

**Army Medical Specialist  
Corps  
Deployment Readiness  
Handbook**



April 1999

“To every man there comes in his lifetime that special moment when he is figuratively tapped on the shoulder and asked to do a very special thing—unique to him and his talents. What a tragedy if that moment finds him unprepared or unqualified for that work.”

Winston Churchill





**This handbook was developed by members of the Army Medical Specialist Corps, Army Nurse Corps, Medical Service Corps, and members of the USAR who understand that ships were not built to remain in harbor. It reflects years of deployment knowledge and experience, and is dedicated to soldiers and their families.**

# Table of Contents

|   |    |
|---|----|
| <b>Introduction</b> -----                       | 1  |
| Our Past and Our Future -----                   | 2  |
| Objectives -----                                | 3  |
| <br>  |    |
| <b>Pre-Deployment Preparation</b>               |    |
| Introduction -----                              | 5  |
| Personal Affairs Checklist for Deployment ----- | 6  |
| Mobilization and Deployment Planning -----      | 8  |
| Stages of Deployment -----                      | 8  |
| TOE/MTOE -----                                  | 8  |
| Initial Preparation for Deployment -----        | 9  |
| Alert Stage Procedure-----                      | 9  |
| Loading Plan -----                              | 10 |
| AMEDD Professional Fillers (PROFIS)-----        | 11 |
| Medical Readiness -----                         | 12 |
| Dental Readiness -----                          | 15 |
| Legal Matters and Obligations -----             | 16 |
| Financial Preparation -----                     | 19 |
| Personal Finances -----                         | 21 |
| Insurance Issues -----                          | 25 |

|  |    |
|--|----|
| Family Readiness -----                     | 27 |
| Introduction-----                          | 27 |
| Personal/Family Records-----               | 27 |
| Checklist for the Military Spouse -----    | 28 |
| Your Personal Phone Directory -----        | 32 |
| Record of Personal Affairs-----            | 34 |
| Monthly Vehicle Checklist-----             | 42 |
| Personal Issues -----                      | 43 |
| Military Pre-Deployment Preparation-----   | 46 |
| PROFIS Personnel-----                      | 46 |
| Field Training Activity Requirements ----- | 47 |
| MEDCOM Training Requirements (Table) ----- | 48 |
| NBC Readiness -----                        | 52 |

## **Deployment**

|                                      |    |
|--------------------------------------|----|
| Types of Missions-----               | 54 |
| What to Bring When Deployed -----    | 57 |
| Unit Issued Items-----               | 63 |
| Field Environment -----              | 64 |
| Personal Hygiene and Sanitation----- | 64 |
| Food and Water -----                 | 65 |
| Sleeping Quarters-----               | 66 |
| Safety and Security-----             | 66 |
| Preventive Medicine -----            | 68 |

|  |    |
|--|----|
| Weather -----  | 68 |
| Laundry -----  | 68 |
| Helpful Hints When in a Hostile Environment -----                            | 69 |
| Adaptability and Flexibility -----   | 71 |
| Stress Management -----  | 72 |
| Deployment Stress -----  | 74 |
| A Few Suggestions to Deal with Stress -----                                  | 76 |
| How To Survive a Separation -----  | 77 |
| Children and Deployment -----  | 79 |
| Hints for Making Deployment Easier for Soldiers<br>with Young Children ----- | 81 |
| Family Care During Deployment -----  | 82 |
| Family Medical Care -----  | 83 |
| DEERS, CHAMPUS, TRICARE  |    |
| Family Assistance Services -----   | 84 |
| Communication -----  | 90 |
| Keeping in Touch -----   | 90 |
| Care Packages -----  | 93 |
| Mailing Tips -----   | 94 |
| Host Country Considerations -----  | 95 |
| Reintegration -----  | 97 |

**Summary**-----99

**PT/OT Section**

Duties and Responsibilities ----- 101

    General----- 101

    OT Guidelines ----- 101

    PT Guidelines ----- 102

    Staffing----- 103

    Patient Population ----- 103

    Logistical Support ----- 103

    Anticipated Injuries ----- 104

    “Other Duties as Assigned” ----- 104

Deployment with DEPMEDS ----- 105

    Supplies and Equipment----- 110

    Logistics in OT/PT Operations ----- 111

    Recommended Physical Therapy Inventory ----- 114

Professional Preparation ----- 115

    Clinical----- 115

    Military ----- 116

Data Collection and Record Keeping ----- 117

After Action Reports----- 118

**Dietitian Section**

Mission ----- 120

Duties and Responsibilities ----- 120

|                                |     |
|--------------------------------|-----|
| Kitchen Layout and Design----- | 121 |
| Equipment and Supplies -----   | 123 |
| Rations and Diets-----         | 124 |
| Personnel Training -----       | 125 |
| After Action Reports-----      | 125 |

