evaluation (nuclear stress test preferred), list of ALL medications, lipid panel results
- **Hypertension medication change**
 - ✓ five-day blood pressure check on current dosage of medication, list of ALL medications
- **Behavioral health medication change**
 - ✓ Documentation of stability at current regimen and dosage
- **ADHD medications, Benzodiazepine, Antipsychotic, Sleep medications (i.e. Ambien, Lunesta), Anticonvulsants**
 - ✓ Documentation from treating provider concerning diagnosis, medication regimen, stability, length of time on medication, any adverse reaction/side-effect from medication
- **Seizure disorder/Narcolepsy**
 - ✓ Documentation from Neurologist concerning diagnosis, last seizure/cataleptic event, medication regimen, stability, length of time on medication, any adverse reaction/side-effect from medication



Miscellaneous



- During Medical SRP, females must take a urine pregnancy test prior to receiving vaccinations, unless documentation of the following can be provided:
 - ✓ Bilateral tubal ligation
 - ✓ Hysterectomy
 - ✓ Post menopausal
- CPAP must have a rechargeable battery backup and sufficient supplies for the deployment duration. ***may require waiver***
 - ✓ Suggest hand carry to CRC to avoid damage, but do not bring to Medical SRP



Results of Medical SRP



- “Cleared to deploy”:
 - ✓ Meets all the theater medical requirements
 - ✓ Is “medically ready” to deploy
- “Not cleared to deploy”:
 - ✓ Does not meet all theater medical requirements
 - ✓ Is “not medically ready ” to deploy
- “Delay Deploy”:
 - ✓ Does not meet all theater medical requirements
 - ✓ Not yet “ medically ready ” to fly out, but is expected to meet theater medical requirements within a short period of time (usually one-two weeks)
 - ✓ Continue training and processing until determined “cleared to deploy” or “not cleared.” Deployer will check in with Case Management Daily until medical issues are resolved and Deployer is released by SRRC.



Questions



If your questions are not addressed in the PPG or Mod 12, send your specific questions to:

Fort Bliss SRRC Medical Operations at (915) 742-6855

Email:

usarmy.bliss.medcom-wbamc.mbx.healthassessment-tracker-@mail.mil

We look forward to seeing you!