



B.F.D. Joint Wellness Committee



Suggested Annual Medical Screening Components for Firefighters

The following suggested Annual Medical Assessment is meant to assist in guiding the Health Care Practitioner in establishing a baseline medical. Its annual use will help to evaluate and identify the impact of workplace exposures which may result in potentially serious disease early. It is intended to enhance and support early detection, prevention and good health. Overall fitness, as for any occupation, is essential to prevent injury and mitigate disease.

Through Provincial Regulation, eight types of cancers have been identified as presumed to be work-related, provided the firefighter has a minimum number of years service. Refer to table below.

Cancer Illness	Criteria--Years of Service	Cancer Illness	Criteria--Years of Service
Brain cancer	10 years	Leukemia (certain types)	15 years
Bladder cancer	15 years	Ureter cancer	15 years
Kidney cancer	20 years	Esophageal cancer	25 years
Colorectal cancer	10 years (diagnosed prior to 61 st birthday)	Heart injury	Within 24 hours of fighting a fire or participating in a training exercise involving a simulated fire emergency
Non-Hodgkin's lymphoma	20 years		

Other potential sites of cancer include: Testicular, Skin, Breast (women) and Reproductive organs

Part I: Review of Systems

- Diseases of the Senses (deafness, vertigo, visual deficiencies, etc.)
- Cardiovascular Diseases (hypertension, myocardial infarction, angina, embolism, arrhythmia, congestive heart failure, aortic aneurysm, peripheral vascular disease, syncope, surgery and procedures, etc)
- Respiratory Disease (asthma, bronchitis, emphysema, etc)
- Diseases of the Musculoskeletal System (fracture(s) or amputation, arthritis, chronic pain, etc.)
- Metabolic Diseases (for diabetes see next question)
- Diabetes: Yes No Type: _____
 Treatment: Diet
 Oral Medication (dosage frequency) _____
 Insulin (dosage frequency) _____
- Neurological Diseases (seizures, cerebra-vascular diseases, Parkinson's, Multiple Sclerosis, dementia, head injury, etc.)
 Date of first seizure: _____ (DD/MM/YYYY) Date of last seizure: _____ (DD/MM/YYYY)

8. Other Diseases (blackouts, fainting spells, anemia, cancer, blood dyscrasia, phlebitis, emboli, etc.)
9. Gastrointestinal System (abdominal/inguinal/umbilical hernia, abdominal surgery, etc.)
10. Family History of... (cardiac, pulmonary, metabolic disease, etc.)

Part II: Physical Examination

General Appearance: _____ Right handed Left handed

Height (cm/inches): _____ Weight (kg/lbs): _____

1. Cardiovascular: Apical Rate: _____ Rhythm: _____

Murmurs: _____ Blood Pressure: _____

2. Respiratory: Rate: _____ Rales: _____ Wheezes: _____ Other breath sounds:

3. Musculoskeletal: (Check for amputations, ROM, change in power or sensation, active joints)

4. Neurological: Gait & Stance: _____ Reflexes: _____

Tremor: _____ Coordination: _____

5. Immunization Status:

Td: _____ Polio: _____ MMR: _____

Hep A/B: (suggested only): _____

- Vaccines should be administered as required unless there are medical or religious reasons to the contrary.

Part III: Suggested Laboratory Tests, Studies and Investigations:

The very nature of the act of firefighting makes it difficult to identify the myriad of components and combinations to which one would be exposed. The following test, studies and investigations have been determined to assist in the early detection of disease and are the recommendations of the Health and Wellness Program for the International Association of Firefighters.

Complete Blood Count (CBC)	White blood cell count (with differential); Red blood Cell count; Hematocrit; Hemoglobin; Red Blood cell indices (MCV, MCH, MCHC); Platelet count	Basic screening test in all patients, most frequently used. Give valuable information about patient's diagnosis, prognosis, response to treatment (if any) and recovery.
Urinalysis	PH, Glucose, Ketones, Protein, Blood, Bilirubin, (Microscopic: WBC, RBC, white blood cell casts, red cell casts, crystals)	Most useful indicator of health and disease, especially helpful in the detection of renal or metabolic disorders
Electrolyte Tests	Calcium; Potassium; Sodium	Blood chemistry is a means of identifying many of the body's chemical constituents found in the blood. Very few diseases show a single abnormality, thus it is often necessary to measure several body chemicals to establish a pattern of abnormality, characteristic of a particular disease.
Blood Sugars	Glucose - fasting	
End Products of Metabolism	Bilirubin; Blood Urea Nitrogen; Creatinine;	
Enzyme Tests	ALT ; Alkaline Phosphatase; AST; LDH; GGTP	
Protein Tests	Total Blood Proteins; Albumin	
Lipoprotein Tests	Cholesterol (total and ratio); Triglycerides	
Additional Blood Studies	Carboxyhemoglobin; Carbon Dioxide; BC Sera Pro; CA 125 (females) PSA	*measures the level of oxygenation in the blood * measures for cancer in women * measures for prostate function
Pulmonary Function Studies	Spirometry; Chest x-ray (every three years)	
Cardiac Investigations	EKG (for those over 50, consider a stress test)	
Additional Investigations	Skin exam; Colonoscopy; Pap Smear	