POST DEPLOYMENT HEALTH ASSESSMENT (PDHA)

		PRIVACY ACT STATEMENT				
This statement se	erves to inform you of the purpose for collecting p	personally identifiable information through the DD Form 2796,	Post-Deployment Health Assessment (PDHA).			
AUTHORITY:		e for Personnel and Readiness; 10 U.S.C. 1074f, Medical Tracl Workforce; DoDl 6490.02E, Comprehensive Health Surveilland				
PURPOSE:	possessions as part of a contingency, comb	order to assess the state of the individual's health after deployr bat, or other operation and to assist health care providers in ide rided may result in a referral for additional health care that may s.	entifying and providing present and future medical			
Your records may be disclosed to other Federal and State agencies and civilian health care providers, as necessary, in order to provide medical care an treatment. Use and disclosure of you records outside of DoD may also occur in accordance with 5 U.S.C. 552a(b) of the Privacy Act of 1974, as amende which incorporates the DoD "Blanket Routine Uses" published at: http://dpclo.defense.gov/privacy/SORNs/blanket_routine_uses.html . Any protected health information (PHI) in your records may be used and disclosed generally as permitted by the HIPAA Privacy Rule (45 CFR Parts 160 and 164), as implemented within DoD by DoD 6025.18-R. Permitted uses and discloses of PHI include, but are not limited to, treatment, payment, and healthcare operations.						
DISCLOSURE:	Voluntary. If you chose not to provide inform HOWEVER, CARE WILL NOT BE DENIED	mation, comprehensive healthcare services may not be possib).	ole or administrative delays may occur.			
INSTRUCTIONS:	You are encouraged to answer all questions not understand a question, please discuss t	s. You must at least complete the first portion on who you are the question with a health care provider.	and when and where you deployed. If you do			
DEMOGRAP	HICS					
Last Name _		First Name	Middle Initial			
Social Secur	rity Number	Today's Date (dd/mmm/yy)	/y)			
	(dd/mmm/yyyy)					
O USPHS O Other Defe	O Active Duty O National Guard Reserves Orps ard Expeditionary Workforce (CEW) ense Agency List:	O E6 O E7 O E8 O E9	0 01 0 W1 0 02 0 W2 0 03 0 W3 0 04 0 W4 0 05 0 W5 0 06 0 07 0 Other 0 08 0 09 0 010			
Home station	n/unit:					
Phone: Cell: DSN: Email: Address:	tact information:	Name: Phone: Email: Address:	no can always reach you:			
PLEASE ANS	SWER ALL QUESTIONS BASE	ED ON YOUR MOST RECENT DEPLOY	MENT			
Date arrived th	heater (dd/mmm/yyyy)	Date departed theater (d	dd/mmm/yyyy)			
	oeration were you mainly deployed? that apply, including the number of	months spent at each location.)				
			months)			
			months)			
		·	months)			
O Country 4		Time at location (r	months)			

O Country 5 _____

Time at location (months)

