

## CHAPTER 9

### HEALTH SERVICES TECHNICIANS ASSIGNED TO INDEPENDENT DUTY

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## CHAPTER 9. HEALTH SERVICES TECHNICIANS ASSIGNED TO INDEPENDENT DUTY

### Section A - Independent Duty Afloat.

1. Introduction. An independent duty health services technician (IDT) is a Health Services Technician (HS) assigned to an afloat unit that has no attached medical officer. Assignment to independent duty is challenging. The role is one of tremendous responsibility and at times can tax even the most experienced HS's skill, knowledge and ability. Along with the increased responsibility and sometimes arduous duty comes the potential for personal satisfaction unsurpassed by any other job assignment.
2. Mission And Responsibilities.
  - a. Mission. The Health Services Technician serving independently is charged with the responsibility for the prevention and control of disease and injury, and the treatment of the sick and injured.
  - b. Responsibilities. The Commanding Officer (CO) is responsible for the health and physical readiness of the crew of the unit. In the absence of a permanently attached Medical Officer (MO) the vessel's Executive Officer (XO) is designated by Coast Guard Regulations as the unit's medical officer. The role of the IDT is to assist the command in maintaining the good health and physical readiness of the crew. To accomplish this responsibility, the IDT must be informed of planned operations and anticipate any operational demands resulting from such operations. To this end, the IDT will consult and advise the Command in all matters with potential to effect crew readiness or the health of personnel. Some of the duties of the IDT include:
    - (1) Assessment and treatment of illness and injury;
    - (2) Prevention of illness and injury through an aggressive environmental health program. Such a program includes inspection of living and working spaces; food service and storage areas and food storage and handling practices; integrated pest management practices; potable water quality surveillance; and recognition and management of communicable diseases;
    - (3) Provision of Health Services training aligned with the needs and mission of the unit;
    - (4) Security and proper use of Health Services supplies, material and property;
    - (5) Supply and logistics to ensure supplies, materials and equipment necessary to carry out the mission of the Health Services Department are obtained and maintained in sufficient quantity and condition to support the unit mission and operation;
    - (6) Health Services Department administration, maintenance and security of health records;
    - (7) Strict adherence to Chapter 2 of this Manual which contains information about general and specific duties of the HS serving independently, **including all required training in compliance with HIPAA privacy and security.**

3. Chain Of Command. The IDT will normally be assigned to the Administrative Department and will report directly to the Executive Officer (XO).
4. Operation Of The Health Services Department. The IDT is tasked with a wide variety and high volume of duties and responsibilities. This section sets forth policy and guidelines designed to assist the IDT in carrying out assigned duties and responsibilities.
  - a. Health Services Department Standard Operating Procedure. In order to successfully manage the Health Services Department the IDT must use time management and organizational skills and tools. One such tool is a written Standard Operating Procedure (SOP) for the Health Services Department. The SOP will govern the activity of the IDT and has as its guiding precept the goals and missions of the unit. The SOP will be developed and submitted in written form to the CO for approval via the chain of command. In addition, the SOP will be reviewed at least annually by the IDT, XO and CO. The approved SOP will be kept in the Health Services Department for easy referral. Copies of pertinent sections will be posted as appropriate. The SOP will include:
    - (1) A copy of the IDT's letter of assumption of duties as Health Services Department Representative;
    - (2) A written daily schedule of events for both underway and inport periods;
    - (3) Copies of all letters of designation, assignment, and authority that directly impact upon the IDT or Health Services Department. Examples include those granting "By direction" authority, designation as working Narcotics and Controlled Substances custodian, and assignment of a Designated Medical Officer Advisor (DMOA);
    - (4) A copy of the unit's organizational structure. This document will show graphically the IDT's chain of command;
    - (5) A listing of duties and responsibilities assigned to the IDT and the frequency that they are to be carried out. The listing will include both primary and collateral assigned duties;
    - (6) A listing of all required reports, the format required for submission, the frequency or date required, required routing and required "copy addressees". Incorporation of this information in tabular format provides a quick and easy guide for reference purposes;
    - (7) A water bill, for the safe handling of potable water;
    - (8) A unit instruction or SOP for the management of rape or sexual assault cases. The document must provide policy for Health Services Department action in such cases, names of organizations, points of contact and telephone numbers for local resources as well as contact information for agencies and facilities which must be notified. It must contain a prearranged mechanism for timely completion of a physical examination for the purpose of evidence gathering that meets requirements of all applicable law enforcement agencies. Additionally, it must define limitations that will exist if the unit is underway at the time the incident occurs;

- (9) A unit instruction or SOP for the management of suicide threat or attempt. The document must provide policy for Health Services Department action in such cases, names of organizations, points of contact and telephone numbers for local resources, contact information for agencies and facilities which must be notified as well as a listing of required information, reports or actions.
  - (10) A unit instruction or SOP action required in the event of family violence. The document must provide policy for Health Services Department action in such cases, names of organizations, points of contact and telephone numbers for local resources, contact information for agencies and facilities which must be notified as well as a listing of required information, reports or actions.
- b. Other Necessary Documents. The IDT is an integral part of many unit activities and various unit bills and doctrines require specific action by the IDT. Since these are changed frequently, incorporation of Health Services Department responsibilities contained in these various documents into the Health Services Department SOP is not recommended. Applicable portions should be kept in the Health Services Department for quick reference, however. These include:
- (1) A battle doctrine for the unit.
  - (2) Portions of the unit mass casualty bill pertaining to Health Services Department responsibility;
  - (3) Portions of the unit general emergency bill pertaining to Health Services Department responsibility;
  - (4) Portions of the unit man overboard bill pertaining to Health Services Department responsibility;
  - (5) Portions of the unit replenishment at sea, special sea detail, flight quarters and bomb threat bills pertaining to Health Services Department responsibility.
- c. Departure From the Daily Schedule of Events. The day-to-day operation of the Health Services Department is complex and impacted upon by the operational needs of the unit. It will of necessity change when events of higher priority or concern occur. If deviation from the daily schedule of events is required, notification of the XO (IDT's Division Officer) will be made at the earliest opportunity. When deviation from daily schedule of events occurs frequently, the daily schedule of events will be reviewed and if necessary, changed. Any changes will be incorporated into the Health Services Department SOP and approved by the Commanding Officer.
- d. Relief and Assumption of Duties as the IDT. Proper documentation of the status of the Health Services Department, the condition of its equipment, stores, and records is required at the time of relief and assumption of the duties and responsibilities as the IDT. The process is complex and requires both the incoming and outgoing IDT to jointly perform the following:
- (1) A complete inventory of all medical stores, spaces, and equipment, including durable medical equipment. The Health Services Allowance List Afloat

(COMDTINST M6700.6D series) provides a listing of supplies and the equipment required by each class of vessel.

- (a) A controlled substances inventory must be done. Use direction provided in Chapter 10 of this Manual.
  - (b) A complete inventory of all unit property in custody of the Health Services Department;
- (2) A review of ongoing actions affecting the status of Health Services, e.g., outstanding requisitions, survey or repairs, and proper documentation of all such transactions;
  - (3) A review of the Health Services Department SOP;
  - (4) A review of the most recent Maintenance and Logistics Command (MLC) Quality Assurance Assistance Survey for the unit. A copy of the survey annotated with any finding of incomplete or uncorrected discrepancies will be included as an enclosure to the letter of relief;
  - (5) A review of crew training files required for Tailored Ships Training Availability (TSTA) evaluation. Paragraph A.6. of this chapter provides a listing of requirements;
  - (6) A review of all health records for completeness, **accuracy, privacy and security**;
  - (7) A complete health, safety and sanitation inspection of the vessel, to include status of potable water systems (records of bacteriological, halogen content and pH testing), food stores inspections, and berthing and habitability of living and berthing spaces.
- e. Letter of Relief and Assumption of Duties. Upon completion of the Health Services Department review a basic Coast Guard letter will be prepared and submitted by the oncoming IDT via the chain of command and will advise the Commanding Officer of the status of the Health Services Department. A copy of the letter will be forwarded to the cognizant MLC. The letter of Relief and Assumption of Duties will provide the following:
- (1) Date of assumption of duties; a statement that the duties and responsibilities of the IDT have been assumed; and a statement that a thorough review of the Health Services Department has been conducted. Any discrepancies of material or record keeping will be annotated on a copy of the unit's most recent MLC Quality Assurance site survey and this survey submitted as an enclosure to the letter of Relief and Assumption of Duties as IDT for the vessel;
  - (2) Any discrepancies noted upon relief will be handled as a matter of individual command prerogative. Responsibility for correction, adjustment of account or inventory records, action required to replace missing items, as well as any necessary disciplinary action will be determined by the command;