**Physician Assistant Section**

|                        |     |
|------------------------|-----|
| General-----           | 127 |
| Duty Description ----- | 127 |
| Assignments-----       | 128 |
| Unit Readiness-----    | 130 |

**References, Resources, and General Information Appendices**

|   |     |
|---|-----|
| Appendix A: Military and Federal Government Links -----           | 140 |
| Appendix B: A Lesson in Alphabet Soup-----                        | 144 |
| Appendix C: Helpful Terms -----                                   | 147 |
| Appendix D: Unconventional Warfare Terms -----                    | 149 |
| Appendix E: Military Regulations and Publications -----           | 150 |
| Appendix F: Insight on the Code of Conduct/ Code of Conduct ----- | 155 |
| Appendix G: General Orders -----                                  | 157 |
| Appendix H: Geneva and Hague Conventions -----                    | 158 |
| Appendix I: Survival Considerations -----                         | 160 |
| Appendix J: Guerrilla and Psychological Warfare -----             | 162 |
| Appendix K: SAEDA-----  | 164 |
| Appendix L: Field Sanitation-----                                 | 166 |

|  |     |
|--|-----|
| Appendix M: Task Standards (ARTEP 8-955-MTP) ----- | 168 |
| Appendix N: SP After Action Report -----           | 175 |
| Appendix O: Omitted-----                           | 176 |
| Appendix P: Trip Report-----                       | 177 |
| Appendix Q Injury Data Collection -----            | 179 |

## Introduction

It's Thursday night and you are exhausted from a busy week in the clinic. You fall into bed and are asleep within minutes. Suddenly the phone awakens you. It is 0100 hours. The voice at the other end captures your attention as you hear: "We are on alert for deployment. You are to report to the company no later than 0230 in field gear and be prepared to deploy within 24 hours."

Can you respond? What should you take? Who's going to take care of your home, your child, and your pets? Who is going to pay the bills? Can you arrange all of this and be able to report in 90 minutes? Will you have what you need to perform your duties effectively in the deployed environment?

You can meet these challenges by being ready ahead of time—by being ready TODAY!

Unlike our civilian counterparts, military health care providers must be ready to deploy at a moment's notice. Are we prepared to fulfill this responsibility? As we perform our hectic day-to-day duties, it is easy to inadvertently neglect our responsibility of military readiness. Military readiness means being able to effectively respond in time of war or conflict. This is our primary mission. As health care providers, the mission may involve military operations other than war (MOOTW) as well.

The process of deployment can be both complex and demanding for the service member and family. Knowing what to expect and being prepared physically and emotionally can make deployment much easier. The purpose of this handbook is to assist us and our families to be prepared. An ancient Chinese saying advises "preparation is half the journey." May this information help us meet the challenges that lie ahead and enable the "second half" of the journey to be rewarding and successful.

**In preparing for battle I have always found that plans are useless, but planning is indispensable.**

Dwight D. Eisenhower

## **Our Past and Our Future**

Soldiers of the Army Medical Department (AMEDD) have served proudly and effectively in a wide variety of challenging operations, ranging from disaster relief, humanitarian and civil actions, medical civil affairs programs (MEDCAP), peacekeeping missions, peacetime exercises, to combat. The Army Medical Specialist Corps (AMSC) has played a vital role in “conserving the fighting strength.”

Readiness is the ability of a soldier to be deployed and to perform the mission effectively with or without a unit across the full spectrum of mission possibilities. Proactive military and professional preparation and planning will enable us to be prepared and ready to deploy. Our missions on deployments require us to have the ability and flexibility to provide a wide variety of health care programs from wellness and injury prevention to primary screening and rehabilitation. Resourcefulness, innovation, and maintaining a positive attitude will be essential in environments of limited means.

To effectively support combat forces, the Army Medical Department (AMEDD) must anticipate and prepare to operate under conditions which will be more lethal and violent than in past conflicts. TC 8-13 predicts that units that normally have been considered “safe” in past wars may be subject to nuclear, biological, and chemical (NBC), air, artillery, and ground attacks. Casualties will occur in the entire theater of war in larger numbers and in a shorter period than has occurred in the past. In a world of political instability, ethnic strife, and competition for power and limited resources, regional conflicts will be an unfortunate reality. We must be prepared to deploy with short notice. Although the duties and challenges are often unique to the particular mission, there are a number of common denominators for preparation.

**A ship in harbor is safe,  
but that is not what ships are built for.**

--William Shedd



## **Objectives**

- Prepare AMSC officers and enlisted personnel and their families for rapid deployment
- Prepare AMSC officers and enlisted personnel to perform effectively in foreign and hostile environments
- Define the essential requirements for deployment
- Identify training and logistical needs for deployment
- Assist AMSC soldiers to obtain and maintain an optimal state of readiness