		Deplo	yer's SSN	(Last 4 digits):		
1.	Overall, how would you rate your health during th O Excellent O Very Good O Good O Fair					
2.	Compared to before this deployment, how would O Much better now than before I deployed O Somewhat better now than before I deployed O About the same as before I deployed O Somewhat worse now than before I deployed O Much worse now than before I deployed	Please explain:		al now?		
3.	How often did you smoke tobacco (for example ci O Just about every day O Some days O Not at		pe, or hool	(ah) during your depl	oyment?	
4.	Were you wounded, injured, assaulted or otherwis	se hurt during you	r deployme	nt?	O Yes	O No
	If yes, are you still having any problems or concerns r	elated to this event	?		O Yes	O No
	If yes, please explain:					
5.	During your deployment: a. Did you ever feel like you were in great danger of b. Did you encounter dead bodies or see people kille c. Did you engage in direct combat where you dischar	d or wounded durin	g this deplo	yment?	O Yes O Yes O Yes	O No O No O No
6.	How many times during your deployment did you O No visits O 1 visit O 2-3 visits O 4-5 visits		provider fo	r a medical or dental	health problem/conc	ern?
7.	During this deployment did you receive care for c	ombat stress or a	mental heal	th problem/concern?	O Yes	O No
	If yes, please explain:					
8.	During this deployment, did you have to spend or	ne or more nights i	n a hospita	l as a patient?	O Yes	O No
	Reason/dates:					
9.	During the PAST MONTH, how difficult have phys regular daily activities? O Not difficult at all O Somewhat difficult O Very During this deployment, did any of the following	y difficult D Extre	mel difficul	t L	you to do your work o	or other
10.a			-			
	 (1) Blast or explosion (e.g., IED, RPG, EFP, land m If yes, please estimate your distance from the classification of the cl			O No		
	(2) Vehicular accident/crash (any vehicle including a	aircraft)?	O Yes	O No		
	(3) Fragment wound or bullet wound? a. Head or neck		O Yes	O No		
	b. Rest of body	- \2	O Yes	O No		
	(4) Other injury (e.g., sports injury, accidental fall, el	•	O Yes	O No		
	If yes to any of the above, please explain:					
10.b	. As a result of any of the events in 10.a., did you	receive a jolt or bl			ELY resulted in:	
	(1) Losing consciousness ("knocked out")? If yes, for about how long were you knocked out O Less than 5 min O 5-30 min O more tha	n 30 min	O Yes			
	(2) Losing memory of events before or after the inju(3) Seeing stars, becoming disoriented, functioning	ry?	O Yes	O No		
	differently, or nearly blacking out?		O Yes	O No		
10.c	How many total times during this deployment di (only answer if you had a yes to any of the question O 0 O 1 O 2 O 3 O more than 3 (list nur	s on 10a.)	-	your head?		

Deployer's SSN (Last 4 digits):

1.	During the PAST MONTH,	how much have	you been bothered	by an	y of the fo	llowing problems?

	Symptom	Not bothered at all	Bothered a little	Bothered a lot
a.	Stomach pain	0	0	0
b.	Back pain	0	0	0
C.	Pain in the arms, legs, or joints (knees, hips, etc.)	0	0	0
d.	Menstrual cramps or other problems with your periods (Women only)	0	0	0
e.	Headaches	0	0	0
f.	Chest pain	0	0	0
g.	Dizziness	0	0	0
h.	Fainting spells	0	0	0
i.	Feeling your heart pound or race	0	0	0
j.	Shortness of breath	0	0	0
k.	Pain or problems during sexual intercourse	0	0	0
I.	Constipation, loose bowels, or diarrhea	0	0	0
m.	Nausea, gas, or indigestion	0	0	0
n.	Feeling tired or having low energy	0	0	0
0.	Trouble sleeping	0	0	0
p.	Trouble concentrating on things (such as reading a newspaper or watching television)	0	0	0
q.	Memory problems	0	0	0
r.	Balance problems	0	0	0
S.	Noises in your head or ears (such as ringing, buzzing, crickets, humming, tone, etc.)	0	0	0
t.	Trouble hearing	0	0	0
u.	Sensitivity to bright light	0	0	0
٧.	Becoming easily annoyed or irritable	0	0	0
w.	Fever	0	0	0
Χ.	Cough lasting more than 3 weeks	0	0	0
у.	Numbness or tingling in the bands or feet	~ 0 ~	~ °	0
Z.	Hard to make up your mad or make decidens	0	, O	0
aa.	Watery, red eyes	0	7 0	0
bb.	Dimming of vision, like the lights were oing but			0
CC.			_ 0	0
dd.	Pain with urination, frequency of urination, or strong urge to urinate	0	0	0
ee.	Bleeding gums, tooth pain, or broken tooth	0	0	0

12.	a.	Over the PAST MONTH, what major life stressors have you experienced that are a cause of significant concern or make it difficult for you to do your work, take care of things at home, or get along with other people (for example, serious conflicts with others, relationship problems, or a legal, disciplinary or financial problem)?	O None or O Please list and explain:
	b.	Are you currently in treatment or getting professional help for this concern?	O Yes O No
13.	he	hat prescription or over-the-counter medications (including rbals/supplements) for sleep, pain, combat stress, or a ental health problem are you CURRENTLY taking?	O Please list:
		. , ,	O None

