



Council Business Meeting

May 16, 2023

Agenda Item	Class Special Procurement Method Approval for Firefighter Health and Cancer Screenings		
From	Ralph Sartain	Fire Chief	
Contact	ralph.sartain@ashland.or.us 541-552-2229		
Item Type	Requested by Council <input type="checkbox"/> Update <input type="checkbox"/> Request for Approval <input checked="" type="checkbox"/> Presentation <input type="checkbox"/>		

SUMMARY

Approval is being requested for a **Contract-specific Special Procurement**.

This **Contract-specific Special Procurement** will allow Ashland Fire & Rescue to **directly award a contract to 1582, LLC for NFPA 1582 Health and Cancer Screening for Firefighters**. The contractor will provide onsite NFPA 1582 Health and Cancer Screenings for the Ashland Firefighters in accordance with NFPA 1582 standards. The contract will begin on June 1, 2023, and end on August 1, 2024.

POLICIES, PLANS & GOALS SUPPORTED

BACKGROUND AND ADDITIONAL INFORMATION

A Special Procurement (sourcing method) is used for the purpose of seeking an exemption from the competitive bid process, custom designing a contracting approach, or the **direct selection or award of a public contract** or for a series of contracts. The attached Form #9 Special Procurement Request for Approval (written findings) is attached for your review and consideration.

A formal solicitation (Request for Proposal/Competitive Sealed Proposal) was released on March 24, 2023, and proposals were due on April 18, 2023. It appears at least nine (9) firms or individuals accessed the RFP on the City's website. One proposal was received in the amount of \$292,932.45, which substantially exceeded the available funding. The RFP was cancelled due to the proposed cost exceeding the available funding by more than \$100,000.00.

Due to the grant deadlines and lack of interest in the City's RFP, Ashland Fire & Rescue negotiated a contract directly with 1582, LLC to ensure the Ashland Firefighters would receive the NFPA 1582 Health and Cancer Screenings, the cost would not exceed the available funding and the grant requirements would be satisfied.

FISCAL IMPACTS

Testing Schedule	Quantity	Cost per Firefighter	Amount
June 2023	37	\$2,399.99	\$88,763.00
July 2024	Up to 39	\$2,399.00	\$93,561.00
		Estimated Total Cost	\$182,324.00
		Amount of Grant	\$166,500.00
		10% City Match	\$16,650.00



Council Business Meeting

	Available Funding	\$183,150.00
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DISCUSSION QUESTIONS

SUGGESTED NEXT STEPS

Staff recommends the **Contract-specific Special Procurement** be approved and the public contract be directly awarded to 1582, LLC.

REFERENCES & ATTACHMENTS

1. Form #9 Special Procurement Request for Approval (Written Findings)
2. 1582, LLC. Proposal for Ashland Fire & Rescue

**SPECIAL PROCUREMENT
REQUEST FOR APPROVAL**

To: City Council, Local Contract Review Board

From: Marshall Rasor, Deputy Fire Chief

Date: May 16, 2023

Subject: REQUEST FOR APPROVAL OF A SPECIAL PROCUREMENT

In accordance with ORS279B.085, this request for approval of a Special Procurement is being presented to the City Council for approval. This written request for approval describes the proposed contracting procedure and the goods or services or the class of goods or services to be acquired through the special procurement and the circumstances that justify the use of a special procurement under the standards set forth ORS 279B.085(4).

1. **Requesting Department Name:** Ashland Fire & Rescue
2. **Department Contact Name:** Marshall Rasor, Deputy Fire Chief
3. **Type of Request:** Class Special Procurement X Contract-specific Special Procurement
4. **Time Period Requested:** From June 1, 2023 To: August 1, 2024
5. **Total Estimated Cost:**

Testing Schedule	Quantity	Cost per Firefighter	Total Cost
June 2023	37	\$2,399.00	\$88,763.00
July 2024	Up to 39	\$2,399.00	93,561.00
		Total Estimated Cost	\$182,324.00
		Amount of Grant	\$166,500.00
		10% City Match	16,650.00
		Available Funding	\$183,150.00

6. **Short title of the Procurement:** NFPA 1582 Health and Cancer Screening for Firefighters

Supplies and/or Services or class of Supplies and/or Services to be acquired:

Overview of Periodic Physical Exam/Health Screening:

The NFPA 1582 compliant, Physician-led laboratory blood and urine testing, Occupational Health testing, cardiopulmonary fitness evaluation, Physician Exam, multiple ultrasound screening panels including echocardiogram, strength/endurance/flexibility testing, infectious disease and immunization titer testing, chest x-ray and quantitative fit test. Some of these tests can lead to the discovery of cancer markers.