- (3) In cases in which no “on site” relief occurs, all of the preceding action will be completed. The supply officer of the unit will participate in the review process in place of the outgoing IDT.
- f. Actions Upon Proper Relief. Upon assumption of duties as the unit's IDT, one of the first tasks to complete is a thorough review of all SOPs and department instructions. Check the references, make contact with any listed Points of Contact. If possible, make visits and introductions in person. Find out how each system works and how it is accessed.
5. Providing Health Care Afloat. Provision of health care is undoubtedly the most challenging and rewarding part of the job of an IDT. An IDT bears a tremendous responsibility. This responsibility can never be taken lightly. This section is intended to provide a brief summary of the various facets of providing medical care afloat.
  - a. Designated Medical Officer Advisor (DMOA). Each independent HS will be assigned a DMOA in accordance with Chapter 1 of this Manual. Good communication between the IDT and the unit DMOA can eliminate many problems affecting health care delivery to the crew. The IDT will schedule a visit to the DMOA as soon as is practical after reporting aboard. The purpose of the visit is to allow first-hand communication of expectations, support facility requirements, and any unique needs or concerns. Open communication can be maintained through regular visits when practical, or at minimum, regular telephone calls. With regard to provision of direct care, the IDT will seek DMOA or another MO's advice whenever there are questions about a patient's condition or when the following conditions exist:
    - (1) Return to sick call before assigned follow-up because of failure to improve or condition has deteriorated;
    - (2) Member cannot return to full duty status after 72 hours duration because of unresolved illness;
    - (3) Undetermined fever of 102 degrees Fahrenheit or higher (when taken orally) persisting for 48 hours;
    - (4) Fever of 103 degrees Fahrenheit or higher (when taken orally);
    - (5) Unexplained pulse rate above 120 beats per minute;
    - (6) Unexplained respiratory rate above 28 breaths per minute or less than 12 breaths per minute.
    - (7) Depression with suicidal thoughts;
    - (8) Change in mental status;
    - (9) Chest pain or arrhythmia;
    - (10) Unexplained shortness or breath;
    - (11) Rape or sexual assault.

- b. Gender Considerations. Chapter 1.A. of this Manual provides specific direction for health services technicians about patient privacy, same gender attendant requirements, and examination restrictions.
- c. Avoiding Common Problems. Scheduling and obtaining the routine medical care needed by crewmembers during short inport periods can tax the organizational skills of even the most experienced IDT. There are, however, actions that the IDT can take which will enhance the chances of getting the routine appointments needed for all members. Some of these are:
- (1) Identify the routine medical and dental needs of the crew well in advance of return to port. The vessel's supporting clinic has an established appointment scheduling procedure within which the IDT must work whenever operational schedules allow. Provide requests via message (or other written form as appropriate) for appointment scheduling ahead of "appointment schedule opening" for the inport period whenever possible. Request reply by message prior to the vessel's scheduled return to port. Provide the list of scheduled appointments to division officers and shop chiefs for the purpose of identifying in advance operationally related conflicts or leave. Provide request for any appointment rescheduling or changes by message as soon as possible;
    - (a) When routine medical or dental care is to be made directly to a DOD MTF, the IDT must determine the facility requirements for referral of patients and follow any local procedures.
  - (2) Communicate with the vessel's supporting clinic. Visit the supporting clinic, if practical, as soon as possible after return to port. Discuss the crew's medical and dental needs with the clinic supervisor and DMOA (if located at the facility);
  - (3) Post a listing of appointment dates and times as soon as it becomes available. Provide each division officer and shop chief a listing of the appointments applicable to the division or shop;
  - (4) Hold members accountable to be at their appointed place and time. Provide feedback to division officers and shop chiefs on any appointment failure. Notify XO of more than one failure.

- d. Consultations. During the management of complex or protracted cases, consultations or specialty referral may be necessary. When such services are needed, the IDT will normally make referral to a Coast Guard clinic or in some cases, a Department of Defense medical treatment facility (DoD MTF). When referring a patient to see a medical officer at a CG health services clinic, the IDT shall ensure that a SF-600 entry is completed using the SOAP format and that an appointment is scheduled. The clinic will normally provide treatment or arrange care if treatment is beyond its scope. When consultations or referral for specialty care are made directly to a DOD MTF, the IDT must determine the facility requirements for referral of patients and follow any local procedures. Referrals to a DOD MTF will normally be documented using a Consultation Sheet (SF 513) or a Referral for Civilian Medical Care DD (2161). The consultation will provide a concise history of the condition to be evaluated as well as any pertinent findings. A provisional diagnosis is normally expected by the consultant. Chapter 4 of this Manual provides direction on completion of a SF 513. The patient and the patient's supervisor must be informed of all consultation or referral appointment dates and times. Courtesy is an important part of maintaining good working relationships with the facilities that the independent duty HS accesses for consultation and referral. Timely notification of the referral facility when appointment changes or cancellations occur (along with brief explanation of why the change is required) help maintain those relationships. Whenever possible, provide at least 24 hours notice of changes or cancellations.
- e. Medical Evacuation (MEDEVAC) of Injured or Ill Crewmembers. Medical evacuation must be considered when care needed by a patient to preserve life or limb, provide pain relief beyond capability onboard, or to provide other medical or dental treatment for which delay until the unit's next scheduled port call would provide undue hardship or pain for the patient. The unit's ability to MEDEVAC a patient will be affected by the vessel's current mission, availability of air transport assets, and location. When considering or executing a MEDEVAC:
- (1) Keep the XO informed. At first indication that a MEDEVAC may become necessary, notify the XO;
  - (2) Request, via the XO, communication with the IDT's DMOA, a medical officer familiar with the vessel's current area of operation or a flight surgeon if MEDEVAC is to be by aircraft. In addition to a thorough patient presentation, information about the unit's location in relation to medical resources ashore and realistic estimations of time requirements to reach a point that MEDEVAC is possible, must be available. Keep the XO and the DMOA/medical officer/flight surgeon advised of any change in the patient's condition;
  - (3) Thoroughly document the MEDEVAC process. Ensure that a complete patient record is maintained in the patient's health record. Maintain a complete record of events in the Health Services log. Make entries as events occur. It is very difficult to reconstruct an accurate log entry "after the fact".
  - (4) Keep the patient informed. Explain in as much detail as possible the actions being taken and expected outcome of the actions. As time of departure approaches, describe for the patient what to expect during transport and upon

arrival at destination. If a Coast Guard Beneficiary Representative is attached to the medical facility to which the patient is being MEDEVACed, provide this information to the patient.

- (5) Ensure that all documentation about the patient's condition is contained in the health record and that it and any medication needed by the patient during transport are securely packaged and ready for transport with the patient. Ensure that information necessary for unit contact and contact of the unit's supporting clinic are provided and easily located by the receiving medical facility. Anticipate the patient's need for personal items, including a valid Armed Forces Identification Card, and ensure these are packaged for transport with the patient. Limit such items to those that are necessary. Encourage the patient to limit cash.
  - (6) Notify the unit's supporting clinic of the MEDEVAC and any needed assistance for the patient.
  - (7) Provide an inpatient hospitalization notification message in accordance with current directives. See Chapter 6.A. of this Manual.
- f. Surgical Procedures. Most routine minor surgical procedures will be delayed until the vessel is in port. Surgical procedures while underway will be limited to only those procedures that are needed in order to return a patient to a fit for full duty status. These procedures include:
- (1) Placing and removing sutures in a wound;
  - (2) Incision and drainage;
  - (3) Uguinectomy;
  - (4) Paring down painful plantar warts.
- g. Refusal of Treatment. Medical, dental, and surgical treatment will not be performed on a mentally competent member who does not consent to the recommended procedure except:
- (1) Emergency care is required to preserve the life or health of the member;
  - (2) Isolation and quarantine of suspected or proven communicable diseases as medically indicated or required by law to ensure proper treatment and protection of the member or others.
- h. Motion Sickness. Members that manifest chronic motion sickness, that do not respond to conventional therapy, and are unable to perform their duties as a result, will be considered for administrative separation from active duty as per the Personnel Manual, COMDTINST M1000.6 (series).

