INTRODUCTION

PURPOSE OF THE SCREENING AND MEDICAL CLEARANCE PROCESS

- TO ENSURE SAFE ACCOMMODATION FOR THE PEACE CORPS APPLICANT
- TO GENERATE UNDERSTANDING ABOUT THE SCREENING AND MEDICAL CLEARANCE PROCESS TO INTERNAL AND EXTERNAL CUSTOMERS
- TO MINIMIZE UNDUE RISK EXPOSURE FOR VOLUNTEERS
- TO ALLOW COMPLETION OF SERVICE WITHOUT COMPROMISING THE VOLUNTEER'S (ENTRY) HEALTH STATUS.

INTRODUCTION

The purpose of the Screening Guidelines Manual is to assist the Office of Medical Services staff in their responsibility to medically and dentally screen individuals who have applied for acceptance as Peace Corps Volunteers. The Manual is made up of the Introduction, 17 Guideline Sections, a Screening Procedures Section, and an Index. An overview of each of these parts is given in the following paragraphs.

The Guidelines Section. Each Guideline Section is made up of 4 sub-sections: a Table of Contents, Letters, the Guidelines, and an Addendum. The Table of Contents lists each condition covered in the Section. Following the Table of Contents is the "Letters" section. Included in the Letters Section are the letters sent by the screening nurses to applicants for specific medical conditions; each section contains the letters for conditions in the Section. Also included in the Letters section is an outline of questions, usually included in a health history, which might serve as a guide to the screening nurse for identifying information to ask of the applicant. Following the Letters Section are the guidelines for each of the conditions listed in the Table of Contents. The guidelines follow the format and content agreed upon by the members of the Screening Guidelines Task Force. Each individual guideline contains:

1. Screening Criteria: The criteria which form a basis for a screening decision or action.

2. Screening Action: The screening action to take based on the listed criteria. The four actions included on each guideline are: Clear, Clear with Restrictions, Defer, and Not Medically Qualified. Primarily in the Psychology Section, but also in some of the other guidelines for certain conditions, it is recommended that the applicant be presented to the Medical Review Board (MRB) for review and a recommendation for screening action.

3. Restriction/Defer: In cases where the action is to "Clear with Restrictions", the restriction is defined for the condition. In cases in which the action is "Defer", the length of time, action to be taken or conditions to be resolved to meet the Clearance criteria are defined.

4. Rationale: For most conditions, the rationale is included upon which the clearance decisions and criteria are based.

5. Information: The information section in the guideline lists the information, in addition to the generic medical history information, that is required from the applicant in order to make a knowledgeable decision about a specific condition.

Finally, the ICD-9 codes for each condition can be found in three places: the Table of Contents for the Section, on the specific guideline, and with the condition in the index.

The final sub-section in the guideline section is the Addendum. The Addendum provides supplementary information about selected conditions in the guideline sections. The information in the Addendum, as in the guidelines, is from a variety of sources including the Center for Disease Control (CDC), the National Institutes of Health (NIH), the National Institute of Mental Health (NIMH), literature review and comments made by the physician experts as they reviewed each section with the McManis/URC consultants. The purpose of including the additional information is to provide a context for the recommended screening criteria and action.

The Screening Procedures Section: The Screening Procedures Section includes general Peace Corps medical and dental screening information, and measurement and laboratory values for tests required by Peace Corps from an applicant. Additional tests, and their values, from more frequently ordered laboratory tests are also included. The final part of this section is an index of the Medical Screening Letters currently found in the Medical Evaluation Tracking System (METS) file, and the copies of the letters not previously included in a specific guideline section.

The Index: The index includes each condition found in the guideline, listed in alphabetical order, with the ICD-9 code for the condition and the page on which it can be found.

