



Pullman Fire Department Firefighter Cancer Support Network

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Annual physical Components

All evaluations need to include a review of lab results for specific known Fire Service cancer risks including **testicular, prostate, skin, brain, rectum, stomach, bladder, and colon cancer, non-Hodgkin's lymphoma, multiple myeloma and malignant melanoma.**

Medical History Questionnaire

A health history questionnaire must be completed to provide baseline information with which to compare future medical concerns.

Hands-on Physical Examination (To Include)

Vital Signs – Height, weight, blood pressure, temperature, heart rate and respiratory rate **HEENT** – Head, Ears, Eyes, Nose and Throat

Neck – Major vessels, lymph nodes, endocrine structures, physiological functioning, abnormal masses, and enlargement or suspicious skin lesions.

Cardiovascular - Inspection, auscultation, percussion and palpation.

Pulmonary - Inspection, auscultation, percussion and palpation.

Gastrointestinal - Inspection, auscultation, percussion and palpation.

Genitourinary - Hernia exam (Also, see cancer screening).

Lymph Nodes - The examination of organ systems must be supplemented with an evaluation of lymph nodes in the cervical, axillary, and inguinal regions.

Neurological - The neurologic exam for uniformed personnel must include a general mental status evaluation and general assessment of the major cranial/peripheral nerves (motor, sensory, reflexes).

Musculoskeletal - Includes an overall assessment of range of motion (ROM) of all joints. Additionally, observation of the personnel performing certain standard office exercises or functions is helpful in assessing joint mobility and function.

Skin - Inspect for color, vascularity, lesions and edema

Blood Analysis - The following are components of the blood analysis. At a minimum, laboratory services must provide these components in their automated chemistry panel (aka SMAC 20) and complete blood count (CBC) protocols.

White Blood Cell Count

Red Blood Cell Count (Hematocrit)

Differential

Platelet Count

Liver Function Tests

Includes SGOT/AST, SGPT/ALT, LDH, Alkaline Phosphatase, and Bilirubin, Albumin



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Cholesterol

Includes: Total Cholesterol, Low Density Lipoprotein (LDL-C) level, High Density Lipoprotein (HDL-C) level, and Total Cholesterol/HDL Ratio, Triglycerides

Glucose
Sodium
Albumin

HbA1c
Potassium
Calcium

Blood Urea Nitrogen
Carbon Dioxide
C-reactive protein

Creatinine
Total Protein

Urinalysis

Dip Stick (Includes pH, Glucose, Ketones, Protein, Blood, and Bilirubin)

Microscopic (Includes WBC, RBC, WBC Casts, RBC Casts, and Crystals)

Vision Tests

Assessment of vision must include evaluation of distance, near, peripheral, and color vision. Evaluate for common visual disorders including cataracts, macular degeneration, glaucoma and diabetic retinopathy.

Pulmonary (Spirogram)

FVC, FEV₁, FEV₁ / FVC Ratio, Peak expiratory flow rate, Pre/Post Bronchodilator, D_LCO

Chest X-Ray (Initial Baseline)

Repeat Chest x-ray (*Every 3 years – optional, Every 5 years – Mandatory*)

Aerobic / Cardiovascular Evaluation

Resting 12 lead (Annually)

Stress EKG *with Vo2 value calculated*

Cancer Screening Elements

Clinical Breast Examination

Mammogram – *Annual beginning at age 40*

Pap Smear

Testicular Exam

Digital Rectal Exam

Fecal Occult Blood Testing

Bladder Cancer

Colonoscopy (Discuss with Dr.)



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Prostate Specific Antigen (PSA): *Annual on all male uniformed personnel who have a positive family history of prostate cancer or are African-American beginning at age 35. All male uniformed personnel beginning at age 40.*

Immunizations and Infectious Disease Screening

Hepatitis A Vaccine	Hepatitis B Virus Vaccine	Hepatitis C Virus Screen
Tuberculosis Screen (Annual PPD)		Tetanus/Diphtheria Vaccine (Booster)
Measles, Mumps, Rubella Vaccine (MMR)		Measles Vaccine
Mumps Vaccine	Rubella Vaccine	Polio Vaccine
Varicella Vaccine	Influenza Vaccine	Human Papilloma Virus (HPV)
HIV Screening (Required to be offered)		

Heavy Metal and Special Exposure Screening



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Arsenic (urine)

Mercury (urine)

Lead (urine)

Lead (blood)

Aluminum

Antimony

Bismuth

Cadmium

Chromium

Copper

Nickel

Zinc

Organophosphates (RBC cholinesterase)

Polychlorinated Biphenyls (blood)

Optional Screens:

Testosterone: Total

Testosterone: Free

Thyroid (TSH)

Electron Beam Tomography (EBT)

Reporting of biometric data

Please provide your patient with the following information to input into their confidential medical file.

Blood Pressure _____ / _____

Total Cholesterol _____ HDL _____ LDL _____

Triglycerides _____

Glucose _____ Fasting/Non-fasting

Waist Girth _____

Hip Girth _____



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The following is the standard physical examination protocol recommended by firefighting industry standards.

For additional information regarding fire service annual medical evaluations see NFPA 1582 (sections 7.5 through 7.7) and the IAFF/IAFC Wellness Fitness Initiative (WFI) Chapter 2

- For Physician Use Only -			
WELLNESS MEDICAL EXAMS			
Complex Preventive Medical Exam < 40 yrs old	99395	Initial Comprehensive Medical Exam-New pt 40+ yrs	99386
Complex Preventive Medical Exam 40 + yrs old	99396	Initial Comprehensive Medical Exam-New 19-39 yrs	99385
Established Review	99213	Other:	
FIREFIGHTER EXAM LABS			
Comprehensive Metabolic Panel (CMP)	80053	Complete CBC, Automated (to include)	85025
<i>Albumin</i>		<i>HGB</i>	
<i>Potassium</i>		<i>WBC & Platelet Count</i>	
<i>Biliruben; Total</i>		<i>HCT</i>	
<i>Protein; total</i>		<i>Automated Differential WBC</i>	
<i>Calcium; Total</i>		<i>RBC</i>	
<i>Sodium</i>		Urinalysis with Microscopy	81001
<i>Carbon Dioxide (bicarbonate) Transferase</i>		PSA, Total (males – all ages)	84152
<i>Chloride transferase (ALT)(SGPT) &</i>		HEP C/A/B	86803
<i>Creatinine (AST)(SGOT)</i>		<i>(optional) HIV</i>	86703
<i>Glucose VAP</i>		<i>(optional) Thyroid TSH</i>	84443
<i>Phosphatase</i>		<i>(optional) Testosterone; total</i>	84402
<i>Alkaliine</i>		<i>Testosterone; free</i>	84403
<i>Urea Nitrogen (Bun) Incl</i>		Bilirubin: Direct	82248
<i>Triglycerides</i>			
<i>CR protein; High sensitivity</i>			
Hemaglobin A1C (diabetes screen)			
WELLNESS PROCEDURES			
Chest X-Ray 2 View	71020	Resting EKG	93000
Pulmonary Spirometry/NO BRONCHDILATOR/NO DIFF	94010	Maximal Treadmill Stress Test/CLINICAL EVAL/FUNCTIONAL CAPACITY	93015

_____/_____/_____
Physician's Signature

Healthcare Facility (please print)

