POST DEPLOYMENT HEALTH ASSESSMENT (PDHA) PRIVACY ACT STATEMENT

This statement se	rves to inform you of the purpose for collecting	personally identifiable information through the	DD Form 2796, Pos	st-Deployment Hea	alth Assessment (PDHA).		
AUTHORITY:		e for Personnel and Readiness; 10 U.S.C. 107 Workforce; DoDI 6490.02E, Comprehensive H					
PURPOSE:	To obtain information from an individual in order to assess the state of the individual's health after deployment outside the United States, its territories and possessions as part of a contingency, combat, or other operation and to assist health care providers in identifying and providing present and future medical care to the individual. The information provided may result in a referral for additional health care that may include medical, dental, or behavioral health care or diverse community support services.						
ROUTINE USES:							
DISCLOSURE:	HOWEVER, CARE WILL NOT BE DENIE						
INSTRUCTIONS:	You are encouraged to answer all question not understand a question, please discuss	ns. You must at least complete the first portion the question with a health care provider.	n on who you are and	d when and where	you deployed. If you do		
DEMOGRAPI	HICS						
Last Name _		First Name		Middl	e Initial		
Social Secur	ity Number	Today's Date (d	ld/mmm/yyyy)				
Date of Birth	(dd/mmm/yyyy)	Gender O Male	O Female				
O USPHS O Other Defe	O Active Duty O National Guard Reserves Orps Orps Orps Orps Orps Orps Orps Orp		Pay Grade O E1 O E2 D E3 D E4 D #5 O E6 O E7 O E8 O E9	0 01 0 02 0 03 0 04 0 05 0 06 0 07 0 08 0 09 0 010	O W1 O W2 O W3 O W4 O W5		
	n/unit:						
Phone: Cell: DSN: Email:	act information:	Name: Phone: _ Email:	contact who				
Date arrived the	SWER ALL QUESTIONS BAS neater (dd/mmm/yyyy) peration were you mainly deployed?						
	were you mainly deployed? hat apply, including the number of	f months spent at each location.)					
O Country 1		Time	at location (mo	nths)			
O Country 2		Time	at location (mo	nths)			
O Country 3		Time	at location (mo	nths)			
O Country 4		Time	at location (mo	nths)			

Time at location (months) _

		Deployer's SSN	(Last 4 digits):		
1.	Overall, how would you rate your health during the PAST MO Excellent O Very Good O Good O Fair O Poor	IONTH?			
2.	Compared to before this deployment, how would you rate y 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 Please	explain:	al now?		
3.	How often did you smoke tobacco (for example cigarettes, O Just about every day O Some days O Not at all	cigars, pipe, or hook	kah) during your deployme	ent?	
4.	Were you wounded, injured, assaulted or otherwise hurt du	ring your deployme	nt?	O Yes	O No
	If yes, are you still having any problems or concerns related to the	his 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 being killed b. Did you encounter dead bodies or see people killed or woun c. Did you engage in direct combat where you discharged a we	ded during this deploy	yment?	O Yes O Yes O Yes	O No O No O No
6.	How many times during your deployment did you visit a head O No visits O 1 visit O 2-3 visits O 4-5 visits O 6 or r		or a medical or dental heal	th problem/conc	ern?
7.	During this deployment did you receive care for combat str	ess or a mental heal	th problem/concern?	O Yes	O No
	If yes, please explain:				
8.	During this deployment, did you have to spend one or more	e nights in a hospita	I as a patient?	O Yes	O No
	Reason/dates:		•		
9.	During the PAST MONTH, how difficult have physical lealth regular daily activities? O Not difficult at all O Somewhat difficult O Very difficult	Extreme difficul	LE	o do your work o	or other
10.a	n. During this deployment, did any of the following events he	• • •			
	(1) Blast or explosion (e.g., IED, RPG, EFP, land mine, grenactif yes, please estimate your distance from the closest blast O Less than 25 meters (82 feet) O 25-50 meters (82-164 feet) O 50-100 meters (164-328 feet) O More than 100 meters (328 feet)		O No		
	(2) Vehicular accident/crash (any vehicle including aircraft)?	O Yes	O No		
	(3) Fragment wound or bullet wound? a. Head or neck	O Yes	O No		
	b. Rest of body	O Yes	O No		
	(4) Other injury (e.g., sports injury, accidental fall, etc.)?	O Yes	O No		
	If yes to any of the above, please explain:				
10.b	o. As a result of any of the events in 10.a., did you receive a	-		esulted 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 than 30 min	O Yes	O No		
	(2) Losing memory of events before or after the injury?	O Yes	O No		
	(3) Seeing stars, becoming disoriented, functioning differently, or nearly blacking out?	O Yes	O No		
10.c	 How many total times during this deployment did you reconstruction (only answer if you had a yes to any of the questions on 10a.) O 0 O 1 O 2 O 3 O more than 3 (list number of times) 	•	your head?		

