

AUTHORITY: Public Law 104-191; E.O 9397 (SSAN); DoD 6025.18R.

ROUTINE USE(S): Information provided on this form by a civilian medical provider for a TXARNG service member's past or present medical condition(s) is exclusively utilized to formulate the military medical treatment plan of care in order to determine the service member's medical condition trajectory and their availability for continued military service IAW AR 40-501, Standards of Medical Fitness and any other applicable TMD established policies.

Thank You for taking the time to provide this important medical treatment information for your patient serving in the Texas Army National Guard. Please be as specific as possible with your diagnosis (using ICD-10 coding), the treatment(s), prognosis, and applicable temporary or permanent limitation listed on this form.

The information you provide for your patient will help in the collaboration of your patient's military medical care with the appropriate TXARNG medical services providers and will additionally assist the Texas Military Department Case Management staff to facilitate, support, and disposition your patient's medical plan of care.

SECTION I – PATIENT DATA *(This section completed by Medical Readiness NCO)*

1. NAME (Last, First, Middle Initial)		2. DATE OF BIRTH (YYYYMMDD)	3. EDIPN (CAC ID Number)
4. UNIT (UIC)	5. DATE(s) OF MILITARY ASSESSMENT/PROFILE (Completed by Military Provider) N/A Permanent Temporary Dated:		6. DATE OF REQUEST



Please provide detailed information related to your patient's medical conditions in order to assist the TXARNG in determining the service member's availability for worldwide military deployment or their capacity for continued military service in the United States Armed Forces. Please detail the medical condition(s) you are currently treating, or have provided care for, in the last 90-days.

IMPORTANT NOTICE: Supporting medical treatment records are required to validate the statements on this form.

SECTION II – MEDICAL CONDITIONS

7a. CONDITION # 1	ICD-10 Dx Code	CONDITION #1 NARRATIVE <i>(If ICD-10 code not provided or applicable)</i>
7b. CONDITION # 2 <i>(if any)</i>	ICD-10 Dx Code	CONDITION #2 NARRATIVE <i>(If ICD-10 code not provided or applicable)</i>
7c. CONDITION # 3 <i>(if any)</i>	ICD-10 Dx Code	CONDITION #3 NARRATIVE <i>(If ICD-10 code not provided or applicable)</i>

SECTION III – CIVILIAN PROVIDER TREATMENT PLAN

8. Please provide some details of your medical treatment plan for the service member's condition(s) listed above and the likely improvements or deteriorations that you expect. Please include any pertinent laboratory tests performed, results of imaging studies, or physical finding that you have encountered that are not adequately described or clarified by the service member's medical treatment record.

Condition #	Treatment Plan:
Condition #	Treatment Plan:
Condition #	Treatment Plan:

9. Please provide your medical prognosis and limitations, if any, of the service member's condition(s) as they pertain to the questions below:

9a. Do you expect the service member's recovery period to be greater than one (1) year from onset? _____			Yes	No
9b. If less than one year, how many weeks or months of recovery are anticipated?		No. of weeks _____	No. of months _____	

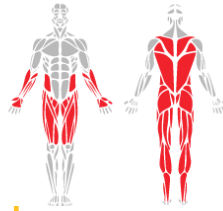
Civilian Medical Provider's Functional Assessment				
SECTION IV – CIVILIAN PROVIDER PROGNOSIS (CONT.)				
9c. Provide the date you feel is optimal for the service member to return to limited, or light duty, work:			MONTH / DAY / YEAR	
9d. Can the service member safely operate a motor vehicle?	Yes	No	Please detail below any necessary lifting, carrying, standing or marching specific restrictions.	
9d. Do you recommend lifting or carrying weight restrictions?	*Yes	No	*No weight greater than: _____ lbs.	
9e. Do you recommend standing or marching time restrictions?	*Yes	No	*No time greater than: _____ mins.	
9f. Do you recommend marching/walking distance restrictions?	*Yes	No	*No distance greater than: _____ miles.	
SECTION V – MILITARY PHYSICAL FITNESS TRAINING / ARMY COMBAT FITNESS TESTING (Reference Page 3)				
Please provide your medical judgment of the service member's ability to participate in military physical fitness training and testing: Can the service member?				
10a. Participate in military physical fitness <u>training</u> ?	Yes	*No	*10b. If "No", when could they participate?	MONTH / DAY / YEAR
10c. Participate in military physical fitness <u>testing</u> ?	Yes	*No	*10d. If "No", when could they participate?	MONTH / DAY / YEAR
10e. If 10c. is answered "Yes", please indicate the ACFT individual events that the service member can participate in (events reference is on page 3):				
All	Maximum Dead Lift	Standing Power Throw	Hand-release Push Up	Sprint / Drag / Carry Plank 2-Mile Timed Run; If not, please answer 10f.
10f. If "2-Mile Timed Run" is <u>not checked above</u> , please indicate if the service member can perform any/all of the alternate events below for testing?				
12,000 - meter stationary bike	5,000 - meter seated row	1,000 - meter swim	2.5 - mile walk	
SECTION VI – SERVICE MEMBER'S MILITARY COMMON TASKS ASSESSMENT				
All TXARNG service members are required to perform the military common tasks listed below. Considering the service member's medical condition(s) you are treating, or have treated in the past, please tell us: In your medical opinion, is it safe, i.e., medically prudent, for your patient to:				
11a. Physically and/or mentally able to carry and fire their assigned weapon (<i>i.e. firearm, rifle, pistol</i>)?				Yes No
11b. Ride in a military vehicle while wearing all usual protective gear without worsening their condition(s)?				Yes No
11c. Wear their helmet, body armor*, and load bearing equipment (LBE) without worsening their condition(s)? <small>*Body armor, known as the Improved Outer Tactical Vest (IOTV), when fully equipped and complete with all its components; soft armor panel inserts, four ballistic plate inserts with front/back/side bullet proof plates, collar and groin protectors). The total IOTV will weigh 30-35 pounds (13.6 - 15.9 kgs). Total loads for a service member can be in excess of 50 pounds (22.7 kgs).</small>				Yes No
11d. Wear protective mask and MOPP* for at least 2 continuous hours per day without worsening their condition(s)? <small>*Mission Oriented Protective Posture (MOPP) is a flexible system of protection against chemical, biological, and radiation contamination where the service member is required to wear a protective mask and overclothing that imposes work-rate limitations depending upon the environmental conditions employed in, e.g. ambient temperatures, humidity, ect.</small>				Yes No
11e. Move <u>greater than 40 lbs.</u> while wearing protective gear (helmet, weapon, body armor, and LBE) up to 100 yards without worsening their condition(s)?				Yes No
11f. Live and function, without restriction, in any geographic or climatic area* without worsening their condition(s)? <small>*An austere environment for service members can involve; temperature extremes in excess of 120° F and below 0° F, operational elevations of 400 feet above ground level, and extended periods of time without the availability to perform personal hygiene needs. Austere environments must be tolerated while isolated from medical care and for no less than 72-hours without worsening the service member's medical condition(s).</small>				Yes No
12. Are any of the restrictions or limitations on this form permanent, i.e. chronic, static, or reached end of treatment? Yes No				
<p><i>Thank you again for taking the time and effort to provide this important medical information for your patient.</i></p> <p>If you have any questions about this form, please have the service member contact their Medical Readiness NCO.</p>				
SECTION VI – CIVILIAN PROVIDER DEMOGRAPHICS				
13. PROVIDER'S NAME			14. PRIMARY MEDICAL SPECIALTY	
15. OFFICE ADDRESS			16. CITY, STATE, & ZIP CODE	
17. OFFICE PHONE			18. OFFICE FAX	
19. PROVIDER'S SIGNATURE			20. DATE SIGNED MONTH / DAY / YEAR	
SECTION VII – TXARNG CASE MANAGEMENT USE ONLY				
21. MEDCHART CASE #	22. EMMPS CASE # (if applicable)	23. eProfile Initiated Yes No	24. eProfile Date	25. eProfile Routed To:

