

PPG-TAB A: AMPLIFICATION OF THE MINIMAL STANDARDS OF FITNESS FOR DEPLOYMENT TO THE CENTCOM AOR; TO ACCOMPANY MOD 9 TO USCENTCOM INDIVIDUAL PROTECTION AND INDIVIDUAL/UNIT DEPLOYMENT POLICY

1. General. This tab accompanies MOD 9 Section 15.B. and provides amplification of the minimal standards of fitness for deployment to the CENTCOM AOR, including a list of medical conditions that may be sufficient to deny medical clearance for or to disapprove deployment of a service member, civilian employee, volunteer, or contractor's employee. The list of deployment-limiting conditions is not comprehensive; there are many more conditions that could be cause to deny medical clearance for deployment. Possession of one or more of the conditions listed in this chapter does not automatically mean that the individual may not deploy. Rather, it imposes the requirement to obtain a knowledgeable physician's opinion as to the deployability status of the individual. "Medical conditions" as used here also include those health conditions usually referred to as dental, oral, psychological and/or emotional. Uniformed Service Members will be evaluated for fitness according to service regulations and policies, in addition to the guidance in the parent PPG Modification (MOD). The services' parent regulations are as follows. Army: AR 40-501, Standards of Medical Fitness; Air Force: AFI 48-123, Medical Examinations And Standards; Navy: NAVMED P-117, The Manual of the Medical Department; Marine Corps: NAVMED P-117, article 15-5; Coast Guard: Medical Manual, COMDTINST M6000.1B. The Under Secretary of Defense Memorandum titled, "Policy Guidance for Medical Deferral Pending Deployment to Theaters of Operation" dated 09 FEB 06 and Assistant Secretary of Defense Memorandum titled, "Policy Guidance for Deployment-Limiting Psychiatric Conditions and Medications" dated 07 NOV 06 are also useful references.

2. The medical authority evaluating personnel for deployment must bear in mind the following facts:

- Medical care in theater is not as robust and amply available as that in the continental U.S. If maintaining an individual's health requires frequent or intense medical management and/or specialist care, laboratory testing, or ancillary services, they should not deploy.
- The individual must take all required medications and medical supplies with him or her. Replacements may not be available in theater.
- Medical maintenance support for personal medical devices is not available. Common household electrical current (110V AC) is not universally or consistently available.
- In addition to the individual's duties, the environmental conditions include extremes of temperature, physiologic demand (water, mineral, salt, and heat management), and poor air quality (especially particulates), while the operating conditions impose extremes of diet (to include fat, salt, and caloric levels), discomfort, sleep deprivation, emotional stress, and circadian disruption. If maintaining an individual's health requires avoidance of these extremes or excursions, she/he should not deploy.

3. The rules and facts listed in para 2 should assist the evaluating medical authority to make qualified judgements as to whether a condition is deployable. Any medical condition that markedly impairs an individual's daily function is grounds for disapproval. Evaluation of functional capacity to determine fitness in conditions of physiologic demand is encouraged to make a decision, such as graded exercise testing when there is coronary artery disease or significant risk thereof. The evaluating care provider should pay special attention to

hematologic, cardiovascular, pulmonary, orthopedic, neurological, endocrine, dermatological, psychological, visual, and auditory conditions which may present a hazard to the individual or others and/or preclude performing functional requirements in the deployed setting. Also, the amount of medications being taken and their suitability and availability in the theater environment must be considered.

4. Nothing in this guidance document should be construed as authorizing use of defense health program or military health system resources for such evaluations if it is not elsewhere previously authorized. Generally, defense health program or military health system resources are not authorized for the purpose of pre-deployment or travel medicine evaluations for contractor employees. Local command, legal, and resource management authorities should be consulted for questions on this matter.

5. Shipboard operations that are not anticipated to involve operations ashore are exempt from the deployment-limiting medical conditions listed below and will follow Service specific guidance.

6. The general guidance from MOD 9 section 15B applies to:

A. All personnel (uniformed Service Members, government civilian employees, volunteers, and contractor employees) deploying to theater must be medically and psychologically fit for deployment and possess a current Periodic Health Assessment or physical. Fitness specifically includes the ability to accomplish the tasks and duties unique to a particular operation, and ability to tolerate the environmental and operational conditions of the deployed location.

B. Personnel who have existing medical conditions may deploy if:

1) An approved medical waiver, IAW Section 15.B.3., is documented in the medical record.

2) And all of the following conditions are met:

a) The condition(s) is/are not of such a nature that an unexpected worsening or physical trauma is likely to have a medically grave outcome.

b) The condition(s) is/are stable; that is, currently under medical care, and reasonably anticipated by the pre-deployment medical evaluator not to worsen during the deployment under available care in theater, in light of physical, physiological, psychological and nutritional impacts and effects of the duties, location, and limited medical capabilities at the location.

c) Any required ongoing health care or medications must be available in theater within the military health system for DoD personnel or the contractor health care system for contingency contractor personnel, unless specifically authorized in the contracting officer's Letter of Authorization and the synchronized pre-deployment operational tracker database and have no special handling, storage, or other requirements (e.g., refrigeration/cold chain, electrical power, etc.).

d) No need or anticipation of duty limitations that preclude performance of duty or an accommodation imposed by the medical condition.

e) There is no need for routine evacuation out of theater for continuing diagnostics or other evaluations (all such evaluations must be accomplished prior to deployment).