14. a. How often do you have a drink containing alcohol? O Never O Monthly or less O 2-4 times a month O 2-3 times per week O 4 or more times a week

b. How many drinks containing alcohol do you have on a typical day when you are drinking? O 1 or 2 O 3 or 4 O 5 or 6 O 7 to 9 O 10 or more

c. How often do you have six or more drinks on one occasion? O Never O Less than monthly O Monthly O Weekly O Daily or almost daily

15. Have you ever had any experience that was so frightening, horrible, or upsetting that, in the PAST MONTH, you:

a. Have had nightmares about it or thought about it when you did not want to? O Yes O No b. Tried hard not to think about it or went out of your way to avoid situations that remind you of it? O Yes O No O Yes O No O Yes O No c. Were constantly on guard, watchful or easily startled? d. Felt numb or detached from others, activities, or your surroundings?

Deployer's SSN (Last 4 digits):

16.	Over the LAST 2 WEEKS, how often have	you been bothered by Not at all	the following problem Few or several days	s? More than half the days	Nearly	every day
	a. Little interest or pleasure in doing thingsb. Feeling down, depressed, or hopeless		0	0		0
17.	Are you worried about your health becau exposed to something in the environmen		re		O Yes	O No
	If yes, please explain:					
18.	Do you think you were exposed to any cl or radiological warfare agents during this	nemical, biological, s deployment?			O Yes	O No
	If yes, please explain:					
19.	Were you in a vehicle hit by a depleted u inside a destroyed vehicle that contained or closely inspect such a vehicle?				O Yes O Don't	O No know
	If yes, please explain:					
20.	Were you told to take medicines to preve If yes, please indicate which medicines you		ook all pills as directed. (Mark all that apply)	O Yes	O No
	Anti-malarial medications received O Chloroquine (Aralen®) O Doxycycline (Vibramycin®) O Malarone® O Mefloquine (Lariam®) O Primaquine O Other: O Given pills but do not know drug name	Took all pills? O Yes O No	ΡI	F		
21.	Were you bitten or scrat bee by an arm If yes, please explain what kind of anima				O Yes	O No
22.	Would you like to schedule an appointme	ent with a health care p	provider to discuss any	health concern(s)?	O Yes	O No
23.	Are you interested in receiving information	on or assistance for a	stress, emotional or ald	cohol concern?	O Yes	O No
24.	Are you interested in receiving assistance	e for a family or relation	onship concern?		O Yes	O No
25.	Would you like to schedule a visit with a	chaplain or a commun	ity support counselor?		O Yes	O No

				Depl	oyer's SS	N (Las	st 4 digits):	
H	ealth Care Provider Only – Pro	vider Re	view, In	terview, A	Assessm	ent, a	nd Recommer	ndations:
De	ployer reports arriving in theater on:			D	eployer rep	orts d	eparting theater o	n:
1.	Address concerns identified on de	stions 1 ar	nd 2.					
	Deployer question	a	Not nswered	Deploye indicate concern	d D		's response oncern	Provider comments (if indicated)
	Self health rating		0	0				
	Change in health post-deployment		0	0				
2.	Address wounds, injuries, assaults	s, etc., occu	ırring duri	ng deployr	nent as rep	orted o	on deployer quest	ion 4.
	Did deployer mark that he/she is so or concern related to a wound, injunction occurred during their deployment?	ury, or assau				(go to b	olock 3) red by deployer	
	b. Refer for evaluation?				O Yes O No	0 A 0 A 0 N	lete blocks 19 and Ilready under care Ilready has referral Io significant impairme other reason (explain).	ent
3.	Deployment experiences as report	ed in deplo	yer questi	on 5. Cons	sider in ove	rall ass	sessment; ask fol	low-up questions as indica
	Deployer question	l		Not answered	Yes response		Provider com	ments (if indicated)
	Danger of being killed	0	0					
	Encountered bodies or saw people kille	0	0					
	In direct combat and discharged weapo	A	D	-	T	7		
1.	Address concerns identified on de	\boldsymbol{A}	stions 6 th	rug 9.	1	_		1
	Deployer question Not answe		Deploye indicate concern	d Depi	Deployer's response or concern		Provider c	omments (if indicated)
	Health care visits during deployment	0	0					
	Care for combat stress/mental health	0	0					
	Hospitalized during deployment	0	0					
	Physical limitations/problems	0	0					
5.	Deployment injury and concussion	ı risk asses	sment.	<u>'</u>				
a. Did deployer have an injury based on their responses to question 10.a.?b. Did deployer have a possible concussion based on their responses to questions 10.a. through 10.c.?			O Yes O No	; (go to b	olock 6)			
			O Yes O No	; (go to b	olock 6)			
	c. Evaluate injury history and concus	ssion-related	l experienc	es and sym	nptoms.			
	Refer for evaluation?				O Yes O No	0 A 0 A 0 N	lete blocks 19 and Iready under care Iready has referral Io significant impairme Other reason (explain)	ent

