

U.S. Department
of Transportation

United States
Coast Guard



Commandant (G-KOM-1)
United States Coast Guard

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COMDTINST 6200.11

1 JUN 1990

COMMANDANT INSTRUCTION 6200.11

Subj: Use of Preventive Medicine Stamp

1. PURPOSE. To instruct health services personnel in the use of the preventive medicine stamp.
2. BACKGROUND. The traditional physical examinations using SFs 88 and 93 is an excellent format for determining past history and current fitness of personnel for assigned duties. It is less useful as a tool for looking ahead. Specifically, it does not assess behaviors which may impact future health and well-being. It does not address many of the preventive medicine issues which have come to be known collectively as wellness.
3. DISCUSSION. The routine exam, especially in young persons, can have relatively little payoff in terms of health benefit. Including a check list of preventive medicine concerns can make the interaction a much more productive opportunity for both the practitioner and the patient. For this reason, a stamp has been devised to aid the practitioner in documenting such a check list. The following suggested notations are only examples which may or may not suit the style of individual practitioners. The intent is to discuss each of these issues with patients who present for exams.
 - a. The stamp will be applied to box 73 of SF-88.

1 JUN 1990

3. b. Its imprint will have this appearance:

Inquire with Counsel/ Action as needed

Tobacco use:

Alcohol use:

Exercise:

Lipids/diet:

BSE/TSE:

Contraception/STD

Stress/mood:

- c. Divide the available space to the right of each item for "Inquiry" remarks and "Counseling/Action" remarks. Examples of suggested notation:

| | <u>INQUIRY</u> | <u>COUNSELING/ACTION</u> |
|---|---|---|
| <u>Tobacco use:</u> | "-" if no use "20 pack yrs." "5 pack yrs./quit" | "_" "smoke-ender class" "_" |
| <u>Alcohol use:</u> | "-" if no misuse "Hx of DUI" "5 six-packs/weeks" | "_" "counseled" "CDAR" |
| <u>Exercise:</u> | "-" if adequate level "none" | "_" "walking prgm" |
| <u>Lipids/diet:</u> | "-" if lipids are OK "?" for not known "chol.=240, poor diet" | "_" "chol. testing" "panel, diet" |
| <u>BSE/TSE:</u> (breast/testis self-exam) | "-" if already instr. or | "_" "instructed" |
| <u>Contrac./Std</u> | "-" if no concerns or | "counseled" |
| <u>Stress/mood:</u> | "-" if no problems "anxious-job" "depressed x6 mos" | "_" "counseled" "refer for eval" |

- d. Cholesterol testing is only required for cadets, officer candidates, and recruits at accession points. The stamp item "Lipids and Diet" only requires that these issues be briefly addressed. Cholesterol or lipid panel testing of Coast Guard active duty persons after the accession stage remains a matter of practitioner clinical judgment.

1 JUN 1990

4. RESPONSIBILITIES.

- a. Commandant (G-KOM-1) will ensure that the maintenance and logistics commands have sufficient stamps by mid-June 1990 to meet the needs of the units within their cognizance.
- b. Commanders of Maintenance and Logistics Commands (k) shall ensure that clinics and sickbays where physicals are originated have a working stamp.
- c. Health services technicians shall affix the preventive medicine stamp to the right side of No. 73 of SF-88 for each exam initiated in their sickbay or clinic or exams performed by contract health care practitioners for outlining units. In addition, they will ensure that contract civilian practitioners are familiar with our expectations with respect to the use of the stamp.
- d. Practitioners shall make inquiry for each item on the stamp, briefly summarize the patient's response ("-" is acceptable for negative response), and indicate any advice given.
- e. Exam reviewing authorities will ensure that exams originating in Coast guard sickbays or clinics are affixed with the stamp (or stamp items are typed on the submitted smooth SF-88) and that each item has been addressed. Compliance by DOD practitioners is voluntary. Exams by practitioners at DOD facilities who do not address the stamp items in accordance with this instruction should not be returned as incomplete for this reason only.

5. ACTION. Area and district commanders, commanders of maintenance and logistics commands, unit commanding officers, and Commander, CG Activities Europe shall ensure compliance with the provisions of this instruction.

/s/
MICHAEL HUDGINS
Chief, Office of Health and Safety

COMDTINST 6200.11

1 JUN 1990

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