- i. Antibiotic Therapy. The IDT may prescribe and administer antibiotics included on the Health Services Allowance List Afloat. Whenever possible, the IDT should consult with his/her DMOA or a medical officer for a recommendation or concurrence prior to administering antibiotic therapy. If consultation is not possible prior to administration a message must be sent to the DMOA providing case history, ICD9CM code and treatment provided.
- j. Health Services Treatment Space. The Health Services treatment space will be manned at all times when patients are inside. All items are to be stowed in their proper place and secured. All medical records shall be locked in a cabinet. At no time should the Health Services space be left unlocked when the IDT is not onboard.
- k. Patient Berthing. Some units have facilities for short term berthing of patients in the Health Services Department. These facilities are provided to facilitate close patient observation or treatment. No person other than the sick or injured will be berthed in the Health Services Department. The IDT may sleep in the Health Services Department when attending an injured or sick patient, but will have a regularly assigned berthing space. Personal gear and clothing are not to be stored in the Health Services Department. The Health Services Department will not be used as berthing spaces for augmented personnel.
- l. Not Fit For Sea Duty. Members who are medically, surgically, or orthopedically unfit for sea duty (including wearing a cast or needing to use crutches), and unable to perform their duties will not be placed onboard the vessel. Personnel will either be placed on Limited Duty ashore or on Convalescent Leave.
- m. Convalescent Leave/Sick Leave. **Convalescent leave/Sick leave** is a period of leave not charged against a member's leave account. It can be a recommendation to the command when a patient is Not Fit For Duty (usually for a duration expected to be greater than 72 hours) and whose recovery time can reasonably be expected to improve by freedom from the confines of quarters. It should be considered only when required as an adjunct to patient treatment. The command must evaluate each recommendation. Commands are authorized to grant convalescent leave as outlined in Chapter 7 of the Personnel Manual, COMDTINST M1000.6 (series).
- n. Controlled Substances. Regulations for the handling, storage, and issue of narcotics and controlled substances are found in Chapter 10 of this Manual. The contents of this section are not intended to contradict the guidance provided there. This section serves to amplify policy provided with respect to medicinal narcotics and controlled substances onboard afloat units.
  - (1) Narcotics and controlled substances require special handling. All controlled substances shall be obtained through the unit's collateral duty pharmacy officer.
  - (2) The CO will designate a commissioned officer as the controlled substances custodian (CSC). The CSC will follow the accounting procedure provided in Chapter 10 of this Manual. The IDT will normally be assigned as custodian

for narcotics and controlled substances working stock. Such assignment must be made in writing.

- (3) All issues from working stock will be documented with a properly completed, written prescription. All non-emergent care requires contact with a medical officer before dispensing any controlled medication. The medical officer's orders will be documented on a prescription and in the patient's health record. The words "By verbal order of" will precede the ordering medical officer's initials, last name, time of order and date of order both on the prescription and in the patient's health record. In the event of a true emergency, a medical officer's order is not needed to dispense a controlled substance. Once the emergency situation is over or alleviated, the IDT will contact a medical officer, detail the circumstances and the controlled substances that were administered. Upon concurrence by the medical officer, the prescription prepared for the patient will be annotated with the words "By concurrence of" the ordering physician's initials, last name, time of concurrence and date of concurrence.
  - (4) The XO will countersign all prescriptions prepared by the IDT prior to issue of any controlled substance or narcotic.
  - (5) Controlled substances stored aboard cutters shall be limited to amounts in the Health Services Allowance List (HSAL). If the need exists for the unit to carry additional quantities of controlled substances based on use or potential for operational need, a written request signed by the Commanding Officer will be forwarded to the unit's cognizant MLC (k). The request must include, nomenclature, quantity, and brief justification.
- o. Dental. It is the duty of the IDT to arrange for the necessary dental examinations of the crew. All personnel should be Class I or Class II prior to deployment.
- (1) All personnel must receive an annual dental exam.
  - (2) The IDT will arrange, usually via message, for the large group of dental appointments needed for crewmembers returning from deployment. A sign-up sheet and announcement to the crewmembers is advised, and early communication with the staff of the dental clinic is recommended in order to allow sufficient time for the scheduling of a large amount of dental visits. Urgent cases obviously are to be scheduled first, regardless of rank or position of the member. Once back in port, active communication with a designated POC in the dental clinic is advised in order to handle cancellations, substitutions and last minute appointment changes. Although it may be time consuming, it is easier to deliver patient reminders the morning of the scheduled appointment than to try and explain a group of no-show crewmembers to a dental officer or XO.

- p. Rape or Sexual Assault. All victims of rape or sexual assault must be treated in a professional, compassionate and non-judgmental manner. Examination of rape and sexual assault victims will be limited to only visual examination of any wound or injury and treated according to present standards of care. In all cases, a medical officer will be contacted for advice. In the event that no medical officer is available (underway), an IDT may conduct the visual examination. A chaperone of the same gender as the patient will be present if such examination is conducted. All aspects of the patient encounter must be carefully documented. Physical examination to gather evidence of rape or sexual assault is strictly prohibited. Also, see paragraph A.4.a. of this chapter.
- q. Suicide Prevention. An encounter with a suicidal person is always a deeply emotional event. It is important for the IDT to act in a caring and professional manner. Early intervention and good communication skills are essential. If suicidal ideation is suspected it is important to remember:
- (1) Take all threats and symptoms seriously. Immediately seek professional help from the nearest MTF for any member considering suicide. At no time should the person be left unattended;
  - (2) Actively listen to the patient. Do not argue, judge, attempt to diagnose, or analyze the person's true intentions. It is important to provide a calm, caring, professional demeanor throughout the entire situation. Thoroughly document the patient encounter using the SOAP format;
  - (3) Arrange for an escort and a driver to transport the patient to the nearest Coast Guard clinic, MTF or civilian emergency room with facilities appropriate to the situation. The unit's SOP for suicide threat or attempt should contain this information for ready use if needed. If underway, then a MEDEVAC must be considered. An IMARSAT phoncon with a flight surgeon, if MEDEVAC by aircraft is required, the IDT's DMOA or a medical officer familiar with the area of operation is required.
- r. Decedent Affairs. Chapter 5 of this Manual contains guidance about action that the Health Services Department must take when there is a death aboard a Coast Guard unit. Chapter 11 of the Personnel Manual, COMDTINST M1000.6A (series) contains further guidance concerning casualties and decedent affairs, as does the Decedent Affairs Guide, COMDTINST 1770.1C (series). It is unlikely that the IDT will be assigned as the Casualty Assistance Calls Officer (CACO) for the command, but the IDT will undoubtedly be heavily involved with the process of proper disposition of remains, so familiarity with the information required is helpful. The IDT should also perform the following:
- (1) An entry in the Health Services Log will be made detailing all available information concerning the death;
  - (2) The health record of the deceased member will be terminated in accordance with Chapter 4 of this Manual.
- s. Disposition of Remains.

- (1) As soon as possible, remains will be transferred to the nearest Military Treatment Facility (MTF) for further disposition. When transfer cannot be accomplished immediately, the remains will be placed into a body pouch and refrigerated at a temperature of 36 to 40 degrees Fahrenheit to prevent decomposition. The space must contain no other items and must be cleaned and disinfected before reuse. Remains will be identified with a waterproof tag, marked with waterproof ink, and affixed with wire ties to the right great toe of the decedent and also to each end of the body pouch. The minimum information needed on each tag includes the full name, SSN and rate of the decedent. Whenever possible, do not remove items attached to the deceased at time of death. Such items may include (for example) IV lines, needles, lengths of cord or line, etc. These may be important during an autopsy.
  - (a) Additionally, do not discard or launder clothing of the deceased. These items are sometimes important to surviving family members and in some cultures are part of the mourning process for the deceased. This is a cultural consideration but should be a part of the decision process.
- t. Physical Disability Evaluation System. The medical board process is detailed in Chapter 17.A. of the Personnel Manual, COMDTINST M1000. 6A (series) and the Physical Disability Evaluation System, COMDTINST M1850.2 (series).
  - (1) Death Imminent. Chapter 17 A of the Personnel Manual and the Physical Disability Evaluation System Manual describe the actions a unit must take to initiate an expedited review process. The purpose of the expedited review process is to provide a member whose death is imminent, with the counsel to represent the member's best interests, and an opportunity to make timely decisions that will maximize applicable benefits for the member's dependents. The IDT must become familiar with the actions required. As with decedent affairs, the IDT may not have primary responsibility for completing all actions in a death imminent case, but will be required to provide necessary information in a timely manner.
6. Training. The purpose of training provided to the crew of an afloat unit include: assurance that crewmembers are able to provide aid for themselves and their shipmates in an emergency or a combat situation; and to promote the general health and well being of the crew. To this end, a written Health Services Department Training Plan will be prepared and submitted to the unit training officer for incorporation into the unit training plan.