The revised Screening Guidelines Manual includes all the conditions found in the previous Screening Guidelines Manual as well as conditions requested by the screening staff or suggested by the consultant physicians and the McManis/URC consultants. Some of the conditions included are extremely rare and not commonly found in the general population. Other conditions seem to be quite uncomplicated and may not require a guideline to assist in determining the screening action to take. It was decided to err on the side of inclusion rather than exclusion of conditions. With use of the revised Screening Guideline Manual, screening staff will decide which conditions are useful to have included in the Manual. Even with such a comprehensive Manual, there are inevitably some conditions which have not been included. The revised Manual has been developed with the underlying assumption that applicants, with conditions which may not "fit" into an existing guideline or for which no guideline exists, will be referred to the Medical Advisor or the Medical Review Board (MRB) for review and a clearance decision. It is thought that this manual, if used as a guide to decision making, will assist staff in their efforts to make consistent and objective screening decisions which will protect the health of the prospective Peace Corps Volunteer.

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PEACE CORPS

MEDICAL INFORMATION FOR APPLICANTS

Applicants to Peace Corps must undergo a comprehensive medical and dental assessment based upon their medical/dental examination and medical history. This will determine if and where they can safely serve in Peace Corps. If your physician recommends yearly follow-ups for a specific condition, you will be restricted to those countries where the required level of medical support is available. You should be aware of the following information, which may help you determine in advance whether medical/dental assessment of your health will be relatively simple or complex.

Included in your Peace Corps Application is a Report of Medical History. Filling out this questionnaire accurately and completely speeds up the medical screening process. Take the time to check your health records so that the health conditions, treatments and dates you report are correct. *The more accurately you describe health conditions and treatment on the Health Status Review or Report of Medical History, the less likely we'll need to ask you for more information.* Remember, medical information is confidential and will be forwarded to the Office of Medical Services.

These lists are not inclusive of all conditions that may affect clearance or placement. For further information, you may call the Office of Medical Services, at 1-800-424-8580 ext. 2290, from 9:00 am-4:00 pm Monday - Friday (Eastern Time).

If you have any of the following conditions, you will be restricted to those areas of the world which can provide the necessary medical care:

Alcoholism/Substance Addiction, in stable recovery
Allergy to Sulfa Medications
Asthma, mild to moderate
Diabetes
Seizures

With rare exception, Peace Corps is unable to reasonably accommodate the following conditions:

Addison's Disease
Aneurysm, inoperable
Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease)
Asthma, severe
Cancer of the Bladder
Cancer with Metastasis
Chronic Glomerulonephritis
Chronic Hepatitis
Chronic Obstructive Pulmonary Disease (COPD)
Chronic Pancreatitis
Chronic Pyelonephritis
Chronic Reiter's Syndrome
Claudication
Conditions requiring blood thinner medication
Conditions requiring oral or injectable steroids
Coronary Artery Disease (symptomatic)
Congestive Heart Failure
Connective Tissue Disorder
Diabetes with any complications
Diverticulitis
Endocarditis (heart disease or enlarged heart)
Esophageal Varices
Hemophilia
History of Psychosis
Human Immunodeficiency Virus (HIV)
Inflammatory Bowel Disease
Irreversible Lung Disease (emphysema)
Ischemic Heart Disease
Kidney Stones (recurrent)
Life-threatening allergic reactions
Major Depression (recurrent)
Muscular Dystrophy (progressive)
Myasthenia Gravis
Narcolepsy (poorly controlled)
Optic Neuritis (recurrent)
Osteoporosis with history of stress fractures
Parkinson's Disease
Pituitary Adenoma with acromegaly
Rheumatoid Arthritis
Sarcoidosis
Symptomatic Cardiac Arrhythmias
Thromobophlebitis, recurrent
Ulcerative Colitis
Ulcerative Proctitis

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If you have any of the following conditions your entry into Peace Corps will be deferred until resolved:

Abnormal Pap Smear
Allergies requiring desensitization injections
Anemia (cause must be identified)
Cataracts requiring surgery
Endometriosis
Gallbladder Disease, including gallstones
Inguinal Hernia
Internal Hemorrhoids
Kidney or Bladder Infections
Orthodontic Braces (excluding bite-plate)
Ovarian Cyst
Pilonidal Cyst
Some Psychological Conditions
Uterine Fibroids (symptomatic)