Overview of Cancer Screening Physical:

The NFPA 1582 compliant cancer screening includes cancer specific tests and some of the general medical assessments that may lead to the discovery of cancer markers.

7. Background and Proposed Contracting Procedure: Provide a description of what has been done in the past and the proposed procedure. The Agency may, but is not required to, also include the following types of documents: Notice/Advertising, Solicitation(s), Bid/Proposal Forms(s), Contract Form(s), and any other documents or forms to be used in the proposed contracting procedure. Attach additional sheets as needed.

Background: A formal solicitation (Request for Proposal/Competitive Sealed Proposal) was released on March 24, 2023, and proposals were due on April 18, 2023. It appears at least nine (9) firms or individuals accessed the RFP on the City's website. One proposal was received in the amount of \$292,932.45, which substantially exceeded the available funding. The RFP was cancelled due to the proposed cost exceeding the available funding by more than \$100,000.00.

Proposed procedure: This Contract-specific Special Procurement (sourcing method) is being processed to request approval to "directly award" a contract to 1582, LLC for onsite NFPA 1582 Health and Cancer Screenings for Firefighters.

8. Justification for use of Special Procurement: Describe the circumstances that justify the use of a Special Procurement. Attach relevant documentation.

Due to the grant deadlines and lack of interest in the City's RFP, Ashland Fire & Rescue negotiated a contract directly with 1582, LLC to ensure the Ashland Firefighters would receive the NFPA 1582 Health and Cancer Screenings, the cost would not exceed the available funding and the grant requirements would be satisfied.

9. Findings to Satisfy the Required Standards: This proposed special procurement:

X (a) will be unlikely to encourage favoritism in the awarding of public contracts or to substantially diminish competition for public contracts because:

An RFP (formal solicitation) was processed, at least nine (9) firms or individuals accessed the RFP on the City's website and only one (1) proposal was received. The costs associated with the proposal that was received exceeded the available funding by \$100K and the RFP was cancelled.

(Please provide specific information that demonstrates how the proposed Special Procurement meets this requirement.); **and**

X (b)(i) will result in substantial cost savings to the contracting agency or to the public because:

The grant received by AF&R will fund 90% of the cost for these services with a 10% match by the City.

(Please provide the total estimate cost savings to be gained and the rationale for determining the cost savings); **or**

X (b)(ii) will otherwise substantially promote the public interest in a manner that could not practicably be realized by complying with the requirements of ORS 279B.055, **279B.060**, 279B.065, or 279B.070, or any rules adopted thereunder because:

An RFP (ORS 275B.060) was processed but was unsuccessful and cancelled due to reasons identified above.

(Please provide specific information that demonstrates how the proposed Special Procurement meets this requirement.)

Public Notice:

Pursuant to ORS 279B.085(5) and OAR 137-047-0285(2), a Contracting Agency shall give public notice of the Contract Review Authority's approval of a Special Procurement in the same manner as a public notice of competitive sealed Bids under ORS 279B.055(4) and OAR 137-047-0300. The public notice shall describe the Goods or Services or class of Goods or Services to be acquired through the Special Procurement and shall give such public notice of the approval of a Special Procurement at least seven (7) Days before Award of the Contract.

After the Special Procurement has been approved by the City Council, the following public notice will be posted on the City's website to allow for the seven (7) day protest period.

Date Public Notice first appeared on www.ashland.or.us - *[If approved May 17]*

PUBLIC NOTICE

Approval of a Special Procurement

First date of publication: *[If approved, May 17, 2023]*

A request for approval of a Special Procurement was presented to and approved by the City Council, acting as the Local Contract Review Board, on *[If approved, May 16, 2023]*.

A formal solicitation (Request for Proposal/Competitive Sealed Proposal) was released on March 24, 2023, and proposals were due on April 18, 2023. It appears at least nine (9) firms or individuals accessed the RFP on the City's website. One proposal was received in the amount of \$292,932.45, which substantially exceeded the available funding. The RFP was cancelled due to the proposed cost exceeding the available funding by more than \$100,000.00.

