



## U.S. Public Health Service Nursing TIP of the Month November 2014 Basic Readiness



- 1. BLS: Updating BLS is a two-step process to meet readiness.**
  - MUST fax a copy of your BLS card to your eOPF (301-480-1407) or (301-480-1436).
  - MUST also enter and save your BLS expiration date in [Direct Access](#).
- 2. APFT: Updating your APFT results is a two-step process to meet readiness.**
  - MUST mail your original APFT, [PHS-7044 Form](#) documentation to MAB.
  - MUST also enter your APFT data on the [Direct Access](#).
- 3. Medical Affairs: A completed 5 year Physical & Dental Exam is required by all officers.**
  - [5-yr REPORT OF MEDICAL EXAMINATION \(DD2808\)](#)
  - [5-yr REPORT OF DENTAL EXAMINATION \(PHS-6355\)](#)
  - A current [REPORT OF MEDICAL HISTORY \(DD-2807-1\)](#) form accompanied by a signed "Disclosure Statement" is also required with your 5 year physical exam and when you are up for permanent promotion.
  - [Disclosure Statement Form and Instructions for Completion of DD-2807-1 and DD-2808 forms](#)
  - These must be mailed to:  
Medical Affairs Branch  
8455 Colesville Road, Room 910  
Silver Spring, MD. 20857-0001
  - Review your status in Direct Access.
- 4. Immunization requirement/Questions: 301-427-3261/3262.**
  - Influenza vaccine annually before 31 December or waiver.
  - Tetanus-Diphtheria-Pertussis (TD, TDap) vaccine every 10 years.
  - Hepatitis A: 2 immunizations, waiver, or a positive titer confirming immunity.
  - Hepatitis B: 3 immunizations, waiver, or a positive titer confirming immunity.
  - MMR (Measles, Mumps and Rubella): 2 MMR immunizations, waiver, or positive titers confirming immunity.
  - Varicella (chickenpox): 2 immunizations, waiver, or a positive titer confirming immunity.
  - All Immunization records are to be faxed to MAB (301-480-0373 or 301-480-0385) using the [MAB Fax Coversheet](#).
  - Review Direct Access to ensure your immunizations is updated and accurate.
  - Tuberculin Skin Test (PPD), review requirements and additional immunization information in the immunization Guide [http://ccrf.hhs.gov/ccrf/immun\\_guide.htm](http://ccrf.hhs.gov/ccrf/immun_guide.htm).
- 5. License/Certification: FAX current license/certification to 240-453-6142. Verify your compliance in Direct Access.**
- 6. Deployment Role: Add a primary role and then subsequent Roles in Direct Access if you have not done so.**
- 7. Basic Readiness and Projected Readiness status: If you do not have your Basic Readiness on December 31, 2014 AND March 31, 2015, you will be pulled off the promotion list. [Readiness Checklist](#)**
- 8. BONUS TIP: When traveling outside the United States, know each country's immunization requirements. Many countries require proof of immunizations when processing through customs. Click for travel information:**



[CDC Traveler's Health](#)

The road to promotion is always under construction.

[PHS-NURSE LIST SERV](#)

[TO REQUEST A MENTOR](#)

Point of contact: CAPT Deborah Schneider, CAPT Lori Luu, CDR Casey Hadsall, and LCDR Jonathan Paulsel for the Mentoring Workgroup, N-PAC Career Development Subcommittee.