7. Documented medical conditions precluding medical clearance. *The medical evaluator must carefully consider whether the climate, altitude, nature of available food and housing, availability of medical, behavioral health, dental, surgical, and laboratory services, or whether other environmental and operational factors may be hazardous to the deploying person's health because of a known physical condition.* Medical clearance to deploy with any of the following documented medical conditions may be granted IAW MOD 9 Section 15.B. If personnel who are obviously medically unfit for deployment are found deployed, contact the CENTCOM Surgeon with details of the case. A list of all possible diagnoses and their severity that may cause an individual to be non-deployable would be too expansive. In general, individuals with the following conditions, based on an individual assessment as per DoDI 6490.03, should not deploy:

- A. Conditions which prevent the wear of personal protective equipment, including protective mask, ballistic helmet, body armor, and chemical/biological protective garments, regardless of the nature of the condition that causes the inability.
- B. Conditions which prohibit required theater immunizations (other than smallpox & anthrax per current guidance) or medications (such as antimalarials, chemical and biological antidotes, and other chemoprophylactic antibiotics).
- C. Any chronic medical condition that requires frequent clinical visits, that fails to respond to adequate conservative treatment, necessitates significant limitation of physical activity, or constitutes increased risk of illness, injury, or infection.
- D. Any unresolved acute illness or injury that would impair one's duty performance during the duration of the deployment.
- E. Blood-borne diseases that may be transmitted to others in a deployed environment. Confirmed HIV antibody positivity is disqualifying for deployment.
- F. Any medical condition that could result in sudden incapacitation such as seizure disorders (within the past year) and Diabetes Mellitus, Type I or II, on pharmacological therapy or with Hg A1C > 7.0.
- G. Symptomatic coronary artery disease.
- H. Myocardial infarction within one year of deployment.
- I. Coronary artery bypass graft, coronary artery angioplasty, carotid endarterectomy, other arterial stenting, or aneurysm repair within one year of deployment.
- J. Cardiac dysrhythmias or arrhythmias, either symptomatic or requiring medication, electro-physiologic control, or automatic implantable cardiac defibrillator.
- K. Hypertension not controlled with medication or that requires frequent monitoring; current heart failure.
- L. Morbid obesity (BMI \geq 40) in accordance with National Heart Lung and Blood Institute guidelines. Military personnel in compliance with body fat guidelines do not require a waiver.
- M. Asthma that has a Forced Expiratory Volume-1 \leq 50% of predicted despite appropriate therapy, that has required hospitalization at least 2 times in the past 12 months, or that requires daily systemic (not inhalational) steroids.

- N. Hearing loss. The requirement for use of a hearing aid does not necessarily preclude deployment. However, the individual must have sufficient unaided hearing to perform duties safely IAW Service guidelines.
- O. Vision loss. Best corrected visual acuity must meet job requirements to safely perform duties.
- P. Therapeutic anticoagulation.
- Q. Biologic Response Modifiers (immune suppressors) such as Abatacept, Humira, Enbrel, Remicade, chronic steroidal, etc.
- R. Cancer for which the individual is receiving continuing treatment or requiring frequent subspecialist examination and/or laboratory testing during the anticipated duration of the deployment.
- S. Precancerous lesions that have not been treated and/or evaluated and that require treatment/evaluation during the anticipated duration of the deployment.
- T. Dental and oral conditions requiring or likely to require urgent dental care within six months' time, active orthodontic care, conditions requiring endodontic care, uncontrolled periodontal disease, conditions requiring prosthodontic care, conditions with immediate restorative dentistry needs, conditions with a current requirement for oral-maxillofacial surgery. Individuals without a dental exam within the last 12 months. Individuals being evaluated by a non-DoD civilian dentist should use a DD Form 2813, or equivalent, as proof of dental examination.
- U. History of heat stroke.
- V. Meniere's disease or other vertiginous/motion sickness disorder, unless well controlled on medications available in theater.
- W. Recurrent syncope for any reason.
- X. Any musculoskeletal condition that significantly impairs performance of duties in a deployed environment.
- Y. Any medical condition that requires surgery (e.g., unrepaired hernia) or for which surgery has been performed and the patient requires rehabilitation or additional surgery to remove devices (e.g., external fixator placement).
- Z. Tracheostomy or aphonia.
- AA. Renolithiasis, current symptomatic.
- BB. Active tuberculosis.
- CC. Pregnancy.
- DD. Any medical condition that requires durable medical equipment or appliances (e.g., CPAP, TENS, etc) or that requires periodic evaluation/treatment by medical specialists not readily available in theater.
- EE. Psychotic and Bipolar Disorders are disqualifying for deployment. For detailed guidance on deployment-limiting psychiatric conditions or psychotropic medications, refer to Health Affairs Policy Memorandum, "Policy Guidance for Deployment-Limiting Psychiatric Conditions and Medications," November 7, 2006.
- FF. Psychiatric disorders under treatment with fewer than three months of demonstrated stability from the last change in treatment regimen.
- GG. Clinical psychiatric disorders with residual symptoms that impair duty performance.
- HH. Mental health conditions that pose a substantial risk for deterioration and/or recurrence of impairing symptoms in the deployed environment.

II. Chronic medical conditions that require ongoing treatment with antipsychotics, lithium, or anticonvulsants.