Due to the grant deadlines and lack of interest in the City's RFP, Ashland Fire & Rescue negotiated a contract directly with 1582, LLC to ensure the Ashland Firefighters would receive the NFPA 1582 Health and Cancer Screenings, the cost would not exceed the available funding of \$183,150.00, and the grant requirements would be satisfied. The grant received by AF&R will fund 90% of the cost for these services with a 10% match by the City.

It has been determined based on written findings that the Special Procurement will be unlikely to encourage favoritism in the awarding of public contracts or to substantially diminish competition for public contracts, and result in substantial cost savings or substantially promote the public interest in a manner that could not be realized by complying with the requirements that are applicable in ORS 279B.055, 279B.060, 279B.065, or 279B.070.

An affected person may protest the request for approval of a Special Procurement in accordance with ORS 279B.400 and OAR 137-047-0300. A written protest shall be delivered to the following address: City of Ashland, Kari Olson, Purchasing Specialist, 90 N. Mountain, Ashland, OR 97520. The seven (7) protest period will expire at 5:00pm on *[If posted May 17, 2023, will expire May 24, 2023]*

This public notice is being published on the City's Internet World Wide Web site at least seven days prior to the award of a public contract resulting from this request for approval of a Special Procurement.

April 27th, 2023

**Ashland Fire Department
455 Siskiyou Boulevard
Ashland, OR 97520**

Attn: Chief Marshall Rasor

RE: Professional Services Contract for NFPA 1582 Compliant Exams and Cancer Screenings

Chief,

This proposal is per your request to conduct NFPA 1582 Health and Cancer Screenings for Firefighters from the RFP released by the City of Ashland on March 24th, 2023. We are prepared to assist your group, if Ashland Fire desires.

We understand that the City of Ashland has very few resources in the area and will consider a professional services contract to provide the following very specialized services.

1582, LLC (hereafter referred to as "1582"), is pleased to present our submission to assist the Ashland Fire Department by providing NFPA - Compliant Firefighter Medical Examinations and Cancer Screenings.

1582 specializes in serving Fire Departments and Fire Districts throughout the Western States by providing On-Site Medical Testing. 1582 is headquartered and located at 1855 N. McCarran Blvd., Sparks, NV 89431.

Primary contact with this submission will be Paul Granstrom - President of 1582, can be reached via phone at **(775) 846-3413** or by email: **paul@1582exam.com**.

Sincerely,



Paul Granstrom
President
(775) 846-3413 - Cell
paul@1582exam.com

PRIMARY CONTACT INFORMATION

1582, LLC

1855 N. McCarran Blvd.

Sparks, NV 89431

Contact: Paul Granstrom

Cell # (775) 846-3413

Email: paul@1582exam.com

Company Background:

1582, LLC (hereafter referred to as “1582”) was formed for the purposes of providing NFPA 1582 compliant examinations ON-SITE for Fire Departments throughout the Western States. We believe the conducting of these examinations ON-SITE can save Fire Departments large sums of money, by eliminating down time, paid overtime and units and staff being out of service. Additionally, bringing the medical specialists to the Fire Department will provide the best possible experience for serving large groups of Firefighters.

Mark Gaetke, MD is President of Gilbert, Gaetke and Associates of Nevada, MD, LTD d/b/a **ARC Health & Wellness Centers** (sister company to 1582) was formed in 2009 to specialize in conducting NFPA 1582 Examinations and Comprehensive Public Safety Examinations for Police officers and Firefighters. Over the years, the ARC Health & Wellness book of business grew rapidly to include all agencies with the State of Nevada as well as all major cities and counties in Nevada including Police and Fire Departments in the Cities of **Reno, Sparks, Las Vegas, North Las Vegas, and Henderson**. We’ve been proudly serving nearly every Fire Department in the State of Nevada for a period of 15 years, as Nevada put into law a Heart & Lung Bill mandate NRS / NAC 617 that closely follows NFPA 1582.

Proudly Serving over 30 Nevada Fire Departments including (*dates listed are the start dates*):

Sparks Fire Department (2007)

Reno Fire Department (2008)

Carson City Fire Department (2010)

Las Vegas Fire & Rescue (2011 – Fire Rescue Clinic)

North Las Vegas Fire Department (2011)

Henderson Fire Department (2014 WellTrac – sister company)

Mesquite Fire Department (2019)

Amentum (DOD Contractor - Nevada Test Site - 2022)

In 2017, we formed a Limited Liability Corporation, known as **1582, LLC** – (“**1582**” for Short) as the name is more synonymous with Firefighter Medical Examinations, we expanded services in the states of Colorado, Arizona, and California. As a result, 1582 has become the leading provider of NFPA 1582 compliant physical exams in the Western United States conducting more than **11,000 annual exams** per year.