Deployer's SSN (Last 4 digits):

6. Post-deployment general symptoms/health concerns.

List of symptoms reported as "Bothered a Lot" on Deployer Questions 11a. through 11ee.				
List of symptoms reported as "Bothered a Little" on Deployer Questions 11a. through 11ee.				

	Physical symptom (PHQ-15)	severity score for Deployer	Questions 11a. through 11o.	
	Minimal < 4	Low 5 - 9	Medium 10 - 14	High ≥ 15
Deployer's total				

- a. Does deployer have evidence of high generalized post-deployment physical symptoms (a score of ≥ 15 on the PHQ-15 physical symptoms scale - deployer questions 11a. - 11o.) or is "bothered a lot" by specific symptoms listed in 11a. - 11ee.?
- b. Based on deployer's responses to deployer questions 11a. through 11ee. is a referral indicated?
- O Yes
- O No
- O Not answered by deployer
- O Yes (complete blocks 19 and 20)
 O No O Already under care
 - O Already has referral
 O No significant impairment
 O Other reason (explain):

- 7. Major life stressor as reported on deployer question 12.
 - a. Did deployer mark they have a concern or a difficulty with a major life stressor?
 - b. If yes, ask additional questions to determine level ofc. Consider need for referral Referral Adjusted?
- O Yes Deployer's concern: O No (go to block 8)

Yes (complete blocks 1- and

- O No O Already under care
 O Already has referral
 - O No significant impairment O Other reason (explain):
- 8. Self-reported history of prescription or over-the-counter medications as described on deployer question 13.

Deployer question	Not answered	Yes response	Deployer's response	Provider comments (if indicated)
Medications	0	0		

		Deployer's SSN (Last 4 digit	is):
9.	Alcohol use as reported in deployer question 14.		
	a. Deployer's AUDIT-C screening score was (If sc 0-4 (men) or 0-3 (women) nothing required, go to block 1		Not answered
	Number of drinks per week: Maximu	um number of drinks per occasion:	
	Based on the AUDIT-C score and assessment of alcohol	I use, follow the guidance below:	
	Alcoho	ol Use Intervention Matrix	
	Assess Alcohol Use	AUDIT-C Score Men 5 - 7 Women 4 - 7	AUDIT-C Score Men and Women ≥ 8
	Alcohol use WITHIN recommended limits: Men: ≤ 14 drinks per week <u>OR</u> ≤ 4 drinks on any occasion Women: ≤ 7 drinks per week <u>OR</u> ≤ 3 drinks on any occasion	Advise patient to stay below recommended limits	Refer if indicated for further evaluation AND
	Alcohol use EXCEEDS recommended limits: Men: > 14 drinks per week or > 4 drinks on any occasion Women: > 7 drinks per week or > 3 drinks on any occasion	Conduct BRIEF counseling* AND consider referral for further evaluation	conduct BRIEF counseling*
10	* BRIEF counseling: Bring attention to elevated level of drinki on health; Explore and help/support in choosing a drinking of b. Referral indicated for evaluation? Description: Description: Description: PTSD screening as reported in deployer question 15.	goal; <u>F</u> ollow-up referral for specialty trea O Yes (complete block O No Provide educati	s 19 and 20) on/awareness as needed. AUDIT-C score was 8+: ler care referrant impa me t
	 Are two or more of the deployer's responses to questions 15a. through 15d. "yes?" 	O Yes O No (go to block 11) O Not answered by de	ployer
	b. If yes, ask additional questions to determine extent of pro	oblem:	
	c. Consider need for referral. Referral indicated?	O Yes (complete block O No O Already und O Already has O No significa O Other reaso	ler care referral nt impairment
11	. Depression screening as reported in deployer question	16.	
	a. Did deployer mark "more than half the days" or "nearly every day" on question 16a. or 16b.?	O Yes O No (go to O Not answe	block 12) ered by deployer
	b. If yes, ask additional questions to determine extent of pro	oblem; briefly describe results:	
	c. Consider need for referral. Referral indicated?	O Yes (complete block O No O Already und O Already has O No significa O Other reaso	ler care referral nt impairment