3 REPETITION MAXIMUM DEADLIFT (MDL)

Deadlift the maximum weight possible three times.

The MDL assesses the Muscular Strength component of fitness by measuring a Soldier's lower body, grip and core muscular strength. It requires well-conditioned back and leg muscles and helps Soldiers to avoid hip, knee and lower back injuries. Flexibility and balance are secondary components of fitness assessed by the MDL.

PROPER TECHNIQUE AND SAFETY TIPS

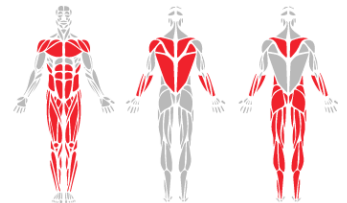


STANDING POWER THROW (SPT)

Throw a 10-pound medicine ball backward and overhead for distance.

The SPT event assesses the Power component of fitness by measuring a Soldier's ability to generate quick, explosive movements with their upper and lower body. Secondary components of fitness assessed by the SPT include Balance, Coordination and Flexibility.

PROPER TECHNIQUE AND SAFETY TIPS



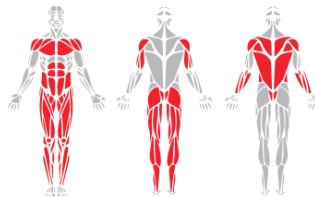
HAND RELEASE PUSH-UP - ARM EXTENSION (HRP)

2 MINUTES

Complete as many Hand-Release Push-ups as possible in two minutes

The HRP assesses the Muscular Endurance component of fitness by measuring a Soldier's upper body endurance. The HRP is a strong driver for upper body and core strength training. Flexibility is a secondary component of fitness assessed by the HRP.

PROPER TECHNIQUE AND SAFETY TIPS



SPRINT-DRAG-CARRY (SDC)

Conduct 5 x 50 meter shuttles for time - sprint, drag, lateral, carry and sprint

The SDC assesses the Muscular Endurance, Muscular Strength, Anaerobic Power and Anaerobic Endurance components of fitness by measuring a Soldier's ability to sustain moderate to high intensity muscular work over a short duration. Secondary components of fitness assessed by the SDC include Balance, Coordination, Agility, Flexibility and Reaction Time.

PROPER TECHNIQUE AND SAFETY TIPS

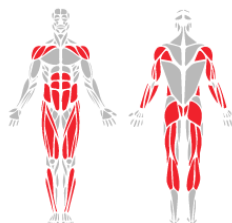


PLANK (PLK)

Maintain a proper plank position for as long as possible

The PLK assesses the Muscular Endurance component of fitness by measuring a Soldier's core strength and endurance. Balance is a secondary component of fitness assessed by the PLK.

PROPER TECHNIQUE AND SAFETY TIPS



TWO-MILE RUN (2MR)

Run two miles for time on a measured, generally flat outdoor course.

The 2MR assesses the Aerobic Endurance component of fitness. Higher aerobic endurance allows a Soldier to work for long periods of time and to recover more quickly when executing repetitive physical tasks.

PROPER TECHNIQUE AND SAFETY TIPS

