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Health Services Technician Rating Force Notes

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Official disclaimer: These notes are for the sole purpose of passing information to those within the HS Rating Force Notes contain *Opinions and General Guidance* and ARE NOT to be considered official policy or doctrine in and of themselves. Always refer to the appropriate references. Questions, comments, or things of interest for future HS Rating Force Notes may be sent to me at: Kirk.T.Watson@uscg.mil

News and Comments from the RFMC:

Greetings everyone:

Angels in the Battlefield:

The 2nd annual Armed Force's YMCA "Angels in the Battlefield" dinner was held the evening of March 5th. HS3 Victoria Hayes from the HSC clinic accepted an award on behalf of all Coast Guard Health Services Technician's. Also in attendance were ADM Thad Allen and RADM Mark Tedesco. Last year's award can be seen at the IDHS School house in Petaluma, this year's is located here in CG-11.

Congratulations:

I would like to recognize HS1 Victor Ramirez of MSU Port Arthur, for being selected as the Reserve Enlisted Person of the Year.

Body Mass Index (BMI):

Some if not most of you have already heard about the Coast Guard switching over to the BMI instead of the body frame size method of determining a healthy weight. Well it is true; however we will put a slight spin on the maximum BMI. We will be setting the max BMI at 27.5 instead of 25.0. If anyone is found to be over the 27.5 maximum then they will be measured for body fat percentage just like we have always done. We do have a small break in that we will not start to enforce the max BMI for at least two more weigh-in cycles. However, once the new instruction comes out, I suggest reviewing it. **Please note that this is not official policy as of yet, I'm just letting you know what's heading our way in the future.**

Change 3 to the Medical Manual:

We are currently working on change 3 and hope to have it finalized prior to the end of summer. One area where there will be some noticeable changes will be chapter 9, Independent Duty Health Services Technician.

TRICARE:

To better educate our Coast Guard family, please click on the link below and take a look at the TRICARE On Line University. This is a MUST for all to view, please pass the word to our beneficiaries and SELRES.

<http://www.tricare.mil/tricareu/Online.aspx>

Notes from our very own Clinical Epidemiologist, CDR E. Schwartz:

A series of Immunization Updates AIGs were recently released. Key points from the AIGS - <http://www.uscg.mil/hq/g-w/g-wk/wkh/index%202.htm>

- MRRS - Make certain you accurately document immunizations in MRRS. Pay attention to the medical and administrative exemption codes you use.
- Hep A, Hep B & Twinrix - Make certain you understand the appropriate dosing schedule when using Hep A, Hep B alone and/or when combined with Twinrix. There's a great chart located on the Operational Medicine website - <http://www.uscg.mil/hq/g-w/g-wk/wkh/index.htm>
- Tetanus/diphtheria (Td) and Tetanus/diphtheria/pertussis (Tdap) - All Coast Guard personnel should receive one dose of Tdap in their lifetime to replace the next booster dose of Td to improve adult immunity to pertussis. For example, if a Coast Guard member received his Td immunization 10 years ago, his next immunization should be Tdap. Subsequent immunizations after Tdap should be Td (every 10 years).
- Meningococcal - All Coast Guard clinics must use Menactra (MCV) instead of Menomune (MPSV) for individuals' ages 11 to 55 years of age requiring this immunization.
- MMR / Varicella (VZV) - Proof of immunity can be provided via serology testing, prior history of disease (with medical documentation), or prior history of completed vaccination series (with medical documentation). Of note, MMR is required for all Coast Guard personnel. VZV is only required for accessions and/or healthcare workers.
- Smallpox - All clinics should be using ACAM2000. All Dryvax vials should have been destroyed.

Disease Alert Reporting:

To protect patient confidentiality and personally identifiable information, the Coast Guard is no longer using the Disease Alert Reporting (DAR) system (e.g. emailing a DAR to CG-1121 and the MLC(k)s). The Coast Guard will use the Navy Disease Reporting System Internet (NDRSi) for all Disease Alert Reports. Please review the recently release NDRSi AIG and obtain access to the NDRSi system.

EMT School's 30th Anniversary:

The EMT School celebrated its 30th anniversary on May 9th. Many thanks to ASTC Chuck Carter for all the work he put into the ceremony.

Farewell:

I will be attending HSCS Elizabeth Beck's retirement ceremony on 6JUNE08. She is leaving the Coast Guard after serving 23 years of dedicated service. For the last four years she has

been assigned as the HS Subject Mater Specialist out in Petaluma. I personally want to thank her for her hard work and dedication to the rate. Thanks Liz....

Where we sit as of May 08	E 9	E 8	E 7	E 6	E 5	E 4	Total
"In Rate"	8	19	102	186	223	201	739
Break down							
"Assigned to Medical Billets"	8	17	90	164	200	193	672
"In Support Billets"		2	9	13	12	7	43
"In Training"			3	9	11	1	24
"Out Of Rate"	2	9	19	14	2		46

Projected retirements for the remainder of AY08: (Subject to change of course)

HSC	8/1/2008
HSC	9/1/2008
HSC	9/1/2008
HSC	10/1/2008
HSC	10/1/2008
HSC	11/1/2008

HSCS	8/1/2008
HSCS	9/1/2008
HSCS	10/1/2008
HSCS	11/1/2008
HSCS	12/1/2008
HSCS	12/1/2008

SCHOOLS and PROGRAMS:

1. EMT & HS Independent Duty Technician "C" School:

Contact HS1 Andre Carson for class information.

<http://www.uscg.mil/hq/tqc/Index.shtm#>

2. HS "C" Schools:

The courses listed in this link are short schools only. Please submit a STTR to CG 1121, ATTN: HS1 Andre Carson.

<http://www.uscg.mil/hq/tqc/Index.shtm#>

3. HS "A" School:

Questions concerning Class schedules:

A School Information

HS School Information:

<http://www.uscg.mil/hq/tcpet/tpf/hssms/hssms.shtm>

Questions concerning current Waiting List information:

<http://www.uscg.mil/hq/cgPC/epm/epm-2/A-SchoolList.pdf>

4. Navy Independent Duty Corpsman School (IDC):

NOTE: If you wish to attend the Navy's IDC School, please contact either CWO Ford or myself prior to applying. We can provide information on the school and assist you in preparing for the 58 weeks you will be there.

Other News:

- **Headquarters Support Command General Message Repository**
(The above link is your one stop shopping for all General Messages)
- ALCOAST 256/07 announced that petty officers competing for advancement for E-6 after 01Jan 2009 will need to complete CG Leadership And Management School (LAMS) see the ALCOAST for specific details.
- Implementation of New Medical Readiness System ALCOAST 163/08
- Mandatory Smallpox Immunizations ALCOAST 116/08
- Chiefs and Senior Chiefs, if you have not already attended one of the Senior Leadership courses such as the CPO Academy, you need to apply soon. Both LANTAREA and PACAREA have implemented instructions addressing this issue.
- ALCOAST 243/08 COAST GUARD MOTORCYCLE CENSUS. If you are a motorcycle rider, please take the time to participate in the census.

Contact Information:

I can be reached for comment or questions at: e-mail Kirk.T.Watson.uscg.mil
phone (202) 475-5174 or fax (202) 475-5909.

Have fun out there and keep it safe.

Sincerely and Respectfully,

HSCM Kirk T. Watson

HS Rating Force Master Chief