- a. Health Services Department Training Plan. A plan for training of the crew will be established. The plan will be established in written form and kept on file. It will be based on a minimum 12 month cycle and be included in the cutter training schedule. At a minimum, the following training will be given annually:
- (1) Basic first aid;
  - (2) Shock, hemorrhage control, bandaging;
  - (3) Airway management and assisted ventilation;
  - (4) Route to battle dressing stations (BDS), use of items in first aid kits, gunbags and boxes;
  - (5) Personal and dental hygiene;
  - (6) STD/HIV prevention;
  - (7) Heat and cold stress programs, including hypothermia;
  - (8) Respiratory protection program;
  - (9) Hearing conservation;
  - (10) Poisoning;
  - (11) Sight conservation;
  - (12) Blood borne pathogens;
- b. Documentation of Training. Documentation of the training is a TSTA requirement as well as a requirement of several Coast Guard programs. The rule of thumb to remember is “If it isn’t written down, it didn’t happen.” An outline must be prepared and kept on file for all training topics presented and a training log maintained for all training provided. The training log will contain a record of all HS training given to the crew, stretcher-bearers, and HSs. It will contain the following information:
- (1) Date;
  - (2) Topic;
  - (3) Duration;
  - (4) Group or department receiving the training;
  - (5) Instructor’s name;
  - (6) Names (signatures of those present) of members trained.
- c. Training Format. Training will normally be presented in either lecture format or demonstration and practical application. Lecture format presentations should be limited to 15 to 20 minutes and demonstrations and practical application should not exceed 1 hour.
- (1) Practical application must be of high priority in training the crew and stretcher-bearers in first aid, casualty evaluation, treatment, reports to damage control central, and transporting casualties to battle dressing stations. There is no

substitute for "hands on" practice in developing effective first aid and patient transport skills.

d. Departmental Training. Specific training not applicable to the entire crew, but appropriate to individual departments, should be incorporated into the Health Services Training Plan. Such departmental training is normally needed because of workplace exposure to potential health hazards. Training subjects appropriate to various departments are listed in the following subparagraphs. The list is not all inclusive. It is provided as a guideline.

- (1) Weapons department:
  - (a) Hearing conservation,
  - (b) Heat stress (ship's laundry personnel),
  - (c) Respiratory protection,
  - (d) Basic life support (fire control personnel),
  - (e) Review of prevention and treatment of electric shock casualties,
  - (f) Eyesight protection.
- (2) Engineering department:
  - (a) Hearing conservation,
  - (b) Potable water,
  - (c) Heat stress,
  - (d) Respiratory protection,
  - (e) Eyesight protection,
  - (f) Hazards associated with human waste.
- (3) Supply department:
  - (a) Food service sanitation (food service personnel);
  - (b) Heat stress (scullery personnel).
- (4) Operations department:
  - (a) Basic life support (electronics shop personnel),
  - (b) Review of prevention and treatment of burns, electric shock and hemorrhage.
- (5) Deck department:

- (a) Eyesight protection,
  - (b) Hearing conservation,
  - (c) Heat stress,
  - (d) Respiratory protection.
- e. Drills. Drills are a necessary part of unit training. Drills help to reinforce performance of skills and actions that must be completed during stressful or potentially dangerous situations. Drills that have close relation to health and safety of the crew will be incorporated into the Health Services Department Training Plan. The cutter training board should integrate Health Services Department Training Plan drills into the unit's training schedule.
- (1) The following drills will be conducted semi-annually:
    - (a) Battle dressing station;
    - (b) Personnel casualty transportation;
    - (c) Mass casualty.
  - (2) The following drills, at minimum, will be conducted quarterly:
    - (a) Compound fracture;
    - (b) Sucking chest wound;
    - (c) Abdominal wounds;
    - (d) Amputation;
    - (e) Facial wounds;
    - (f) Electrical shock;
    - (g) Smoke inhalation;
    - (h) Casualty transport.
- f. Training and Assignment of Stretcher-Bearers. **No less than four stretcher-bearers will be assigned to the Primary Battle Dressing station (BDS)**. The training for stretcher-bearers will include all subjects given to the crew with emphasis on basic first aid, casualty evacuation, triage, use of all stretcher types maintained onboard the unit, casualty carrying methods, setup and organization and basic life support. Stretcher-bearers must also complete the advanced first aid portion of the Damage Control Personnel Qualification Standards (DC PQS).

- g. Training for the IDT. Careful study, practice, and concentration on all facets of the Health Services Technician rate are necessary to prepare an HS to be successful as an IDT. In addition to the requirements of the rate, attendance of certain "C" schools is required. These are:
- (1) Air Force Medical Services Craftsman - Independent Duty Medical Technician or Navy Surface Forces Independent Duty Technician;
    - (a) Health Services Technicians that have successfully completed an afloat tour as an HS within five years are exempt from this requirement. Additionally, members that have successfully completed multiple TAD periods afloat as an HS may be considered for waiver of this requirement if in the opinion of his/her Designated Medical Officer (DMO) the member has the skills and experience needed for independent duty. Request for waiver are to be submitted in letter format, through the requesting member's chain of command to Commandant (G-WKH-1) **via the HS's DMOA and appropriate MLC(k)**. Chapter 3 of the Cutter Training and Qualification Manual, COMDTINST M3502.4 (series) contains information about waiver of requirements.
  - (2) Coast Guard Introduction to Environmental Health or Navy Basic Shipboard Series. (Note: This is not required for graduates of Navy Surface Forces Independent Duty Technician.);
  - (3) Emergency Medical Technician - Basic Level. IDTs assigned to floating units are required to maintain currency with the National Registry of Emergency Medical Technicians (NREMT) at the Basic level. Short Term Training Requests are to be completed in accordance with the Training and Education Manual, COMDTINST M1500.10(series) and forwarded to Commandant (G-WKH-1). Funding will be provided by Commandant (G-WK). See the Emergency Medical Services Manual, COMDTINST M16135.4 (series) for additional information.

## 7. Supply And Logistics.

- a. Custody of Health Services Equipment and Material. As directed by the Commanding Officer, the IDT is responsible and accountable for the health services material onboard the cutter. As such, the IDT is the custodian of all health service equipment and material. The custodian will not permit waste or abuse of supplies or equipment and will use techniques such as stock rotation, planned replacement and preventive maintenance to minimize waste of resources.
- b. Inventory. An accurate record of medical stores and equipment must be maintained. The inventory of medical stores, spaces and equipment will be prepared using the Stock Record Card Afloat (NAVSUP Form 1114) or in line item form (computerized database is an approved and preferred alternative if all necessary information is captured) and include:
  - (1) Quantity and shelf-life of each item currently on board;

- (2) Balance on hand, high-level, low-level (reorder point for each item);
  - (3) Manufacturer, lot number and expiration date (pharmaceuticals);
  - (4) Quantity placed on order, date received.
- c. Unit Property. Unit property in Health Services Department custody must also be safeguarded and accounted for. The unit property custodian should be contacted before transfer or destruction of such property.
- d. Funding and Account Record Keeping. Funds used to purchase supplies and equipment, and to pay for the various expenses of operating the unit are broken down into Account Funding Code (AFC) expenditure categories. This method allows for efficient budgeting and accounting. Fund categories generally used by IDTs fall within the AFC subhead 30 or 57 expenditure categories.
- (1) AFC 30 is a general ship fund used by the supply department to purchase generally needed operating supplies and services. Examples include pens, paper, books, training aids, etc. AFC 30 funding can be used to pay for Health Services Department supplies and equipment not obtainable through Defense Supply Center Philadelphia Prime Vendor Program (via the unit's supporting clinic) or the major medical equipment request process (see Chapters 6 and 8 of this Manual). Restrictions exist on what may be purchased with AFC 30 funds. Specific questions can be answered by unit supply personnel.
  - (2) AFC 57 is a funding category used to purchase health care related supplies and equipment, and to pay for health care. AFC 57 funds are distributed to the MLCs and further allocated by them to the units within their areas of responsibility.
  - (3) With the full implementation of the Prime Vendor programs for Pharmaceuticals and for Medical and Surgical Supplies, AFC 57 fund allocations will be made to the Prime Vendor ordering point assigned for the unit.
- e. Budgets and Budgeting. In general, IDTs do not need to plan and submit an AFC 57 budget request because medical supplies and equipment funding are controlled by the MLCs and Prime Vendor ordering points. If additional AFC 57 resource needs are anticipated, the IDT's supporting clinic should be contacted for direction on how the resources are to be requested. The budget build process does have value for the IDT value, however. AFC 30 funds will need to be planned for and requested and medical equipment in need of planned replacement must be identified and CG 5211s submitted. The budget build process is a good way to handle these needs. AFC 30 fund budget planning is relatively straight forward, although it can be time consuming. AFC 30 expenditures for Health Services should be broken into general use categories. Examples of categories are books and publications, non consumable goods and services such as hydro testing and replacement of oxygen cylinders, and travel for continuing education. Budgeting categories can be as simple or complicated as the IDT desires to make it. Once categories have been established, a ledger for the Health Services Department should be "opened" and the expenditure

categories entered into it. The use of a "spreadsheet" program is an efficient way to keep an accounting record but a ledger book works just as well. Attention to detail is the key. In general, a system using four to five categories works well.