Currently, our organization has a total of **(4) four medical facilities** in Nevada (Las Vegas, Reno, Carson City and Sparks) and **(1) one medical facility in Tucson, Arizona**. In addition, 1582 has a fleet of **six (6) mobile medical units** to provide on-site services for our clients.

1582 has been serving various Fire Department/District clients in **California** including:

North Lake Tahoe Fire Department (2019)
Merced Fire Department (2019)
Clovis Fire Department (2019)
Corona Fire Department (2020)
NASA Jet Propulsion Laboratory Fire Dept. (2020)
Carlsbad Fire Department (2021)
Sonoma Valley Fire Protection District (2022)
Sonoma County Fire District (2023)
Monterey Fire Department (2023)
Monterey County Fire District (2023)
Petaluma Fire Department (2023)
South San Joaquin County Fire Authority (2023)

1582 has also been growing greatly in **Arizona** proudly serving Fire Departments/Districts including:

Kingman Fire Department (2015)
Bullhead City Fire Department (2016)
Casa Grande Fire Department (2019)
Northwest Fire District (2020)
Golder Ranch Fire District (2020)
Prescott Fire Department (2020)
Buckeye Fire Department (2021)
Yuma Fire Department (2021)
Tucson Fire Department (2021)
Lake Havasu City Fire Department (2022)

1582 was awarded the contract to serve **Northwest Fire District** (the largest Fire District in Arizona) in 2019 and other departments have enacted the Mutual Use Clause of that contract to begin working with us; including **Golder Ranch Fire District, Prescott Fire Department, and City of Buckeye Fire Department** to name a few.

In 2021, 1582 was awarded a multi-year contract to serve the State of Arizona's 2nd largest Fire Department (*over 700 Annual Firefighters*) in Arizona - **Tucson Fire Department**.

Conducting NFPA 1582 Compliant Exams is not merely a product line for 1582, it is our primary business. As indicated previously, 1582 has been providing the services solicited in this RFP since 2009. Very few medical providers understand the complexities of conducting NFPA 1582 compliant physicals. The principals/key personnel of 1582 have collectively been conducting these exams for over 40 years! 1582's dedicated clinical and management team has a depth of expertise which only comes from having extensive working experience in the industry they serve. Our Occupational Health team of experts can help you stay in compliance with all regulations pertaining to the services provided in this RFP.

Our Medical Director, Mark Gaetke, MD is one of the most experienced physicians in conducting Annual Police and Fire Exams in the country. He has been conducting these exams for the past 27 years...first as Medical Director of Concentra (one of the nation's largest Occupational Medicine Providers) and then as Corporate Medical Director of 1582 / ARC Health & Wellness Centers.

1582 currently employs a total of approximately 35 team members including seven (7) licensed physicians who conduct physical exams...and all are trained and certified in conducting stress treadmill tests. In the event of the death or disability of a clinical provider, 1582 has sufficient physician staff to ensure that all services provided under this contract will remain un-interrupted.

CONTINUED ON NEXT PAGE...

METHODOLOGY AND SCHEDULE

We are prepared to provide multiple solutions to complete the ONSITE Examinations and can conduct the examinations of different time frames.

Step # 1 - identify the best time of year to complete the exams

Step # 2 - identify the best COUNTY LOCATIONS to conduct the testing

Step # 3 - identify how many exams are to be completely weekly and how weeks are needed

Step # 4 - identify if exams are completed ON DUTY/OFF DUTY and best scheduling frequency

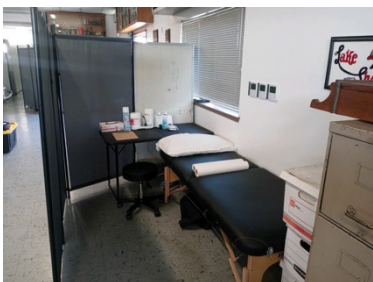
Step # 5 - identify the options for completing the examinations (1 Visit vs 2 Visit)