D	eployer's SSN (Last 4 digits):
2. Environmental and exposure concern/assessment as reported a. Did deployer indicate a worry or possible exposure?	in deployer questions 17 and 18. O Yes O No (go to block 13)
If yes, mark deployer	's exposure concern(s)
O Animal bites	O Paints
O Animal bodies (dead)	O Pesticides
O Chlorine gas	O Radar/Microwaves
O Depleted uranium	O Sand/dust
O Excessive vibration	O Smoke from burning trash or feces
O Fog oils (smoke screen)	O Smoke from oil fire
O Garbage	O Solvents
O Human blood, body fluids, body parts, or dead bodies	O Tent heater smoke
O Industrial pollution	O Vehicle or truck exhaust fumes
O Insect bites	O Chemical, biological, radiological warfare agent
O lonizing radiation	O Other exposures to toxic chemicals or materials, such as
O JP8 or other fuels	ammonia, nitric acid, etc. Please list:
O Lasers	1
O Loud noises	-
b. If yes, referral indicated?	O Yes (complete blocks 19 and 20) O No (provide risk education) O Already under care O Already under referral O No significant impairment O Other reason (explain):
b. If yes, based on details of event and extent of exposure is referral to PCM for completion of DD Form 2872 (DU Questionnaire) and possible 24-hour urinalysis indicated?	O Yes (complete blocks 19 and 20) O No (provide risk education) O Already under care O Already has referral O No significant impairment O Other reason (explain):
 Malaria prophylaxis review as reported in deployer question 20 	
Deployer reports having deployed to:	_
a. Deployment location required malaria prophylaxis?	O Yes O No (go to block 15)
b. Did deployer receive anti-malarial prophylaxis AND report compliance?	O Yes (go to block 15) O No
c. If no, determine need for prophylaxis. Prescription indicated?	O Yes (complete blocks 19 and 20)
, , , , , , , , , , , , , , , , , , , ,	O No (briefly state reason):
	2 (3) (3)
5. Animal bite (rabies risk) as reported on deployer question 21.	
a. Did deployer mark "yes" on animal bite/scratch?	O Yes O No (go to block 16)
 b. If yes, based on details of event and care received is a referral and/or follow-up indicated? Note: Rabies incubation period can be months to years. Rabies prophylaxis can begin at anytime. 	O Yes (complete blocks 19 and 20)