- (1) In preparing a budget for the upcoming year, it is important to look back over what was purchased in the previous year. To do this, collect all records of AFC 30 orders and expenditures. Review each line item and record the amount spent into the appropriate budget category. The steps for preparing a budget and carrying it out along with general timelines are contained in this paragraph. They are:

|           |  |
|-----------|--|
| March     | <p>Look back process. Review amount of funds spent over the first two quarters of the fiscal year as well as spending patterns for the previous fiscal year. Note general categories on which funds were spent and in which quarter items were ordered. This will allow projection of quarterly funding needs into the upcoming year.</p>  |
| April/May | <p>Review status of the Health Services Department medical library and determine which texts and references must be updated.</p> <p>Review status of HS certifications and continuing medical education. Funding for training, conferences or seminars not normally funded by AFC 56 funds must be budgeted for as AFC 30 budget line items.</p> <p>Review preventive maintenance records and include cost projections in AFC 30 budget. Prepare and submit CG 5211s for medical equipment to be replaced.</p> <p>Seek guidance from XO on known or planned activities outside normal operations. An example is a yard period (which will require higher than normal supplies of various personal protective equipment (PPE)) or extended deployments in which normal supply is difficult.</p> |
| June      | <p>Submit finalized budget proposal through chain of command. AFC 30 budget information will be added to the unit budget. Be prepared to “defend” the budget request submitted. Documentation of the data gathering process and retrieval of the raw data used to justify the funding requested will likely be required. AFC 56 funds requests will be consolidated by the command and forwarded to the unit’s district, MLC or Area commander, as appropriate.</p>  |

- (2) Careful stewardship, good record keeping and accounting make existing funding and justification for increased funding levels easier.

- f. Obtaining Pharmaceuticals, Medical and Surgical Supplies. Chapter 8-B of this Manual provides policy applicable to the management of Health Services supplies. Prime Vendor programs for both Pharmaceuticals and Medical/Surgical Supplies have been established and it is through these programs that essentially all pharmaceuticals and supplies will be obtained. Medical Prime Vendor Program Implementation within the Coast Guard, COMDTINST M6740.2 (series) provides detailed instruction about this program. From an "afloat" perspective important aspects of the program include:
- (1) Each afloat unit has been assigned a Prime Vendor ordering point for Pharmaceuticals and for Medical/Surgical Supplies. The cognizant MLC (k) assigns the POCs and periodically updates the information. The Prime Vendor ordering point may be different for each of the programs.
  - (2) Funding for both Prime Vendor for Pharmaceuticals and Prime Vendor for Medical/Surgical Supplies is provided to the assigned Prime Vendor ordering point by the cognizant MLC (k).
    - (a) Internal accounting procedures vary among Prime Vendor ordering points. Some have established individual "accounts" for the units they are responsible for while others manage funds from a central account. Regardless of the accounting method used by the Prime Vendor ordering point, the IDT must establish and maintain a system to track expenditures.
  - (3) Prime Vendor ordering points establish pharmaceutical and medical/surgical supply ordering procedures for their assigned units. Pharmaceutical and medical supply items ordered will be those required by the Health Services Allowance List (HSAL) in quantities required for the unit type. Deviation from the HSAL requirements will normally occur only after justification of the need is made by the IDT to the DMOA for the unit. It will be made in writing and kept on file for review during MLC site surveys.
- g. Health Services Supporting Clinic. The supporting clinic for a vessel is the IDT's partner in providing health care for the vessel's crew. Local agreements and resources may be available to allow the supporting clinic to provide a broader range of services to the IDT and the vessel's crew but at a minimum, the following will be provided.
- (1) All supplies and equipment (under \$300.00) listed in the HSAL for the class of vessel and on the HS Core Formulary. The unit no longer receives AFC 57 funding for the operation of the Health Services Department. These funds are provided instead to the vessel's supporting clinic with the intent that the supporting clinic will provide all required items for the IDT to operate the Health Services Department.
  - (2) Assign the IDT a DMOA in writing. The DMOA shall be available for questions about patient care, as well as completing record reviews quarterly.
  - (3) Perform medical boards for the IDT unit as necessary.

- (4) Provide a resource for advice and support in all administrative areas of health care provision to include medical administration; physical examination review (within the approving authority of the Clinic Administrator), health benefits, medical billing and bill payment processing assistance, dental care pharmacy administration, supply and logistics, bio-medical waste management, IDT continuing education, and quality assurance support. Any services provided at the clinic shall be extended to the IDT to the maximum extent possible
- h. Preventive Maintenance of Health Services Equipment. Chapter 8 of this Manual details the preventive maintenance program for Health Services equipment. Chapters 1 and 2 of the Health Services Allowance List Afloat, COMDTINST M6700.6(series) provide guidance on the maintenance of specific items carried onboard ship (i.e. gunbags, portable medical lockers, stokes litter, etc.). An important part of medical readiness is a program of preventive maintenance and planned equipment replacement. Repair and routine replacement part costs should be recorded on side B of NAVMED 6700/3CG (Medical/Dental Equipment Maintenance Record). Capture of this data will allow more accurate forecasting of AFC 30 funding needs for preventive maintenance.
- i. Replacement of Health Care Equipment. Chapters 6 and 8 of this Manual provide direction on how to obtain replacement of healthcare equipment. An effectively managed planned equipment replacement program minimizes repair costs, and avoids loss of critical equipment at unscheduled times. Additionally, used but still serviceable equipment can be used by other facilities by "turn-in and reissue" through the Defense Reutilization Management Office (DRMO). At least annually, normally during the budgeting process, review the preventive maintenance costs for each piece of Health Care equipment. When repair and maintenance costs for the year exceed 50 percent of the current replacement cost of the equipment, then a CG 5211 (U. S. Coast Guard Health Care Equipment Request) should be submitted to the unit's cognizant MLC(k) requesting replacement.
- j. Disposal of Unserviceable or Outdated Medical Material.
  - (1) Equipment and Supplies. The Property Management Manual, COMDTINST M4500.5 (series) provides guidance on when a formal survey is required. In general, a formal survey is not required except when equipment has been lost or stolen. If uncertain about whether or not a formal survey should be done, the unit's supply officer should be consulted.
  - (2) Pharmaceuticals and Medicinals. Destruction of pharmaceuticals and medicinals will rarely be required. Chapter 8.C. of this Manual directs that materials will not be disposed of at sea, rather prepared for destruction and held in a secure area until the vessel's return to port where they can be disposed of in accordance with federal, state and local laws.
    - (a) Prime Vendors provide a partial credit for some materials returned to them. IDTs and supporting clinics will establish local policy for transfer of expired or short shelf-life pharmaceuticals. A transfer and

replacement of pharmaceuticals within 6 months of expiration should be made with the supporting clinic to minimize waste.

- (b) If destruction is required, it will be accomplished in a well-ventilated area. Liquid substances present potential exposure through splash back. At a minimum, splash proof goggles and neoprene rubber gloves will be worn when working with liquid substances that may be absorbed through the skin. The wearing of protective equipment such as a splash apron is also encouraged. Thorough hand washing after the destruction process must be accomplished. Medical material must be disposed of in a manner so as to ensure that the material is rendered non-recoverable for use and harmless to the environment. Destruction is to be complete, to preclude the use of any portion of a pharmaceutical. Chapter 8. C. of this Manual provides detailed information about destruction and disposal of unsuitable medications.
  
