UNITED STATES DEPARTMENT OF COMMERCE
National Oceanic and Atmospheric Administration
OFFICE OF MARINE AND AVIATION OPERATIONS
Silver Spring, Maryland 20910

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MEMORANDUM FOR: Military Treatment Facility

THROUGH: Captain Anne Lynch, NOAA
Director, Commissioned Personnel Center

Commander Elizabeth Hobson-Powell, USPHS
Chief, Medical Administration Branch

FROM: Captain P. Jane Powers, USPHS
Director, Office of Health Services
Office of Marine and Aviation Operations

SUBJECT: **PERIODIC PHYSICAL EXAMINATION REQUIREMENTS FOR NOAA CORPS OFFICERS**

On behalf of the National Oceanic and Atmospheric Administration's Commissioned Corps (NOAA Corps), I would like to extend our deepest appreciation to all of the military treatment facilities and medical providers that have previously and are currently providing medical services to the active duty men and women of the NOAA Corps.

Over time, most military treatment facilities have changed how they provide periodic health care and screening to active duty service members. The current trend is toward a preventive health assessment screening history with a visit to a health care provider only if a problem becomes evident on the history. The present problem faced by our NOAA Corps officer is, as a uniformed service, we still require the complete history and physical examination by a licensed physician, nurse practitioner, or physician's assistant with specific labs/x-rays both for the periodic physicals for active duty and for diving. The specific requirements are noted below for active duty members.

The NOAA periodic history and physical examination must include:

A. Completed form DD2807-1 (Report of Medical History) with examiner signature
B. Form DD2808 (Report of Medical Examination) with examiner signature and the following items completed:
   Items 1 – 10: Self explanatory.
   Item 15: For (a) insert "NOAA Corps", (b) mark "active duty", and (c) mark "retention".
   Item 16: Insert full name and address of examining location.
   Items 17 – 44: Self explanatory.
   Item 45: Attach urinalysis test results to the form (performed within 180 days of the physical examination).
   Item 47: Attach hemoglobin/hematocrit results to the form (performed within 180 days of the physical examination).
   Items 53-54: Height and weight.
   Item 58: Blood pressure.
   Item 61: Distant vision (corrected and uncorrected, performed within 12 months of the physical examination).
   Item 62: Eye refraction (required <u>only</u> if uncorrected vision is worse than 20/20 in either

eye)

Item 63: Near vision (corrected and uncorrected, performed within 12 months of the physical examination).

Item 70: Tonometry/intraocular tension test results for both eyes (performed with all eye refractions)

Item 71: Attached printout of audiogram results to form (500, 100, 200, 3000, 4000, and 6000 Hz; performed within 12 months of the physical examination).

Item 73: Information to be inserted here:

1. Body frame size (wrist measurement)
2. BMI

C. Other required documents to be attached to the DD2808:

1. Current lipid panel results including (fasting) total cholesterol, HDL, LDL, triglycerides, VLDL performed within 180 days of the physical examination [For males age 35 and older and females age 40 and older done only every 5 years for low risk persons; for males up to age 34 and females up to age 39: every 3 years for high risk persons with history of diabetes mellitus, family history of heart disease, hyperlipidemia, or multiple coronary heart disease risk factors before age 50 (male relatives) and age 60 (female relatives)]
2. Fasting glucose performed within 180 days of the physical examination (done every 3 years for all ages if history of hypertension of hyperlipidemia)
3. PAP, pelvic and breast exam (done every 3 years; PAP not required for women who have undergone a total hysterectomy; performed within 12 months of the physical examination).
4. Screening mammography (beginning at age 40 for females and every two years thereafter; performed within 12 months of the physical examination).
5. Other required diagnostic studies that must be attached to the DD2808 or results written in Item 73 by the examining provider:
   a. Tuberculin Skin Test (TB) or Quantiferon test (required annually unless contraindicated; see NOAA TB Educational Handout 2008) for all shipboard/aviation personnel or those officers embarking on a NOAA vessel for > 24 hours; all other assignments every 5 years
   b. Colorectal Cancer Screening: (beginning at age 50 for males and females) includes Fecal Occult Blood Test – FOBT x3 OR annual flexible sigmoidoscopy OR double-contrast barium enema (every 5 years) OR colonoscopy (every 10 years)
   c. Prostate Screening: frequency of testing will be determined by health care provider based on risk (beginning age 45 for males)
6. Other testing results as deemed necessary

D. NOAA OSHA Respiratory Medical Evaluation Questionnaire (updated version)

Though the needs of our officers are outside of the trend toward the preventive periodic health assessment approach, it is our request that these specific needs above be honored to the fullest extent possible at the time of the allotted appointment or during subsequent ones. Thank you for assisting the Commissioned Corps of the National Oceanic and Atmospheric Administration to maintain its high standards and level of health. Please contact the Chief, Medical administration Branch, at (301)713-7718 with any questions.