Notes/Changes

• Briefer – if service members are completing the health assessment through AKO you may hide/omit/modify slides 23 though 29. They are for use if the service member is filling out the hard copy form DD 2796
• V03.06 – added Post-Deployment Health Reassessment Form information
Redeployment Preventive Medicine Measures
(Afghanistan)

Presenters Name
Presenters Command
Local Contact Information
Redeployment Medical Briefing

- Purpose of this briefing
- Background on health concerns
- Medical health threats for Afghanistan
- Redeployment medical requirements
- The DoD Deployment Health Clinical Center
- Homecoming stress
Purpose

To ensure that any concerns you may have about your health are addressed and that you understand the medical requirements for re-deployment.
Background

- Some US and Coalition Forces are redeploying from support of Operation Enduring Freedom
- Force health protection and addressing concerns you might have about your health are very important
STAYING HEALTHY GUIDE

• Unfold YOUR Redeployment Guide
• Basic information and resources
• Reference Guide for this Briefing

This guide is for use by all active/reserve component military, civilian, retiree, and contractor personnel. Any individual who is returning from any type of military operation should keep and refer to this guide.
Redeployment Requirements

• In-theater
  – Redeployment medical threat briefing
  – Post-deployment health assessment (DD Form 2796)
  – Post-deployment medical screening, testing, and follow-up
  – Know where to go for health problems or concerns after you return home

• Home Station
  – Tuberculosis skin test, blood draw and any referral appointments, DD2900
Common Health Problems

The most commonly reported health problems observed in theater:

- Upper respiratory illness
- Diarrhea
Upper Respiratory Infection

- Can be caused by a number of different things, viruses, bacteria, dust particles
- The contributing factors are close living quarters, variation in sleep routine, stress, change in hygiene habits
- Symptoms resolve in a few days
- If you are experiencing signs of a cold, like draining sinuses, sore throat or cough for more than 2 weeks, seek medical attention
Medical Threats for the Region

High Risks

• Food and Waterborne - Diarrheal diseases, Hepatitis A, Typhoid/Paratyphoid Fever
• Vector borne – Malaria, Cutaneous Leishmaniasis
• Sexually Transmitted – Hepatitis B
• Animal Contact - Rabies
Diarrheal Diseases

- It is normal for almost everyone to have some bowel disturbances due to changes in diet and eating habits
- Can be caused by bacteria, viruses, or parasites
- If you currently have diarrhea symptoms (loose watery stools, more than 3 times per day), speak to a health care provider
Vector-Borne Diseases:
Malaria

- Blood parasite transmitted by mosquitoes
  - From March to November, up to 10 percent of personnel exposed to mosquitoes could contract malaria
  - Incubation period: 7 to 14 days
  - Symptoms: fever, flu-like illness, chills, headache, muscle aches, and fatigue
  - 1 to 7 days of inpatient care

Take anti-malaria drugs as directed to avoid getting sick!
Vector-Borne Diseases: 
Leishmaniasis

• A parasite transmitted by sand fly bites

• Symptoms
  – Non-healing sores
  – Sometimes - fever, weight loss, weakness, anemia, swelling of spleen and liver
  – Symptoms can appear weeks to months after getting bitten

• If you experience any of these symptoms, while deployed or after you get home, make sure you speak to a health care provider!

Sand flies are very small - only one-third the size of mosquitoes.
Sexually Transmitted and Bloodborne Diseases

- Hepatitis B

If you abstained from sexual contact while deployed, you are not at risk for STDs
Animal Contact Diseases

Rabies

- The wild dogs roaming troop areas could be carrying rabies

- The risk of rabies in Afghanistan is among the highest in the world

- Caused by virus in the saliva of infected mammals or bats

- Rabies is nearly 100% fatal

- If you were bitten by a dog or any other animal, post-exposure treatment must be started immediately
Diseases of Intermediate Risk

- Food-borne: Brucellosis and Hepatitis E
- Vector-borne: Crimean-Congo fever, visceral leishmaniasis, sand fly fever, scrub typhus, and West Nile virus
Diseases of Intermediate Risk (continued)

- Sexually transmitted: Gonorrhea, chlamydia, HIV/AIDS
- Animal contact: Anthrax, Q fever, Avian Influenza
- Water contact: Leptospirosis
- Respiratory: Tuberculosis