If you have any of the following conditions, entry into the Peace Corps will be deferred. The time frames specified for each condition are guidelines for the length of the deferral period:

Alcoholism, Substance Addiction - minimum of 2 years of sobriety/abstinence
Cancer - 5 years cancer-free (3 years for most testicular cancers; no deferral for most skin cancers and carcinoma-in-situ)
Coronary artery bypass surgery or angioplasty - 6 months symptom free, no medications, normal stress test
Cystic Acne-Accutane treatment - 2 months after completion of therapy
Diabetes - 6 months well controlled on oral agents, 2 years if insulin dependent, and weight within recommended range
Eating Disorder - symptom free for 2 years after completion of therapy
Gastritis, Esophagitis, Peptic or Duodenal Ulcer - minimum of 6 months well controlled, non-smoker
Glaucoma - 3 months well controlled with medications <u>or</u> 6 months after surgical treatment
Herniated Disc - minimum of 2 years symptom free
Herpes Keratitis (eye) - 2 years inactive
High Blood Pressure - 3 months well controlled under treatment; weight within medically recommended range
Joint or Back Disorders must be stable or mild; weight within medically recommended range
Joint Replacement (hip, knee, shoulder) - 6 months post surgery, without complications
Kidney Stones (first episode) - 1 year
Ligament Reconstruction (knee, ankle, shoulder) or arthroscopy - 1 year
Multiple Sclerosis - minimum of 10 years no exacerbations or new symptoms
Myocardial Infarction (heart attack) - 12 months symptom free, not on medication, normal stress test
Seizure Disorders - minimum of 1 year seizure free
Stroke - 2 years symptom free, not on medication
20% or more <u>over</u> or 75% or <u>less</u> than medically recommended weight for height, with associated risk factors - until within medically recommended weight, or risk factors resolved

<u>Failure to disclose complete information on your application can be grounds for administrative separation from Peace Corps.</u>

MEDICAL SCREENING SUMMARY SHEET FOR EVALUATORS

I. CONDITIONS NOT REQUIRING A MEDICAL FLAG

Conditions listed in medical section which do not require a medical flag:

1. Normal childbirth or Caesarean section.
2. Broken bones in the past that did not require surgical correction with pins/screws that still need follow-up or removal.
3. Color blindness.
4. Dentures.
5. Eyeglasses or contact lenses requires.
6. Minor surgery (tonsillectomy, adenoidectomy, hernia repair, abortion, appendectomy, wisdom teeth removal, or in-grown toenail removal, stitches for cuts, vasectomy, tubal ligation).
7. Current medications such as birth control products, vitamin and mineral supplements, and over-the counter cold preparations.
8. Academic counseling.

5/4/93

MALES

(ft, in)	(in)	MIBW (lbs)	75%	120%	150%
4' 6"	54	**102**	76	122	152
4' 7"	55	**105**	79	127	158
4' 8"	56	**109**	82	131	164
4' 9"	57	**113**	85	136	170
4' 10"	58	**119**	89	143	179
4' 11"	59	**122**	92	146	183
5' 0"	60	**125**	94	150	188
5' 1"	61	**128**	96	154	192
5' 2"	62	**131**	98	157	197
5' 3"	63	**134**	101	161	201
5' 4"	64	**138**	104	166	207
5' 5"	65	**142**	107	170	213
5' 6"	66	**146**	110	175	219
5' 7"	67	**150**	113	180	225
5' 8"	68	**154**	116	185	231
5' 9"	69	**158**	119	190	237
5' 10"	70	**163**	122	196	245
5' 11"	71	**168**	126	202	252
6' 0"	72	**173**	130	208	260
6' 1"	73	**178**	134	214	267
6' 2"	74	**183**	137	220	275
6' 3"	75	**188**	141	226	282
6' 4"	76	**193**	145	232	290
6' 5"	77	**198**	149	238	297
6' 6"	78	**203**	153	244	305