- k. Disposal of Medical Waste. Federal regulation defines how medical waste must be stored and disposed of, and the records that must be kept to document the storage and disposal. The information in the following paragraphs is provided as a general explanation of program requirements rather than an in-depth instruction on handling of medical waste. Medical waste must be classed in one of two categories: potentially infectious or non-infectious waste. In depth guidance about storage, disposal and required record keeping for medical waste can be found in Chapter 13 of this Manual, in Quality Assurance Implementation Guide (QAIG) 16, and in Chapter 6 of the Safety and Environmental Health Manual, COMDTINST M5100.47 (series). An additional source of information is the unit's hazardous material control officer. In general, the disposal and record keeping requirements for the waste depend on the waste category and are:
  - (1) Potentially infectious waste is defined as an agent that may contain pathogens that may cause disease in a susceptible host. Used needles, scalpel blades, ("sharps"), syringes, soiled dressings, sponges, drapes and surgical gloves will generate the majority of potentially infectious waste. Potentially infectious waste (other than sharps) will be double bagged in biohazard bags, autoclaved if possible and stored in a secure area until disposed of ashore;
  - (2) Used sharps will be collected in an autoclavable "sharps" container and retained on board for disposal ashore. "Sharps" will not be clipped. Needles will not be recapped;
  - (3) An adequate supply of storage and disposal material (containers, bags, etc..) must be maintained on board to ensure availability even on a long or unexpected deployment;
  - (4) A medical bio-hazardous waste log must be establish and maintained, and must be kept on file for a period of 5 years. A medical bio-hazardous waste log must include the following information:
    - (a) Date of entry;

- (b) Type of waste;
  - (c) Amount (in weight or volume);
  - (d) Storage location;
  - (e) Method of disposal;
  - (f) Identification number (if required by the state regulating authority). If such a number is required, the authority will provide it;
- (5) Non-infectious waste includes disposable medical supplies that do not fall into hazardous waste. Non-infectious waste will be treated as general waste and does not require autoclaving or special handling. It should be placed into an appropriate receptacle and discarded with other general waste.

8. Health Services Department Administration.

- a. Required Reports, Logs, and Records. Clear, accurate record keeping is of paramount importance for the IDT. The quality of care provided to the unit's crew is reflected in the thoroughness of record and log entries completed by the IDT. During compliance inspections, TSTA and customer assistance visits, the IDT and the unit will be evaluated at least in part on the accuracy and completeness of the reports and records created and maintained by the IDT.
- b. The following records will be maintained in the Health Services Department. They will be in book/log form and in sufficient detail, to serve as a complete and permanent historical record for actions, incidents and data.
  - (1) Health Services Log. A Health Services Department log will be maintained by the IDT. This log is a legal document. Entries will be clearly written in a concise, professional manner. The log may be either hand written or prepared using a typewriter or word processor but must be kept on file in "hard copy" form. It is used to document the daily operation of the Health Services Department. Chapter 6.B.8. of this Manual provides the requirement for this log. At a minimum, it will contain the names of all individuals reporting to sickcall for treatment, inspections, inventories conducted, and the results of potable water testing. The log will be signed daily by the IDT. It is worth noting that the Health Services Log will provide the information used in the Binnacle List (see required reports in this Chapter and Chapter 6 of this Manual), so a complete record containing information required in the binnacle list as well as other information of interest will streamline preparation of the report. **All protected health information in the log must be kept private and secure in compliance with HIPAA.**
    - (a) Training Log. See "Training" in this chapter.
    - (b) Potable Water Quality Log. This log will document the date, location and results of free available Chlorine residual or Bromine testing and bacteriological testing. Such logs will be maintained in chronological order, record the date and time of test, type of test, collection site, and results of testing. Potable water quality logs must be kept onboard for 2 years. A sample Potable Water Quality Log is available for local

- reproduction in Chapter 1, Appendix 1.A of the Water Supply and Waste Water Disposal Manual, COMDTINST M6240.5 (series).
- (c) Biohazard waste log. This log will contain information as provided in Chapter 13 of this Manual. Chapter 6 of the Safety and Environmental Health Manual, COMDTINST M5100.47 (series) also provides information and guidance on record retention.
  - (d) Health Records. Health records will be maintained as outlined in Chapter 4 of this Manual. They will be checked for accuracy as outlined in Chapter 4 of this Manual. Navmed 6150/7 Health Record Receipt Form will be used whenever a Health Record leaves the custody of the IDT. A quarterly check using the unit's alpha roster will ensure that any oversight is identified in a reasonably timely manner. All records checked out and not returned shall be reported to the command. In the event of Abandon Ship, make necessary arrangements to salvage health records, if possible. Salvaging health records will be secondary to treating and evacuating casualties.
- (2) Required reports. Numerous reports are required at various intervals. A brief explanation along with a reference is provided for those not mentioned elsewhere in this chapter. Additionally, the information is provided in tabular format at the end of this section.
- (a) Binnacle List. The binnacle list is normally a part of the Health Services Department Log. It is a listing of the names of the members provided treatment, and the duty status determination resulting from the treatment. The list must be kept daily and submitted to the command for review as directed by the CO. It is normally reviewed each week by the XO and signed by the CO.
  - (b) Injury Reports. See paragraph 10.a.(16) of this chapter.
  - (c) Disease Alert Reports. See Chapter 7 of this Manual for requirements.
  - (d) Inpatient Hospitalization Report. See paragraph 5.e. of this Chapter and Chapter 6.A. of this Manual
  - (e) Food Service Sanitation Inspection Report. See the Food Service Sanitation Manual and paragraph 10.a.(2) of this chapter.
  - (f) Potable Water Quality Discrepancy Report. Required by chapter 1-K.6 of the Water Supply and Waste Water Disposal Manual, COMDTINST M6240.5 (series) when potable water quality fails to meet requirements or is suspect.

### Reports Required Weekly

| Report Name                                  | Format or Form Required | Reference                           | Frequency or Date   |
|--|-------------------------|-------------------------------------|---|
| Binnacle List                                | locally designed form   | COMDTINST M6000.1(series)Chap 6.B.8 | Compiled daily, submitted weekly (or as directed by command). |
| Food Service Establishment Inspection Report | CG 5145                 | COMDTINST M6240.4(series) Chap 11.  |   |

### Reports Required Quarterly

| Report Name                           | Format or Form Required   | Reference                    | Frequency or Date                        |
|---------------------------------------|---|------------------------------|--|
| Controlled Substances Inventory Board | Perpetual Inventory of Narcotics, Alcohol and Controlled Drugs, NAVMED 6710/5 | Chapter 10.B. of this Manual | 5 <sup>th</sup> working day of the month |

### Reports Required "As Needed"

| Report Name  | Format or Form Required | Reference   | Frequency or Date   |
|--|-------------------------|---|---|
| Injury Report for Not Misconduct and In-Line-of-Duty Determination | CG-3822                 | See paragraph 10.a.( 16) of this chapter                | As needed. See paragraph 10.a.( 16) of this chapter                 |
| Disease Alert Reports  | RCN 6000-4              | See chapter 7.B. of this Manual                         | As needed   |
| Inpatient Hospitalization Report                                   | Message format          | See chapter 6.A. of this Manual                         | As needed   |
| Report of Potential Third Party Liability                          | CG 4889                 | COMDTINST 6010.16 (series) and chapter 6 of this Manual | As needed   |
| Potable Water Quality Discrepancy Report                           |                         | COMDTINST M6240.5 (series)                              | when potable water quality fails to meet requirements or is suspect |
| Emergency Medical Treatment Report                                 | CG 5214                 | COMDTINST M16135.4 (series)                             | As needed   |