Step # 6 - rollout schedules and planning

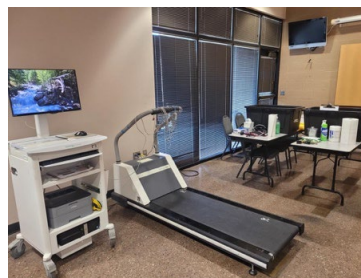
METHODOLOGY OPTIONS:

Examinations will be conducted **ONSITE ASHLAND FIRE PROPERTY** for example a Training Center, Fire Station, City Hall, etc. We will bring our equipment to your facility and set up for testing at the desired city location most convenient for the Department. Enclosed are pictures of ONSITE Exams showing how we can set up virtually anywhere:

Private Room/Area - Ultrasound Screenings

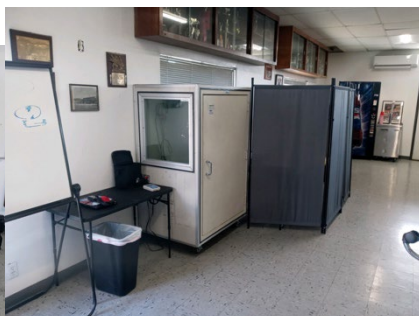


Area for Stress EKG Testing



One Open Area for Audiogram

Spirometry Blood Draw



PHYSICIAN EXAM ROOM:

Private room / Private office for the Physician to conduct the examination and discuss all the results. This can be a Captain's Office, private room or storage room.

OPTION # 1 - TRADITIONAL TESTING METHODOLOGY DESCRIPTION

Two separate visit event, Part 1 visit is for Diagnostic Testing that requires the results to be compiled before the Part 2 Visit.

Part 1 Visit – 10 Patients per Day scheduled every 30 Minutes (40 patients per week).

Time needed per member is one (1) hour per member.

- Blood Draw and Urinalysis
- Biometric Screening
- Spirometry
- Audiogram
- Ultrasound
- Chest X-Ray, if medically indicated

Part 2 Visit – 10 Patients per Day scheduled every 30 Minutes.

Time needed per member is one (1) hour per member.

- Resting EKG
- Cardiac Stress Test
- Fitness Assessment
- Physician Examination and Skin Cancer Screening

Traditional Testing Methodology (2 Visit Event)

Sample Schedule – 40 patients per week

Comments: If we plan on working five day increments, we can target 3 different Battalion Shifts to maximize flexibility and rotate the weeks so that we can provide an equal number of days for Each Battalion Shift.

SEE NEXT PAGE FOR SAMPLE SCHEDULE

ASHLAND FIRE – SAMPLE SCHEDULE

Part 1 (Blood Draws, Ultrasound, additional Testing - 2 Techs)

TIME	Monday	Tuesday	Wednesday	Thursday
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break
11:30				
12:00				
12:30				
13:00				
13:30				
14:00	BREAK	BREAK	BREAK	BREAK
14:30				
15:00				
15:30				
16:00				
	15	15	15	15

**Part 2 at Ashland
(Physician /
Exercise Tech)**

TIME	Monday	Tuesday	Wednesday	Thursday
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break
11:30				
12:00				
12:30				
13:00				
13:30				
14:00	BREAK	BREAK	BREAK	BREAK
14:30				
15:00				
15:30				
16:00				
	15	15	15	15

OPTION # 2 – EXAM ONE TESTING METHODOLOGY******PREFERRED METHOD******

This method is least disruptive to the Department as the exam is compressed into ONE VISIT. We must get the labwork completed ahead of time at Ashland Fire.

Open to discussion and finding the best solution.

Step # 1 – 1582 sends a phlebotomist to conduct ONSITE blood draw based on the schedule and frequency minimizing the total number of days to accomplish 300 blood draws.

In this scenario, 1582 will send an phlebotomist to the different stations to complete the blood and urine collections and coordinate shipping of samples to LabCorp or Quest via FedEx.

Step # 2 – 1582 sends a team of specialists to conduct examinations as listed below.

EXAM ONE VISIT – 15 Patients per Day scheduled every 30 Minutes.

Time needed per member is two (2) hours per member.