		Deploy	yer's SSN (Last 4 digits):		
16.	Sı	uicide risk evaluation.			
	a.	Ask "Over the PAST MONTH , have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?"	O Yes O No (go to block 17)		
	b.	If 16.a. was yes, ask: "How often have you been bothered by these thoughts?"	O Few or several days O More than half of the time O Nearly every day		
	C.	If 16.a. was yes, ask: "Have you had thoughts of actually hurting yourself?"	O Yes (If yes, ask questions 16d. through 16g.) O No (If no thoughts of self-harm, go to block 17)		
	d.	Ask "Have you thought about how you might actually hurt yourself?"	O Yes How?O No		
	e.	Ask "There's a big difference between having a thought and acting on a thought. How likely do you think it is that you will act on these thoughts about hurting yourself or ending your life over the next month?"	O Not at all likely O Somewhat likely O Very likely		
	f.	Ask "Is there anything that would prevent or keep you from harming yourself?"	O Yes What?O No		
	g.	Ask "Have you ever attempted to harm yourself in the past?"	O Yes How? O No		
	h. i.	Conduct further risk assessment (e.g., interpersonal conflicts, social isolation, alcohol/substance abuse, hopelessness, severe agitation/anxiety, diagnosis of depression or other psychiatric disorder, recent oss, financial stress, legal disciplinary problems, or serious mysical illness) Does deployer pose a jurrent risk for harming self?	Yes (complete blocks 19 and 20)		
17.	Vi	olence/harm risk evaluation.			
	a.	Ask , "Over the past month have you had thoughts or concerns that you might hurt or lose control with someone?"	O Yes O No (go to block 18)		
		If yes, ask additional questions to determine extent of problem (target, plan, intent, past history) Comments:			
	b.	Does member pose a current risk to others?	O Yes (complete blocks 19 and 20) O No (briefly state reason):		

Deployer's SS	N (Last 4 digits):	
Depicael 9 00	ii (Last T ulults).	

18. Deployer issues with this assessment (mark as appropriate):
O Deployer declined to complete form
O Deployer declined to complete interview/assessment

Assessment and Referral: After review of deployer's responses and interview with the deployer, the assessment and need for further evaluation is indicated in blocks 19 through 22.

19. Summary of provider's identified concerns needing referral < Mark all that apply>	Yes	No
a. None Identified O		
b. Physical health	0	0
c. Dental health	0	0
d. Concussion	0	0
e. Mental health symptoms	0	0
f. Alcohol use	0	0
g. PTSD symptoms	0	0
h. Depression symptoms	0	0
i. Environment/work exposure	0	0
j. Depleted uranium	0	0
k. Malaria prophylaxis	₽	4
I. Risk of self-harm	A	d\
m. Risk of violence	I ol	d¥
n. Other, list:	0	0

20. Recommended referral(s) < Mark all that apply even if deployer does not desire>	Within 24 hours	Within 7 days	Within 30 days
a. Primary Care, Family Practice, Internal Medicine	0	0	0
b. Behavioral Health in Primary Care	0	0	0
c. Mental Health Specialty Care	0	0	0
d. Dental	0	0	0
e. Other specialty care:	0	0	0
Audiology	0	0	0
Dermatology	0	0	0
OB/GYN	0	0	0
Physical Therapy	0	0	0
TBI/Rehab Med	0	0	0
Podiatry	0	0	0
Other, list	0	0	0
f. Case Manager / Care Manager	0	0	0
g. Substance Abuse Program	0	0	0
h. Immunization clinic	0	0	0
i. Laboratory	0	0	0
j. Other, list:	0	0	0
21 Comments:			

22. Address requests as reported on deployer questions 22 through 25.

Deployer question	Not answered	Yes response	Comments (if indicated)
Request medical appointment	0	0	
Request info on stress/emotional/alcohol	0	0	
Family/relationship concern assistance	0	0	
Chaplain/counselor visit request	0	0	

23. Supplemental services recommended / information provided			
O Appointment Assistance	O Family Support		
O Information on post-deployment blood specimen requirement	O Military One Source		
O Contract Support:	O TRICARE Provider		
O Community Service:	O VA Medical Center or Community Clinic		
O Chaplain	O Vet Center		
O Health Education and Information	O Other, list:		
O Health Care Benefits and Resources Information			
O In Transition			

Provider's Name:				Date (dd/mmr	m/yyyy)			
Title:	O MD or DO	O PA	O Nurse Practitioner	O Adv Practice Nurse	O IDMT	O IDC	0	IDHS
I certif	fy that this review	process ha	s been completed.	This visit is o	oded by V70.5	_E		