If you abstained from sexual contact while deployed, you are not at risk for STDs
Animal Contact Diseases

Avian Influenza H5N1
- Rare cases of H5N1 influenza could occur in operational forces exposed to infected poultry flocks.
- In the unlikely event that H5N1 influenza gains the ability to efficiently spread directly from person to person, initiating a human influenza pandemic, a significant number of operational forces worldwide could be affected.
- Very severe illness; fatality rate higher than 50% in symptomatic cases
- Seek medical treatment immediately if you feel ill.
Environmental Threats

• Destroyed factories may have released contaminants into the environment such as asbestos, lead and industrial wastes

• Few air contamination issues other than high levels of particulate matter (dust)

• No solid waste collection and treatment system exists

• Greatest short-term health risks are ingestion of food or water contaminated fecal pathogens
Redeployment Requirements

• In-theater
  – Redeployment medical threat briefing
  – **Post-deployment health assessment** (DD Form 2796)
  – Post-deployment medical screening, testing, and follow-up
  – Know where to go for health problems or concerns after you return home

• Home Station
  – Tuberculosis skin test, blood draw and referral appointments, DD2900
DEPLOYMENT HEALTH ASSESSMENTS

- Available through AKO under the “My Medical Readiness” link
Deployment Health Assessments

- Pre Deployment Health Assessment Form (DD2795)
- Post Deployment Health Assessment Form (DD2796)
- Post Deployment Health Reassessment Form (DD2900)

Please select the survey you would like to view, edit, or complete.

- Pre Deployment Health Assessment Form (DD2795)
- Post Deployment Health Assessment Form (DD2796)
- Post Deployment Health Reassessment Form (DD2900)
# Post-Deployment Health Assessment Form

## Page 1: Service Member Administrative Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Name</td>
<td></td>
</tr>
<tr>
<td>First Name</td>
<td></td>
</tr>
<tr>
<td>MI</td>
<td></td>
</tr>
<tr>
<td>Name of Your Unit or Ship during this Deployment</td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td>Male, Female, Air Force, Army, Coast Guard, Marine Corps, Navy, Other</td>
</tr>
<tr>
<td>Service Branch</td>
<td>Active Duty, National Guard, Reserves, Civilian Government Employee</td>
</tr>
<tr>
<td>Component</td>
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</tr>
<tr>
<td>Location of Operation</td>
<td>Europe, SW Asia, SE Asia, Asia (Other), Australia, Africa, Central America, Unknown</td>
</tr>
<tr>
<td>Location of Operation</td>
<td>South America, North America, Other, Unknown</td>
</tr>
<tr>
<td>To what areas were you mainly deployed:</td>
<td>(mark all that apply - list where/date arrived)</td>
</tr>
<tr>
<td>Location</td>
<td>Kuwait, Qatar, Afghanistan, Bosnia, On a ship</td>
</tr>
<tr>
<td>Name of Unit or Ship</td>
<td></td>
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<tr>
<td>Name of Operation</td>
<td></td>
</tr>
<tr>
<td>Occupational specialty during this deployment (MOS, NEC or AFSC)</td>
<td></td>
</tr>
<tr>
<td>Combat specialty</td>
<td></td>
</tr>
</tbody>
</table>

**INSTRUCTIONS:** Please read each question completely and carefully before marking your selections. Provide a response for each question. If you do not understand a question, ask the administrator.
Post-Deployment Health Assessment Form

• DD Form 2796 must be completed no more than 30 days prior to departing for home station

• Page 1: Administrative information
  – Deployment location
  – Country, list all
  – Operation Enduring Freedom

*You will need your DD 2796 in hand to depart from theater*
Do not pack it in your bags
Post-Deployment Health Assessment Form

• Page 2: Service Member Report
  — Report vaccinations, medications, and health care during deployment process
  — Report experiences, symptoms or concerns

• Page 3: Service Member Report
  — Report possible exposures and duration
  — Identify potentially hazardous situations that may concern you

*You will need your DD 2796 to out-process from theater*
Post-Deployment Health Assessment Form

Page 4: Health Care Provider Assessment

Health Care Provider Only

Post-Deployment Health Care Provider Review, Interview, and Assessment

Interview

1. Would you say your health in general is:  
   - Excellent  - Very Good  - Good  - Fair  - Poor

2. Do you have any medical or dental problems that developed during this deployment?  
   - Yes  - No

3. Are you currently on a profile or light duty?  
   - Yes  - No

4. During this deployment have you sought, or do you now intend to seek, counseling or care for your mental health?  
   - Yes  - No