MALES

(ft, in)	(in)	MIBW (lbs)	75%	120%	150%
4' 6"	54	**108**	81	129	162
4' 7"	55	**112**	84	134	168
4' 8"	56	**116**	87	139	174
4' 9"	57	**120**	90	144	180
4' 10"	58	**124**	93	149	187
4' 11"	59	**129**	97	155	193
5' 0"	60	**133**	100	160	200
5' 1"	61	**138**	103	165	206
5' 2"	62	**141**	106	169	212
5' 3"	63	**144**	108	173	216
5' 4"	64	**148**	111	178	222
5' 5"	65	**152**	114	182	228
5' 6"	66	**156**	117	187	234
5' 7"	67	**161**	121	193	242
5' 8"	68	**166**	125	199	249
5' 9"	69	**170**	128	204	255
5' 10"	70	**174**	131	209	261
5' 11"	71	**179**	134	215	269
6' 0"	72	**184**	138	221	276
6' 1"	73	**189**	142	227	284
6' 2"	74	**194**	146	233	291
6' 3"	75	**199**	149	239	299
6' 4"	76	**204**	153	245	306
6' 5"	77	**211**	158	253	316
6' 6"	78	**216**	162	260	325
6' 7"	79	**222**	166	266	333
6' 8"	80	**228**	171	273	341
6' 9"	81	**233**	175	280	350
6' 10"	82	**239**	179	287	359
6' 11"	83	**245**	184	294	368
7' 0"	84	**251**	188	301	376

HIV

COMPONENT	NORMALS	CRITERIA	ACTION
HIV (ELISA, Western Blot)	Negative, Non-reactive	Negative ---------- Present, Positive --	Clear MNQ

Rh Blood Factor

Rh typing is done to determine whether the Rh Factor Rh (D) is present (RH positive) or absent (RH negative) on the RBCs. Rh negative patients should always receive Rh negative blood; Rh positive individuals many receive either Rh positive or Rh negative blood.
HIV test must be done by U. S. lab (will also accept UK, Canada)

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LIVER

COMPONENT	NORMALS	CRITERIA	ACTION
Total Bilirubin Direct Bilirubin Indirect Bilirubin	0.2 -1.4 mg/dL 0.0 - 0.4 mg/dL 0.1 - 1.0 md/dL	WNL---------- Any elevated values---------- Liver,Gallbladder disease	Clear Defer: MD Evaluation
Hepatitis B Antigen (HBV Surface Antigen)	Negative Positive = Carrier	Negative---------- Positive HBV surface antigen---	Clear MNQ
Anti-HBs (Hepatitis Antibodies)	Neg: (No immunity) Pos: Immune to disease	Positive Anti HB_S ---------- Negative----------	Clear Clear
SGPT (ALT) SGOT (AST) LDH	0-31 IU/L 0-31 IU/L 122-220 IU/L	WNL ---------- Any elevated value	Clear Defer: MD for evaluation

5/4/93

HIV

COMPONENT	NORMALS	CRITERIA	ACTION
HIV (ELISA, Western Blot)	Negative, Non-reactive	Negative ---------- Present, Positive --	Clear MNQ

Rh Blood Factor

Rh typing is done to determine whether the Rh Factor Rh (D) is present (RH positive) or absent (RH negative) on the RBCs. Rh negative patients should always receive Rh negative blood; Rh positive individuals many receive either Rh positive or Rh negative blood.
HIV test must be done by U. S. lab (will also accept UK, Canada)

11/28/94

HEMATOLOGY

COMPONENT	NORMALS	BORDERLINE NORMALS	CRITERIA FOR NORMAL/BORDERLINE
Hematocrit and/or Hemoglobin	Male: 42-52% 14-18g/dl Female: 38-40% 12-16g/dl	Male: 40-42% 13-14g/dl Female: ~~38-40%~~ 36-38% 11-12g/dl	Clear Clear Any values outside of normal/borderline normal requires appropriate evaluation as per addendum for anemia work-up.

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