

# MILITARY HEALTH HISTORY POCKET CARD FOR CLINICIANS

# HAVE YOU EVER SERVED?™

## **Have you or has someone close to you ever served in the military?**

- When did you serve?
- Which branch?
- What did you do while you were in the military?
- Were you assigned to a hostile or combative area?
- Did you experience enemy fire, see combat, or casualties?
- Were you wounded, injured, or hospitalized?
- Did you participate in any experimental projects or tests?
- Were you exposed to noise, chemicals, gases, demolition of munitions, pesticides, or other hazardous substances?

## **Have you ever used the VA for health care?**

- When was your last visit to the VA?
- Do you have a service-connected disability or condition?
- Do you have a VA primary care provider?

For more information visit

[WWW.HAVEYOUEVERSERVED.COM](http://WWW.HAVEYOUEVERSERVED.COM)



American Academy of Nursing

## General Areas of Concern for All Veterans

### Post-Traumatic Stress

- Have you ever experienced a traumatic or stressful event which caused you to believe your life or the lives of those around you were in danger?
- Experiencing trauma-related thoughts or feelings?
- Having nightmares, vivid memories or flashbacks of the event?
- Feeling anxious, jittery?
- Experiencing a sense of panic that something bad is about to happen?
- Having difficulty sleeping or concentrating?

### Military Sexual Trauma

- During military service did you receive uninvited or unwanted sexual attention, such as touching, pressure for sexual favors or sexual remarks?
- Did anyone ever use force or threat of force to have sexual contact with you against your will?
- Did you report the incidents to your command and/or military or civilian authorities?

### Blast Concussions/Traumatic Brain Injury

- During your service, did you experience . . .  
heavy artillery fire, vehicular or aircraft accidents, explosions (improvised explosive devices, rocket-propelled grenades, land mines, grenades), or fragment or bullet wounds above the shoulders?
- Did you have any of these symptoms immediately afterwards . . .  
loss of consciousness or being knocked out, being dazed or seeing stars, not remembering the event, or diagnosis of concussion or head injury?

### Suicide Risk

Certain observable cues (affective and behavioral) should prompt the clinician to remain alert to the possible presence of suicidal ideation:

- shame
- humiliation
- irrational thinking
- paranoia
- agitation
- anxiety
- insomnia
- irritability
- despair
- profound social withdrawal
- neglecting personal welfare
- deteriorating physical appearance
- feeling trapped
- feeling like there's no way out
- feeling that life is not worth living
- feeling like there is no purpose in life
- feelings of failure or decreased performance
- sense of hopelessness or desperation

## **Most Common Military Exposure-Related Concerns:**

**Agent Orange Exposure** (Vietnam and Korea): Certain cancers, chloracne, diabetes mellitus type 2, ischemic heart disease, soft tissue sarcoma, prostate cancer, respiratory cancers, peripheral neuropathy. Birth defects such as spina bifida in Veterans' biological children.

**Burn Pits** (especially Iraq and Afghanistan): Veterans who lived or worked near open-air burn pits were possibly exposed to multiple toxins, increasing risk for respiratory illnesses, and variety of cancers, including leukemia.

**Camp Lejeune Water Contamination:** Any veteran or their family, who lived there at least 30 days between January 1, 1957, and December 31, 1987, may have been exposed to chemical contaminants in the groundwater and wells. At risk for cancers of the esophagus, lung, breast, bladder, kidney, and leukemia, multiple myeloma, myelodysplastic syndromes, renal toxicity, hepatic steatosis, female infertility, miscarriage, scleroderma, neurobehavioral effects, and non-Hodgkin's lymphoma.

**Gulf War Syndrome** (Gulf War): Undiagnosed and unexplained illnesses (fibromyalgia, chronic fatigue syndrome, headaches, gastrointestinal problems, cognitive impairment and pain). Respiratory symptoms, higher rates of certain cancers (brain and testicular) and neurodegenerative diseases (ALS, MS).

**Infectious Diseases** (Southwest Asia and Afghanistan): Infectious diseases: malaria, typhoid fever, viral hepatitis, leishmaniasis, and TB.

**Rabies** (Iraq and Afghanistan): Veterans recently deployed who were bitten or exposed to the saliva of a warm-blooded animal should be checked for rabies.

**Hepatitis C** (Vietnam): Transfusions prior to 1992, battlefield exposures to blood and human fluids, group use of needles, razors, toothbrushes, and other personal care items.

**Radiation Exposure:** Certain cancers from atmospheric nuclear weapons testing programs (1945–1962); underground tests at Amchitka, Alaska; occupation of Hiroshima or Nagasaki (August 6, 1945–July 1, 1946); a POW in Japan; nasopharyngeal radium treatment while in service; or contact with toxic embedded fragments (shrapnel) of depleted uranium during the Gulf Wars, Bosnia, and Afghanistan. Health risks of inhaled or ingested depleted uranium microfine particulate matter remains unclear.



FOR MORE INFORMATION ON  
VETERANS' HEALTH CONCERNS &  
LINKS TO EACH STATE'S  
DEPARTMENT OF VETERANS AFFAIRS:

[WWW.HAVEYOUEVERSERVED.COM](http://WWW.HAVEYOUEVERSERVED.COM)

# Veterans Crisis Line



1-800-273-8255  
PRESS 1



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Veterans' Affairs