Deployer's SSN ((Last 4 digits):	

11.	During the PAST MONTH	, how much have	you been bothered b	y an	y of the	following 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
x.	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 made or make decidents	0	, O	0
aa.		0	7 0	0
bb.	Dimming of vision, like the lights were oing but			0
CC.		0	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 orbals/supplements) for sleep, pain, combat stress, or a cental health problem are you CURRENTLY taking?	O Please list:
		, ,	O None
11	_	How often do you have a drink containing clockel?	

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 the following problems? Not at all Few or several days More than half the days Nearly every day a. Little interest or pleasure in doing things 0 0 0 O 0 b. Feeling down, depressed, or hopeless 0 0 0 17. Are you worried about your health because you believe you were O Yes O No exposed to something in the environment while deployed? If yes, please explain: 18. Do you think you were exposed to any chemical, biological, O Yes O No or radiological warfare agents during this deployment? If yes, please explain: 19. Were you in a vehicle hit by a depleted uranium (DU) round; O Yes O No inside a destroyed vehicle that contained DU; O Don't know or closely inspect such a vehicle? If yes, please explain: 20. Were you told to take medicines to prevent malaria? O Yes O No If yes, please indicate which medicines you took and whether you took all pills as directed. (Mark all that apply) Anti-malarial medications received Took all pills? Chloroquine (Aralen®) 0 O Yes O No Doxycycline (Vibramycin®) O Yes O No 0 0 Malarone® O Yes O No 0 Mefloquine (Lariam®) O Yes O No 0 O Yes O No Primaquine 0 Other: O Yes O No Given pills but do not O Yes O Ñ know drug name 21. Were you bitten or scrat beg by an animal ring your O Yes O No If yes, please explain what kind of animal was involved, your injury, and what happened: 22. Would you like to schedule an appointment with a health care provider to discuss any health concern(s)? O No O Yes 23. Are you interested in receiving information or assistance for a stress, emotional or alcohol concern? O No O Yes 24. Are you interested in receiving assistance for a family or relationship concern? O Yes O No 25. Would you like to schedule a visit with a chaplain or a community support counselor? O Yes O No