SAMPLE SCHEDULE FOR DAY:		Patient # 1	Start Time: 0700
Station # 1	Ultrasound	30 Minutes	700
Station # 2	Medical Assistant Testing	30 Minutes	730
Station # 3	Cardiac Stress Test	30 Minutes	800
Station # 4	Physician Exam	30 Minutes	830

SAMPLE SCHEDULE FOR DAY:		Patient # 2	Start Time: 0730
Station # 1	Ultrasound	30 Minutes	730
Station # 2	Medical Assistant Testing	30 Minutes	800
Station # 3	Cardiac Stress Test	30 Minutes	830
Station # 4	Physician Exam	30 Minutes	900

This is the PREFERRED scheduling option is we complete all testing in **ONE VISIT**. We must get the Labs completed ahead of time for the physician to be able to review the results with the member to determine any potential concerns or make a Fitness for Duty Determination.

At the end of the visit, the member will receive a copy of the results to present to their primary care provider for treatment recommendations by 1582. All copies of results will be provided including Labs, Ultrasound Results, Stress EKG tracings and comments from the physician detailing areas of concern.

EXAM ONE - Testing Methodology (2 Visit Event)*Sample Schedule – 40 patients per week*

Comments: If we plan on working five-day increments, we can target 3 different Battalion Shifts to maximize flexibility and rotate the weeks so that we can provide an equal number of days for Each Battalion Shift. We'll complete 40 patients weekly in this scenario.

Ashland Fire**SAMPLE SCHEDULE - NFPA 1582 Exams**

	A SHIFT	B SHIFT	B SHIFT	C SHIFT
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
700				
730				
800				
830				
900				
930	Break	Break	Break	Break
1000				
1030				
1100				
1130				
1200				
1230	Break	Break	Break	Break
1300				
1330				
1400				
1430				
1500				

In this scenario, we start a little earlier to have the first Doctor's appointment at 0830, the physician will complete his last exam at 1700.

If we complete 40 patients per week, we can schedule 4 weeks to complete the entire department (300). We are open to spreading this out per the request the Department based on the two physical years.

COST PROPOSAL

COST PER FIREFIGHTER:

\$2,399.00

SCOPE OF WORK

“ON-SITE” rates are:

1582 Compliant Examination - \$750.00

1582 Ultrasound Screening Panel - \$250.00

Grail Cancer Screening Panel - \$699.00

Blood Draw and Coordination of Shipping - \$200.00 + \$100.00 transport fee

Chest X-Ray - \$50.00

Infectious Disease Testing (HIV, HEP A, B, C/Quantiferon Gold) - \$350.00

We are prepared to come out to Ashland Fire to serve your members. To accomplish this, we suggest Two (2) events of Four (4) Working Days for the Part 1 (*Bloodwork, Ultrasound, Hearing, Spirometry, Chest X-Ray etc.*) and an additional Four (4) Working Days for the Part 2 (*Physician Exam and Maximal Stress EKG*). We'll work around your Battalion Calendar to ensure all Shifts are covered. Essentially, it will take us 8 days to complete the 37 examinations for the department.

Physical Examination and Evaluation will include all tests listed below listed as “INCLUDED”, unless patient declines or opts out of components or if considered, not medically necessary based on NFPA 1582 Standards.

Occupational Health Testing	
Audiogram – Occupational Hearing Exam	INCLUDED
Biometric Screening	INCLUDED
Spirometry (Pulmonary Function Test)	INCLUDED
Vision Screening	INCLUDED
Resting EKG	INCLUDED
Blood Pressure Monitoring	INCLUDED
Vital Signs	INCLUDED

Physical Exam – NFPA 1582	
Physical Examination as outlined in NFPA 1582	INCLUDED
Medical History Review	INCLUDED
Skin Cancer Assessment	INCLUDED
Cardiac Risk Stratification	INCLUDED
Sleep Disturbance Apnea Assessment	INCLUDED
Health Promotion Counseling – Review	INCLUDED
OSHA Respirator Questionnaire	INCLUDED
Firefighter Medical Clearance – 1582 TIERS	INCLUDED

Laboratory Blood / Urine Testing	
Complete Blood Count with Differential	INCLUDED
Comprehensive Metabolic Panel	INCLUDED
Fasting Lipid Panel	INCLUDED
Urinalysis	INCLUDED
Diabetes Screening – Fasting Glucose – A1C Hemoglobin	INCLUDED
C-Reactive Protein	INCLUDED
Prostate Specific Antigen	INCLUDED
Hemocult Test	INCLUDED
CA-125 (female only)	INCLUDED
Thyroid Panel	INCLUDED
Hepatitis Profile Screening / HIV Quantiferon Gold TB Test	INCLUDED
GRAIL TEST CANCER SCREENING	INCLUDED