9. Combat Operations .

- a. Battle Dressing Station (BDS). The Health Services Allowance List contains a list of all items required in the BDS, provides information about required frequency of inventory and documentation.
- b. Route and Access Marking to the BDS. On cutters that have a BDS, the routes to the BDS shall be marked in accordance with the Coatings and Color Manual, COMDTINST M10360.3(series). In general:
  - (1) Self adhering Red Cross decals in both photo-luminescence (internal) and nonphoto-luminescence (exterior marking) are authorized;
  - (2) When establishing and marking the routes to the various stations throughout the cutter, the markers shall be located frequently enough to enable the person following the route to have a clear view of the next marker of the route to be followed;
    - (a) On the interior surfaces of the cutter, the signs shall be placed not less than 12 inches above the deck and no higher than 36 inches above the deck. On exterior surfaces, signs shall be placed approximately 60 inches above the deck.
  - (3) Label plates with red letters will be installed at each direct access to BDS;
  - (4) An adhesive reflective marking system will be used and maintained. The purpose of this system is to provide emergency information during a situation involving the loss of lighting.
- c. Use of BDS. On cutters with separate BDSs, the BDS is not to be used for any purpose other than the treatment of injured personnel in an emergency situation. No items are to be placed in a manner which will block access or restrict use of the BDS.
- d. First Aid Kits, Gun Bags and Portable Medical Lockers.
  - (1) Supplies stored in emergency medical kits (first aid kits, gun bags, and portable medical lockers) must be protected from weather and pilferage, and will be maintained as directed in the Health Services Allowance List. An inventory list for each kit will be maintained and a monthly inspection of all first aid kits, gun bags and portable medical lockers will be performed by the IDT. Each kit will be secured with a wire seal or other anti-pilferage device that will indicate when it has been accessed. Each kit will be inspected for tampering (seal intact). The inspection will be noted in the Health Services Log. Once per quarter, the contents of all first aid kits, gun bags and portable medical lockers will be inventoried. The inspection will be noted in the Health Services Log.
  - (2) Antidote locker. A separate poison control locker, marked with a red cross and the words "ANTIDOTE LOCKER" will be prominently located immediately outside the sickbay for ready access by the crew.

- (a) The antidote locker will be secured with a wire seal or other anti-pilferage device that will indicate when the locker has been accessed.
  - (b) An alphabetical inventory, listing the contents and shelf location, will be posted on the inside of the locker. The telephone number of the local poison control center will also be displayed.
  - (c) The antidote locker will be inspected monthly by the IDT and the results will be recorded on the inventory list and in the Health Services Log.
- e. Oxygen Cylinders. Ensure that oxygen handling and storage precautions are posted next to all oxygen cylinders onboard the vessel. Oxygen is considered a drug and under no circumstances will oxygen be used for any purpose other than patient care. Oxygen cylinders (for ready use) must have the content level read every morning by the HS in order to ensure readiness in case of an emergency. Empty cylinders will be clearly tagged as empty and stored separately from full cylinders. Oxygen cylinders must be hydrostatically tested every 5 years. Damage Control Department personnel will be a good source of information on where to have Oxygen cylinders refilled or hydrostatically tested. Oxygen for medical use must be grade D.
10. Environmental Health. Environmental health program related activities make up a large percentage of the daily responsibility of the IDT. The link between environmental health and mission accomplishment cannot be over-emphasized. From a military perspective, environmental health and environmental health related problems accounted for almost eighty percent of personnel losses during past conflicts in which the United States was involved. For the purposes of this chapter, environmental health encompasses the disciplines of preventive medicine, sanitation and occupational health.
- a. Environmental Health Program Components. An effective environmental health program requires the IDT to have a working knowledge of a large number of unit systems and work processes. An aggressive program of inspection and observation is required. These include:
    - (1) Environmental Health Inspection.
      - (a) The IDT will make routine daily messing and berthing space "walk through" and make note of any conditions that require immediate action. These "walk through" should be done in an informal manner but items requiring correction will be brought to the attention of the department head responsible for the berthing area.
    - (2) Food Service Sanitation. The Food Service Sanitation Manual, COMDTINST M6240.4 (series) provides in-depth information regarding food service sanitation. This section is intended to provide information specific to the duties of an IDT on an afloat unit. In general, the IDT will monitor the food service operation to ensure the protection of the crew from food borne illnesses. The duties of the IDT will include:
      - (a) Maintain sanitary oversight of the galley and all food service, preparation, storage and scullery spaces. Such oversight includes stores on-load, storage, preparation, and serving of food; disposal of garbage;

- proper cleaning and sanitizing of equipment and utensils; personal hygiene of food handlers; proper storage temperature of food products, and the condition and cleanliness of the spaces;
- (b) Food service areas will be inspected weekly and the findings will be reported on a Food Services Establishment Inspection Report (CG-5145);
  - (c) Conduct an inspection of the subsistence items and food for fitness for human consumption. Ensure that subsistence items were received from sources approved by the U.S. Department of Agriculture (USDA) or an approved source from a foreign port that complies with all laws relating to food and food labeling;
  - (d) Conduct an initial physical screening of food services personnel for detection of any condition or communicable disease that could result in transmission of disease or food borne illness.
- (3) Storage of Food Items. Proper storage procedures play a major part in preventing food borne illnesses. The IDT will make routine inspections of food storage areas to ensure that spaces are properly maintained to prevent supplies from being:
- (a) Infested by insects and rodents;
  - (b) Contaminated by sewage, chemicals, or dirt;
- (4) Subsistence items will be inspected by the HS upon receipt to determine food quality and ensure the stores are free from insect or rodent infestation. The results of this inspection will be recorded in the Health Services Log.
- (5) Coffee Mess. Food consumption, with the exception of coffee and condiments, will be limited to messing areas and lounges. Coffee messes provide a potential food source for insects and rodents if they are not properly located and kept scrupulously clean. For these reasons, permission to establish a coffee mess must be obtained from the Commanding Officer by the department desiring to establish a mess prior to its establishment. Messes will be physically located in a place that can be easily cleaned. Food contact areas (surrounding counter or table tops) must be non porous and kept free of spillage and food debris. Strict sanitary measures are to be used. Coffee mess regulations specifying sanitary operation of the mess will be posted. Use of community cups and spoons are prohibited. Inspection of coffee messes may be documented using a Food Service Sanitation Inspection Report (CG 5145) or through a locally generated inspection report forms.
- (6) Water Supply. Water is used by all members of ship's company and so a tremendous potential exists for ship wide illness should potable water not be properly loaded from sources free from contamination, protected from contamination onboard, and a halogen residual maintained in the potable water tanks and throughout the distribution system. The IDT will be notified whenever the potable water distribution system is opened for maintenance or repair. Establishment of a working relationship with the ship's engineering

company, and the "water king" will aid the IDT in maintaining a proactive stance in regard to prevention of contamination of the vessel's potable water. The IDT will make a monthly inspection of the potable water system and report conditions with potential to affect the health of the crew to the Commanding Officer.

- (7) Halogen Residual Testing. Chlorine/Bromine residual testing will be performed before receiving any water onboard, and also about 30 minutes after an initial halogenation has been accomplished. A water log shall be kept and the results of the daily halogen testing recorded in it. The Color Comparator Test set is used for determining Halogen and pH levels. Nomenclature and ordering information is available in the HSAL. Four test sites should be selected: forward, aft, amidships and as far above the 0-1 deck as possible. This will give the widest range of sample points. Lack of a residual or a residual reading that is significantly lower than results at the other locations indicate possible contamination. Systematic testing from areas with low residuals "backward" to areas with "average" residuals will help locate the source or general area of contamination.
- (8) Bacteriological Test of Water. At least weekly, potable water samples for bacteriological analysis will be collected from two of the four test sites selected for halogen residual testing, as well as a sample collected directly from the potable water tanks. At least weekly, samples of ice must also be collected from any machines making ice used for human consumption and tested for bacteriological growth. The results of bacteriological testing will be entered into the Potable Water Quality Log.
- (9) Habitability. The need for sanitary and hygienic living and working spaces is essential for good health and morale of the crew. General guidance on habitability standards can be found in Chapter 2 of NAVMED P-5010 (series). Habitability inspection can most easily be accomplished if it is made a part of the material inspection of all ship's spaces normally scheduled by each command
- (10) Barber Shops. Any space used for cutting hair may be designated a Barber Shop by the command. It will not be located in food service areas or berthing areas. Sanitation inspection of the ship's barber shop will be performed on a schedule determined by the command. General guidance on standards can be found in Chapter 2 of NAVMED P-5010 (series).
- (11) Ship's Laundry. Laundry spaces will be maintained in a clean and sanitary condition. Because of the potential for elevated temperature and high humidity within the space when laundry equipment is in operation, the ship's laundry will be identified as a heat stress monitoring space and monitored accordingly. Sanitation inspection of the ship's laundry will be performed on a schedule determined by the command. General guidance on standards can be found in Chapter 2 of NAVMED P-5010 (series).
- (12) Fitness and Exercise Facilities. The fitness and exercise facility will be inspected for cleanliness and compliance with general sanitation standards on a

schedule determined by the command. General guidance on standards can be found in Chapter 2 of NAVMED P-5010 (series).

