



U.S. Public Health Service Nursing Tip of the Month Sept 2017

“Readiness”

ARE YOU
READY?

PHS Readiness

Readiness is an essential part of our duty as officers. Each officer is responsible for ensuring and maintaining individual Readiness qualifications. Officers should be aware of the criteria evaluated to determine readiness qualification and remain mindful of effective duration as well as expiration of each criterion (i.e., License, APFT, BLS, Immunizations, medical exam, etc.).

- 1. Annual Physical Fitness Test (APFT):** Renew every 12-months and before expiration of previous APFT: [APFT \(PHS-7044 Form\)](#).
- 2. Basic Life Support (BLS) Certification:** Renew every 24-months and before expiration of previous certification [BLS Class near you](#).
 - Update BLS certification via self-service menu in Direct Access at <https://portal.direct-access.us> by following [these instructions](#).
- 3. Immunizations:** Renew as required and before expiration of previous immunization.
 - Submit immunization documents to medical affairs by following the [Submitting Your Immunizations](#) instructions.
 - DO NOT mail immunization documents unless directed by Medical Affairs.
- 4. Licensure/Certification Renewal:** As required and before expiration of previous Licensure/certification.
- 5. Medical Exam:** Renew every 5-years and prior to expiration of previous medical exam.
 - Medical Examination and the Report of Medical History are available at [General Instructions for Completion of Medical Exam](#).
 - Required forms include:
 - A. DD-2808 [Report of Medical Examination](#)
 - B. PHS-6355 [Report of Dental Exam](#)
- 6. Report of Medical History** renew every 12-months and prior to previous submission.
 - DD-2087 [Report of Medical History](#)
- 7. Readiness Course Completion:** To qualify at the Basic Readiness level, you must complete the online training modules.
 - For readiness assistance, please fill out and submit a Readiness Assistance Form from the CCMIS log-in area under the RedDOG section or send an e-mail to [RedDOG at RedDOG@hhs.gov](mailto:RedDOG@RedDOG@hhs.gov)
 - For Direct Access technical support or password assistance, go to: <http://www.uscg.mil/ppc/phs/> click on “contact PPC Customer Care” in left column on the webpage. This will automatically open an email message to Coast Guard using your default e-mail program. Fill out message details and send. Basic Readiness course completion requirement only needs to be satisfied one-time.
- 8. Deployment hours and clinical role** details are available [here](#).
- 9. Medical and Non Medical Waivers** - Officers will be held accountable for meeting all Basic Readiness requirements unless a waiver/exemption is officially granted. Look [here](#) for details.
- 10. Quarterly Readiness checks** are conducted by RedDOG at the end of March, June, September and December. Look [here](#) for how this information is used.
 - For CCMIS secure area log-in assistance, send an e-mail to: cchelpdesk@psc.gov
 - Source: Readiness Down to Basics March 2017pdf, NPAC Readiness Committee, 2017

Background: Historic USPHS Hospital Seattle opened in 1933 as a Marine Hospital. Redesignated as a USPHS Hospital in 1951 until ceasing government operations in 1981.

PHS-NURSE LIST SERV

TO REQUEST A MENTOR

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N-PAC Career Development Subcommittee.