5. Do you have concerns about possible exposures or events during this deployment that you feel may affect your health?  
   Please list concerns:

6. Do you currently have any questions or concerns about your health?  
   Please list concerns:

Health Assessment

After my interview/exam of the service member and review of this form, there is a need for further evaluation as indicated below. (More than one may be noted for patients with multiple problems. Further documentation of problem evaluation to be placed in the service member's medical record.)

REFERRAL INDICATED FOR:

- None
- GI
- GU
- GYN
- Combat/Operational Stress Reaction
- Mental Health
- Neurology
- Dermatologic
- Orthopedic
- Dental
- Pulmonary
- ENT
- Eye
- Family Problems
- Other

EXPOSURE CONCERNS (During deployment):

- Environmental
- Occupational
- Combat or mission related
- None
- Fatigue, Malaise, Multisystem complaint
- Audiology
- Pregnancy

Comments:

I certify that this review process has been completed.
Provider’s signature and stamp:

This visit is coded by V70.5 _ 6

Date (dd/mm/yyyy):

End of Health Review

DD FORM 2796, APR 2000

ASD(HA) APPROVED
Redeployment Requirements

• In-theater
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Post-Deployment Health Assessment Form

• Page 4: Health Assessment
  – Face-to-face discussion with Health Care Provider (HCP)
  – Answer based on how you are feeling today
  – Review completed DD 2796 with HCP
  – Follow-up may be recommended at home station
  – Answering yes to any questions will not delay your departure from theater

*Hand-carry a copy of your DD 2796 all the way through your home station out-processing*
Redeployment Requirements

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Post-Deployment Health Questions and Concerns

• Step 1
  – Be aware that some conditions (like malaria and tuberculosis) may not produce symptoms for weeks to months after you return home.

• Step 2
  – Contact your local MTF or civilian health care provider for problems, questions, or concerns noticed after re-deployment, and make sure to tell him/her about your deployment.

• Step 3
  – If you feel ill, your primary health care provider can do an initial assessment. If symptoms persist or your condition is not improving, make sure you return to your health care provider.

• Step 4
  – The DoD Deployment Health Clinical Center is always available to answer your questions, and any questions your health care provider (civilian or military) may have about your health.
Redeployment Requirements

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Required Medical Screening

- **Tuberculosis Skin Test**
  - A skin test on the forearm to show if you have been exposed to tuberculosis
  - Delayed onset of positive test in some people requires that you be tested twice:
    - At the time of redeployment
    - At 3-6 months after redeployment
      (date will be shown on your DD Form 2796)
  - You must return 48-72 hours after the test to have it read and documented by a health care professional

- **Blood sample taken at home station**
DD FORM 2900

- Post Deployment Health Reassessment
  - Completed 3-6 months after re-deployment
  - Must complete the demographic information portion; the remainder of the form is voluntary
  - The form will be completed through AKO or MEDPROS at a screening location
  - A healthcare provider will review and discuss your answers with you
Blood Donation

• If you get malaria you may not donate blood for **three** years

• Soldiers who have been to Afghanistan cannot donate blood for **one** year after redeploying
Reunion with Family and Friends

- Reunion is a part of the deployment cycle and can be filled with joy and stress. Reintegration into the family structure is a critical process.
- Refer to the *A Soldier and Family Guide to Redeploying* for things to remember during reunion with family and friends.
- Chaplains and counselors are available to help cope with homecoming stress.
Homecoming Stress

- Don’t expect things to be exactly the same, especially if long deployment
- Ease back into roles; don’t rush it
- Children may be withdrawn
- Spouse may be moody or depressed
- Financial and property issues may require immediate attention
- If needed, seek counseling from Chaplain or medical personnel
Summary

• Background on health concerns
• Medical health threats
• Redeployment medical requirements
• The DoD Deployment Health Clinical Center
• Homecoming stress
Conclusion

It is important to the US military and the Nation that you enjoy good health as you rejoin your family and friends upon return to home station.

If you have health problems or concerns, it is critical that you let someone know. It will not delay your departure for home station.

Are there any questions?