- (13) Insect Control. Roaches, stored product pests, and to a lesser degree flies, can have significant impact on the health and general morale of a ship's company. Insect control starts in the warehouse from which stores are received. When practical, a visit by the IDT to assess storage conditions can help decrease numbers of pests brought on board. Dockside inspection of all food stores brought on board is a must if insects are to be excluded. Produce with "loose" husks or skin such as onions provide common harborage for roaches as does the corrugation of cardboard boxes. Careful inspection with a good light and adjuncts such as an aerosolized flushing agent can identify harborages from which cans and stores can be removed prior to their being brought aboard.
  - (a) Roach Control. A ship provides myriad harborages for roaches. Frequent and regular surveillance by the IDT using a good light and a flushing agent can pinpoint areas of infestation. Roach traps containing pheromones work well in areas with small or isolated infestations. Larger or more widespread areas must be controlled initially with insecticide. Insecticide application will be made only by HSs that hold current certification to apply pesticides. Such personnel have been properly trained in pesticide selection, application, safety and handling precautions. This training is available through Navy Environmental Preventive Medicine Units (NEPMU)s. Pesticide application may be available through Coast Guard Integrated Support Commands with attached Preventive Medicine Technicians. Any insect surveillance activity, general report of findings, or pesticide application, will be reported in the Health Services Log. Pest control services may also be contracted for from civilian pest control firms. Such services are paid for from ships AFC 30 funds and are contracted in the same manner as any other contract for services. While proper selection and application of the materials used is the legal responsibility of the licensed pest control operator, the IDT must be informed of all applications made. The contractor must provide a report of pest control operations which includes, trade and chemical name of product used, strength and formulation applied, type of application (crack and crevice, etc.,) location of application. Requirement for such a report will be included in the contract for services. Report of pest control operations will be held on file for 3 years.
  - (b) Stored Products Pests. A relatively small infestation of flour, grains, beans and cereals with stored products pests can spread quickly and lead to the loss of most or all of such products in a storage area if an infestation is not identified quickly and action taken to control it. In general, such action consists of identifying infested or suspect lots, removing them from storage with other food stuffs with the potential to become infested, and application of pesticide to control flying insects. Underway, control is limited to identification of infested or suspect lots and their removal.

- (14) Rodent Control.
- (a) Exclusion is by far the most effective means of rodent control available to the IDT. Proper installation of rat guards is required on all mooring and service lines when the vessel is in port. Information about proper installation of rat guards can be found in Chapter 8 of the Manual of Naval Preventive Medicine (NAVMED P-5010) and in the Safety and Environmental Health Manual, COMDTINST M5100.47(series). The IDT will inspect all mooring and service lines upon arrival in any port, including home port, to verify the proper placement of rat guards on all of the lines.
  - (b) In the event that rodents do gain access to the vessel, an aggressive campaign using traps and/or poisoned bait (if the IDT has been properly trained to apply and use such substances) must be undertaken. Trapping is the preferred method. Assistance may be available from Coast Guard Integrated Support Commands with attached Preventive Medicine Technicians or through the cognizant MLC (k).
  - (c) A current deraterization exemption certificate (CDC 75.5(F.4.452)) must be kept onboard at all times. The certificate may be obtained from Coast Guard Integrated Support Commands with attached Preventive Medicine Technicians; Navy units or bases with attached Preventive Medicine Technicians or NEPMUs. The deraterization certificate must be renewed every 6 months, and must be included as a pre-deployment checklist item.
- (15) Immunizations and Prophylaxis. The IDT will ensure that all personnel receive required immunizations in accordance with the Immunizations and Chemoprophylaxis, COMDTINST 6230.4 (series). MLCs (k) and NEPMUs can provide up to date information on immunization requirements, disease intelligence and preventive medicine precautions required for vessels deploying to OUTCONUS ports.
- (16) Safety. A ship is a very dangerous place and dangers inherent to the shipboard environment are heightened by worker's lack of attention, short-cuts, "horseplay," inadequate training or understanding of a job or process, fatigue or over-familiarity. The IDT must remain vigilant in regard to the safety and safe work practices of the crew. A safe work environment can't be maintained from the Health Services Department space. The IDT must become familiar with the work processes that are on-going and be able to recognize when they are not being done in the proper manner or with the proper materials.
- (a) Mishap Reporting. When accidents or mishaps do occur, certain reports or action may be required. The Safety and Environmental Health Manual, COMDTINST M5100.47 (series) contains requirements and guidance about mishap reporting. Such reports are not normally completed by the IDT, but input may be required regarding severity of injury and required treatment.

- (b) Accident Reports. The Administrative Investigations Manual, (AIM) COMDTINST 5830.1 (series) contains a requirement that an Injury Report for Not Misconduct and In-Line-of-Duty Determination (CG-3822) be completed whenever an injury results in temporary or permanent disability. This report is referred to in the Physical Disability Evaluation System, COMDTINST M1850.2(series) as an "Line of Duty (LOD) Report" and requirement is made that it be completed for all initial medical boards involving or resulting from trauma. Since it is difficult to determine the outcome of a serious injury in the early stages of treatment, a CG-3822 (also commonly known as an "Accident Report") is usually completed in such cases. It is not necessary to complete an "Accident Report" for any and all injuries unless command policy dictates otherwise.
  - (c) Vessel's Safety Board. The IDT is a required member of the vessel's Safety Board. The IDT should strive to be an active participant in the board, to identify potential problems or accident trends, and suggest solutions to current or potential safety problems. Be proactive. Educate supervisors whenever possible.
- (17) Hazard Communication. The Hazard Communication Program is a unit wide program. Each unit will have appointed a Hazardous Materials Control Officer with overall responsibility for carrying out the program. The Safety and Environmental Health Manual, COMDTINST M5100.47(series)and Hazard Communication for Workplace Materials, COMDTINST 6260.21(series) contain in-depth information about this program. The IDT must be aware of the program requirements and its impact upon the operation of the Health Services Department. Additionally, the IDT must know the location of the unit's central MSDS file and have immediate access to product information which may be needed to render proper treatment to exposed crewmembers. Computerized databases available on CD-ROM are acceptable for this purpose if the Health Services Department contains appropriate access to the information.
- (18) Heat Stress Program. Coast Guard Cutter Heat Stress Program, COMDTINST M6260.17(series) provides details about this program. All areas of the vessel that expose crewmembers to extreme heat will have a dry bulb thermometer installed. Such areas normally include (but are not limited to) ship's laundry, scullery and engine room spaces.
- (a) Wet Bulb Globe Thermometer (WGBT). A WGBT apparatus must be used to determine stay times of personnel working within heat hazardous spaces or areas and so familiarity with this equipment is required. The apparatus is normally operated by the IDT or member of the engineering department. Recommendations for safe work rest cycles will be provided by the IDT to the Engineering Watch Officer (EWO). Coast Guard Cutter Heat Stress Program, COMDT M 6260.17(series) provides information about the program. The WGBT is listed on the Health Services Allowance List (HSAL) and is procured as health care

equipment. A CG 5211 (U. S. Coast Guard Health Care Equipment Request) should be submitted to the unit's cognizant MLC (k). Current calibration of the ship's WGBT apparatus is a TSTA "critical" item. Delinquent calibration can result in cancellation of some or all TSTA drills by the training evaluation team. Contact the cognizant MLC (k) for locations to send WGBTs for calibration.

- (19) Sight Conservation Program. Eye protection and safety should be stressed in the workplace. Safety glasses or goggles will be provided for all crewmembers involved in eye-hazardous tasks. Tools with strong potential for eye hazard will be identified with an adhesive warning label. Fixed machinery with eye hazard potential will have posted nearby an easily visible warning placard, and eye protection will be easily accessible and clearly visible.
- (20) Eyewash Stations. Eyewash stations will be located in any space or work area with strong potential for splashes to, or foreign body injury of the eye. Eyewash stations will be maintained in accordance with the station's manufacturer requirements. Eyewash stations shall be flushed weekly for 15 seconds and flushed and drained according to the recommendations of the biostat ingredient manufacturer used in the station. This interval is usually every six months. Eyewash stations will be "tagged" with a maintenance record tag and inspection or maintenance activities will be recorded when performed. Inspections of eyewash stations will be recorded in the Health Services Log.