Cardiac / Pulmonary / Ultrasound Assessment	
Stress EKG, WFI Protocol	INCLUDED
Aerobic Capacity	INCLUDED
Treadmill Stress EKG	INCLUDED
Ultrasound Screening – Carotid and Aortic Aneurysm Screening	INCLUDED
Ultrasound Screening – Thyroid	INCLUDED
Ultrasound Screening – Pancreas, Liver, Gallbladder, Spleen and Kidney	INCLUDED
Ultrasound Screening – External Pelvic (Female Only)	INCLUDED
Ultrasound Screening – Prostate and Testicular (Male Only)	INCLUDED

Members will receive a copy of all results electronically online via Citrix Sharefile, all records will be scanned to a PDF document for easy retrieval and members encouraged to bring to their physician to review.

1582 only uses a LICENSED PHYSICIANS to conduct the NFPA 1582 Examination on-site, as per year.



MARK J. GAETKE, MD
FAMILY PRACTICE

Medical School Loma Linda University, 1987

Family Practice Residency Loma Linda 1987-1990

Corporate Medical Director / Principal
ARC Health & Wellness Centers – 2010 – Present
1582 – 2018 - Present

Dr. Gaetke has served as Corporate Medical Director of ARC for the past thirteen (13) years. He is recognized as one of the leading experts in the area in conducting NFPA 1582 and NRS 617 medical evaluations.

Past Positions:

Medical Director/Staff Physician

Concentra Medical Centers – Reno/Sparks/Carson City, NV 1996-2010

Dr. Gaetke held various staff physician and medical director positions during his 14-year term of employment with Concentra Medical Centers. He gained extensive experience in conducting heart and lung physical during his employment with Concentra.

Hyperbaric Medicine Specialist

US Naval Hospital – Guantanamo Bay, Cuba 1987 - 1990

Certification & Affiliations Medical:

Arizona Medical License - # 51408

Nevada Medical License - # 6893

California Medical License - #G63790

Alabama Medical Licensure Commission - #MD36984

Oregon Medical License - #MD195696

American Board of Independent Medical Examiners – Certified 1997

Advanced Cardiac Life Support Re-Certification – May 2019

Certified: Stress ECG Testing

Medical Review Office Certification Council

**WILLIAM (MARK) ELLIOTT, II, MD**
FAMILY MEDICINE

Medical School	The Medical College of Virginia	1976 – 1980
Family Medicine Residency	North Carolina Baptist Hospital Wake Forest University Bowman Gray School of Medicine	1981 - 1983

Staff Physician
1582 – 9/2021 - Present

Dr. Elliott has worked full time as a physician since 1983 in Family Practice and Emergency Medicine. He has successfully served many 1582 clients with raving reviews from our Firefighters about great attention to detail and very personable.

Past Positions:

Adean Region Medical Center	6/20 – 9/21
Greenfield Area Medical Center	6/18 – 6/20
Stonewall Jackson Memorial Hospital	9/17 – 9/21
Pocahontas Memorial Hospital	4/18 – 8/18

MEDICAL AFFILIATIONS

The American College of Emergency Physicians Member since 1999
Fellow since 2007

The American Medical Association Member since 1983

LICENSED TO PRACTICE:

Nevada
Arizona
California
Oregon
West Virginia
Hawaii

REFERENCES

RENO FIRE DEPARTMENT

ANDY ANCHO

Division Chief / Emergency Manager

(775) 432-3805 - Cell

(775) 333-7774 - Work

AnchoA@Reno.Gov

We provide NFPA 1582 Compliant Examinations for City of Reno Fire Department since 2008 with Mark Gaetke, MD as the Medical Director of ARC Health & Wellness Centers, sister company to 1582, LLC. With a project date since 2008 over the last 15 years.

TUCSON FIRE DEPARTMENT

LEWIS M. HARRIS

Assistant Chief - Administrative and Personnel Services Bureau

(520) 406-9652 - Cell

(520) 837-7090 - Work

Lewis.harris@tucsonaz.gov

We provide NFPA 1582 Compliant Examinations for City of Tucson Fire Department with a project date since 2021 with Mark Gaetke, MD as the Medical Director of 1582, LLC.

