

Firefighters Medical Checklist

Individualized Health Risk Appraisal

Written feedback to uniformed personnel concerning health risks and health status is required following the annual examination. Reporting findings and risks and suggesting plans for modifying risks improve the physician-patient relationship and helps uniformed personnel claim ownership of their health status. Individualized health risk appraisals also must include questions that attempt to accurately measure the uniformed personnel's perception of their health. Health perception can be a useful indicator of potential problems.

Medical History Questionnaire

An initial pre-employment history questionnaire must be completed to provide baseline information with which to compare future medical concerns.

Including changes in health status since last exam.

Known occupational exposures.

Hands-on Physical Examination

To Include:

Vital Signs

Height, weight, blood pressure, temperature, respiratory and heart rate

Head,

Neck,

Eyes,

Ears,

Nose,

Throat.

Cardiovascular - Inspection, auscultation, percussion and palpation.

Pulmonary - Inspection, auscultation, percussion and palpation.

Gastrointestinal - Inspection, auscultation, percussion and palpation.

Rectal exam for mass/occult blood.

Genitourinary

pap smear

testicular exam,

Prostrate (DRE)

Breast

Mammogram

Lymph Nodes

The examination of organ systems must be supplemented with an evaluation of lymph nodes in the cervical, auxiliary, supraclavicular and inguinal regions.

Neurological

General mental status evaluation

Cranial nerves: Smell, Vision, constriction, eyelid, jaw movement, eye movements, hearing and balance, taste, gag reflex, neck muscles and tongue movement.

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

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

C-Reactive Protein

White Blood Cell Count

Differential

Red Blood Cell Count (Hematocrit)

Platelet Count

Liver Function Tests
SGOT/AST

SGPT/ALT

<i>LDH</i>	<input type="checkbox"/>
<i>Alkaline Phosphatase</i>	<input type="checkbox"/>
<i>Bilirubin (direct and indirect)</i>	<input type="checkbox"/>
<i>Triglycerides</i>	<input type="checkbox"/>
<i>Cholesterol</i>	
<i>Total Cholesterol</i>	<input type="checkbox"/>
<i>Low Density Lipoprotein (LDL-C) level,</i>	<input type="checkbox"/>
<i>HighDensity Lipoprotein (HDL-C) level,</i>	<input type="checkbox"/>
<i>Total Cholesterol/HDL Ratio</i>	<input type="checkbox"/>
<i>Glucose</i>	<input type="checkbox"/>
<i>HbA1c</i>	<input type="checkbox"/>
<i>Blood Urea Nitrogen</i>	<input type="checkbox"/>
<i>Creatinine</i>	<input type="checkbox"/>
<i>Sodium</i>	<input type="checkbox"/>
<i>Potassium</i>	<input type="checkbox"/>
<i>Carbon Dioxide</i>	<input type="checkbox"/>
<i>Total Protein</i>	<input type="checkbox"/>
<i>Albumin</i>	<input type="checkbox"/>
<i>Calcium</i>	<input type="checkbox"/>
<i>GFR/MDRD GFR</i>	<input type="checkbox"/>
<u>Urinalysis</u>	
<i>Dip Stick</i>	<input type="checkbox"/>
<i>PH</i>	
<i>Glucose,</i>	
<i>Ketones,</i>	
<i>leukocyte esterase,</i>	
<i>Protein</i>	
<i>Blood</i>	
<i>Bilirubin</i>	
<i>Microscopic</i>	<input type="checkbox"/>

WBC
RBC,
WBC Casts,
RBC Casts,
Crystals

Vision Tests

Distance, near, peripheral, and color vision. Evaluate for visual disorders.

Pulmonary (Spirogram)

Chest X-Ray

Stress EKG *with Vo2 value calculated*

Stress EKG (Treadmill) varies for firefighters. It occurs in some cites depending on age every three (if less than 30), two (30-39) or one year (>40) and as well if any issues found. I.E. Positive on submaximal stress, new onset of chest pain, suggestive of Coronary Artery Disease, or other heart issues needed addressing plus if the fire fighter is > 45 male and >55 for female with two or more risks.

Those risks include cholesterol >240 mg/dl BP>140 systolic and >90 diastolic, smoking, diabetes mellitus, Family history of first degree relative <60 with heart attack or sudden cardiac death.

Oncology Screening Elements

Prostate Specific Antigen (PSA) some departments all >45

Fecal Occult Blood Testing

Skin Exam

Digital Rectal Exam

Testicular Exam

Clinical Breast Examination

Mammogram

Pap Smear

Colonoscopy

Bladder Cancer

Immunizations and Infectious Disease Screening

Tuberculosis Screen (Annual PPD) _____

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

Heavy Metal and Special Exposure Screening

Baseline needed then when warranted by exposure or local regulations

- Arsenic (urine)*
- Mercury (urine)*
- Lead (urine)*
- Lead (blood)*
- Aluminum*
- Antimony*
- Bismuth*
- Cadmium*
- Chromium*

Copper

Nickel

Zinc

*Organophosphates
(RBC cholinesterase)*

Polychlorinated Biphenyls (blood)

***OPTIONAL Screening Costs:
Abnormal Cardiac Follow-up**

Electron Beam Tomography (EBT)

*Please note this list is not exact and includes information gathered from the IAFF Wellness Program, NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Departments 2007 Edition and using information from Phoenix and other departments. It is up to the examiner to modify in or out any tests they believe are necessary.