oloyer reports arriving in theater on:			D	eployer rep	orts departing theater	on:
Address concerns identified on de	ployer ques	stions 1 an	d 2.			
Deployer question	a	Not nswered	Deploye indicate concern	d D	eployer's response or concern	Provider comments (if indicated)
Self health rating		0	0			
Change in health post-deployment		0	0			
Address wounds, injuries, assaults	s, etc., occı	ırring durir	ng deployn	nent as rep	orted on deployer que	stion 4.
Did deployer mark that he/she is so or concern related to a wound, injudence occurred during their deployment.	ury, or assa				go to block 3) answered by deployer	
b. Refer for evaluation? Deployment experiences as report	ed in deplo	ver questic	on 5. Cons	O No	(complete blocks 19 an O Already under care O Already has referral O No significant impair O Other reason (explanation)	ment in):
Deployer question			Not answered	Yes response		mments (if indicated)
Danger of being killed			0	0		
ncountered bodies or saw people kille	d or wounde	ed	0 0			
n direct combat and discharged weapo	n Å	T.	A	D	T	
Address concerns identified on de	plover ques	stions 6 th	ug 9.			
Deployer question	Not answered	Deployer indicated concern	Deplo	oyer's respo or concern	nse Provider	r comments (if indicated)
Health care visits during deployment	0	0				
Care for combat stress/mental health	0	0				
lospitalized during deployment	0	0				
Physical limitations/problems	0	0				
Deployment injury and concussion	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 block 6)	
				O Yes O No (go to block 6)	
c. Evaluate injury history and concus	ssion-related	d experience	es and sym	ptoms.		
Refer for evaluation?				O Yes O No	(complete blocks 19 an O Already under care O Already has referral O No significant impair O Other reason (expla	ment

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.

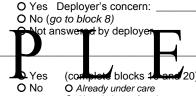
	Physical symptom (PHQ-15)	severity score for Deployer	Questions 11a. through 11o.	
	Minimal < 4	Low 5 - 9	Medium 10 - 14	High ≥ 15
Deployer's total				

- 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 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 quantions to determc. Consider need for referral Referral indicates

tions to determine level of proble



- 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	ts):
9.	Alcohol use as reported in deployer question 14.		
	a. Deployer's AUDIT-C screening score was (If so 0-4 (men) or 0-3 (women) nothing required, go to block to	core between O	Not answered
	Number of drinks per week: Maxim	um number of drinks per occasion:	
	Based on the AUDIT-C score and assessment of alcoho	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*
	* BRIEF counseling: B ring attention to elevated level of drink on health; E xplore and help/support in choosing a drinking of		
	b. Referral indicated for evaluation?		on/awareness as needed. AUDIT-C score was 8+: ler care referra nt impa
10	PTSD screening as reported in deployer question 15.		
	 a. 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

	Deployer's SSN (Last 4 digits):
2. Environmental and exposure concern/assessment as repor	rted in deployer questions 17 and 18.
a. Did deployer indicate a worry or possible exposure?	O Yes O No (go to block 13)
If yes, mark depl	oyer'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 Ionizing radiation	O Other exposures to toxic chemicals or materials, such as
O JP8 or other fuels	ammonia, nitric acid, etc. Please list:
O Lasers	
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 has referral O No significant impairment O Other reason (explain):
 "don't know to questions its" 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):
4. Malaria prophylaxis review as reported in deployer question	n 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	d? O Yes (complete blocks 19 and 20)
5	O No (briefly state reason):
	O No (briefly state reason).
5. Animal bite (rabies risk) as reported on deployer question 2	21.
a. Did deployer mark "yes" on animal bite/scratch?	O Yes O No (go to block 16)
 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) O No (provide risk education) O Was appropriately treated O Already under care O Already has referral O Situation was not a risk for rabies O Other reason (explain):

		Deploy	Deployer'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				
		Conduct further risk assessment (e.g., interpersonal conflicts, social isolation, alcohol/substance abuse, hopelessness, severe agitation/anxiety, diagnosis of depression or other psychiatric disorder, referit loss, financial stress, legal disciplinary problems, or serious rhysical illness) Does deployer pose a jurrent risk for parm to self?	Comments: Yes (complete blocks 19 a d 20) O No				
17.	Vi	olence/harm risk evaluation.					
		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	SN (Last 4	diaits):	
Deployer's St	SN (Last 4	alaits):	

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	Æ	4
I. Risk of self-harm		d\
m. Risk of violence	I OL	dV
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					

Provid	ler's Name:		Date (<i>dd/mmm/yyyy</i>)							
Title:	O MD or DO	O PA	O Nurse Practitioner	O Adv Practice Nurse	0	IDMT	0	IDC	0	IDHS
_		_					_			

I certify that this review process has been completed.

This visit is coded by V70.5 _ E