

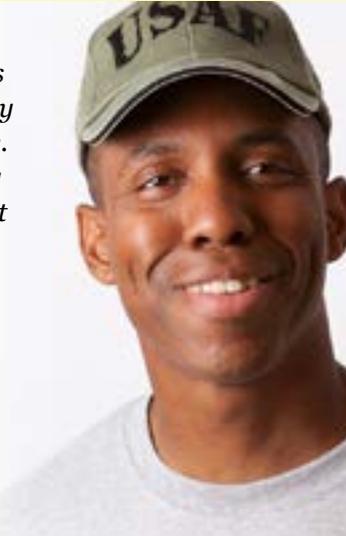
Military Health History

POCKET CARD FOR HEALTH PROFESSIONS TRAINEES & CLINICIANS

“Help me understand my medical condition.”

“I had some unique experiences while serving our country, many that civilians would never have. Some of those experiences may be affecting my health, and that is why I am here at VA.”

“Help me understand my medical condition, and please be patient with me. Some of my memories may be painful or difficult to discuss.”



Asking the questions on this card will be helpful in understanding my medical problems and concerns.

- *Ask these questions in a safe and private place*
- *Engage with good eye contact*
- *Use a supportive tone of voice*
- *Thank veterans if they disclose stressful or traumatic experiences*
- *If you suspect someone is actively at risk for suicide, do not leave them alone*

VA



U.S. Department of Veterans Affairs
Veterans Health Administration



General Questions

Would it be ok if I talked with you about your military experience?
When and where did you/do you serve and in what branch?
What type of work did you do or currently do while in the service?
Did you have **any** illnesses or injuries while in the service?

If Veterans answer “Yes” to any of the following questions, ask:

“Can you tell me more about that?”

- Did you ever become ill while you were in the service?
- Were you or a buddy wounded, injured, or hospitalized?
- Did you have a head injury with loss of consciousness, loss of memory, “seeing stars” or being temporarily disoriented?
- Did you see combat, enemy fire, or casualties?
- Were you a prisoner of war?

Compensation & Benefits

Do you have a service-connected condition?
Would you like assistance in filing for compensation for injuries or illnesses related to your service?

VA Information: 1-800-827-1000 or 844-MyVA311 (698-2311)

Living Situation

Would it be ok to talk about your living situation?
Where do you live and who do you live with? Is your housing safe?
Are you in any danger of losing your housing?
Do you need assistance in caring for yourself and/or dependents?

Unwanted Sexual Experiences in the Military

May I ask you about stressful experiences that men and women can have during military service?

1. Did you have any unwanted sexual experiences in the military? For example, threatening or repeated sexual attention, comments or touching?
2. Did you have any sexual contact against your will or when unable to say no, such as being forced, or when asleep or intoxicated?

If Yes: I am sorry; thank you for sharing that. VA refers to this as ‘military sexual trauma’ or ‘MST’ and offers free MST-related care.

If No: Okay, thank you. I ask all Veterans because VA offers free care related to these experiences.

Exposure Concerns

Would it be okay if I asked about some things you may have been exposed to during your service?

What... were you exposed to?

- **Chemical** (pollution, solvents, weapons, etc.)
- **Biological** (infectious diseases, weapons)
- **Psychological trauma or abuse**
- **Physical**

Blast or explosion	Radiation	Vehicular crash
Munitions or bullet wound	Shell fragment Heat	Excessive noise Other injury

What... precautions were taken? (Avoidance, PPE, Treatment)

How... long was the exposure?

How... concerned are you about the exposure?

Where... were you exposed?

When... were you exposed?

Who... else may have been affected? Unit name, etc.

Behavior

Would it be okay if we talked about emotional responses during your service?

PTSD: Have you been concerned that you might suffer from Posttraumatic Stress Disorder? Symptoms can include re-experiencing symptoms such as nightmares or unwanted thoughts, hyperarousal/being “on guard,” avoiding situations that remind you of the trauma, and/or numbing of emotions.

Depression: Have you been experiencing sadness, feelings of hopelessness/helplessness, lack of energy, difficulty with concentrating, and/or poor sleep?

Risk Assessment: Have you had thoughts of harming yourself or others?

Blood Borne Viruses (Hepatitis & HIV)

- Do you have tattoos? Have you ever injected or snorted drugs, such as heroin, cocaine, or methamphetamine?
- Have you ever been tested for Hepatitis C or HIV? If not, would you like to be tested for these?

Health Risks Associated With Specific Eras

Noise Induced Hearing Loss- Ringing in the Ears Burn Pit Smoke Cold Injuries Contaminated Water (benzene, trichloroethylene, vinyl chloride) Endemic Diseases Malaria Prevention: Mefloquine – Lariam	Heat Stroke/Exhaustion Hexavalent Chromium Mustard Gas Nerve Agents Pesticides Radiation (Ionizing & Non-Ionizing) Sand, Dust, Smoke, and Particulates Herbicides and other dioxins like Agent Orange
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Occupational Hazards: Asbestos, Industrial Solvents, Lead, Radiation, Fuels, PCBs, Noise/Vibration, Chemical Agent Resistant Coating (CARC)

Gulf War/Southwest Asia (Afghanistan, Kuwait, Iraq)

Animal Bites/Rabies Blunt Trauma Burn Injuries (Blast Injuries) Chemical or Biological Agents Chemical Munitions Demolition Combined Penetrating Injuries Depleted Uranium (DU) Dermatologic Issues Embedded Fragments (shrapnel)	Mental Health Issues Multi-Drug Resistant Acinetobacter Oil Well Fires Reproductive Health Issues Spinal Cord Injury Traumatic Amputation Traumatic Brain Injury Vision Loss
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Immunizations: Anthrax, Botulinum Toxoid, Smallpox, Yellow Fever, Typhoid, Cholera, Hepatitis B, Meningitis, Whooping Cough, Polio, Tetanus

Infectious Diseases: Malaria, Brucellosis, Campylobacter jejuni, Coxiella burnetii, Mycobacterium tuberculosis, nontyphoid Salmonella, Shigella, visceral Leishmaniasis, West Nile Virus

Vietnam, Korean DMZ & Thailand

Agent Orange Exposure	Cold Injuries	Hepatitis C Risks
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Cold War

Chemical Warfare Agent Experiments	Nuclear Weapons Testing or Cleanup
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WWII & Korean War

Chemical Warfare Agent Experiments Cold Injuries	Nuclear Weapons Testing or Cleanup Biological Warfare Agents
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