BUCKEYE FIRE-MEDICAL-RESCUE

Jake Rhoades

Fire Chief

(623) 271-2831 - Cell

(623) 349-6723 – Work

jrhoads@buckeyeaz.gov

We provide ONSITE NFPA 1582 Compliant Examinations for Buckeye Fire Department with a project date since 2021.

SAMPLE PAPERWORK

- WFI TESTING PROTOCOL FOR STRESS EKG
- TIER RESULTS
- ULTRASOUND RESULTS

NFPA 1582 - Wellness Fitness Initiative Protocol
Table C.2.1.3 Treadmill Assessment



TIER 4 - Physical Conditioning Concern

Time	METs	MPH	% Grade
3:00	3.4	4.5	0
3:10	3.6	4.5	0
3:20	3.8	4.5	0
3:30	4.0	4.5	0
3:40	4.2	4.5	0
3:50	4.4	4.5	0
4:00	4.6	4.5	2
4:10	4.8	4.5	2
4:20	5.0	4.5	2
4:30	5.2	4.5	2
4:40	5.4	4.5	2
4:50	5.6	4.5	2
5:00	5.8	5	2
5:10	6.0	5	2
5:20	6.2	5	2
5:30	6.4	5	2
5:40	6.6	5	2
5:50	6.8	5	2
6:00	7.0	5	4
6:10	7.2	5	4
6:20	7.4	5	4
6:30	7.6	5	4
6:40	7.8	5	4

8.2.2.1.4

At levels at or below 8 METs, a prescribed aerobic fitness program shall be required, and the AHJ shall be advised to consider restriction from essential job tasks 1, 2, 4, 5, 6, 7, 8, 9, and 13.

TIER 3 - Prescribed Fitness Program

Time	METs	MPH	% Grade
6:50	8.0	5	4
7:00	8.2	5.5	4
7:10	8.4	5.5	4
7:20	8.6	5.5	4
7:30	8.8	5.5	4
7:40	9.0	5.5	4
7:50	9.2	5.5	4
8:00	9.4	5.5	6
8:10	9.6	5.5	6
8:20	9.8	5.5	6

8.2.2.1.3

At levels below 10 METs, participation in a prescribed aerobic fitness program shall be required.

TIER 2 - Improve Fitness

Time	METs	MPH	% Grade
8:30	10.0	5.5	6
8:40	10.2	5.5	6
8:50	10.4	5.5	6
9:00	10.6	6	6
9:10	10.8	6	6
9:20	11.0	6	6
9:30	11.2	6	6
9:40	11.4	6	6
9:50	11.6	6	6
10:00	11.8	6	8

8.2.2.1.2*

At levels below 12 METs, a firefighter shall be counseled to improve his/her fitness

TIER 1 - At or Above NFPA 1582 Fitness Level

Time	METs	MPH	% Grade
10:10	12.0	6	8
10:20	12.2	6	8
10:30	12.4	6	8
10:40	12.6	6	8
10:50	12.8	6	8
11:00	13.0	6.5	8
11:10	13.2	6.5	8
11:20	13.4	6.5	8
11:30	13.6	6.5	8
11:40	13.8	6.5	8
11:50	14.0	6.5	8
12:00	14.2	6.5	10
12:10	14.4	6.5	10
12:20	14.6	6.5	10
12:30	14.8	6.5	10
12:40	15.0	6.5	10
12:50	15.2	6.5	10
13:00	15.4	7	10
13:10	15.6	7	10
13:20	15.8	7	10
13:30	16.0	7	10
13:40	16.2	7	10
13:50	16.4	7	10
14:00	16.6	7	12
14:10	16.8	7	12
14:20	17.0	7	12
14:30	17.2	7	12

Time	METs	MPH	% Grade
15:00	17.8	7.5	12
15:10	18.0	7.5	12
15:20	18.2	7.5	12
15:30	18.4	7.5	12
15:40	18.6	7.5	12
15:50	18.8	7.5	12
16:00	19.0	7.5	14
16:10	19.2	7.5	14
16:20	19.4	7.5	14
16:30	19.6	7.5	14
16:40	19.8	7.5	14
16:50	20.0	7.5	14
17:00	20.2	8	14
17:10	20.4	8	14
17:20	20.6	8	14
17:30	20.8	8	14
17:40	21.0	8	14
17:50	21.2	8	14
18:00	21.4	8	14
18:10	21.6	8	14
18:20	21.8	8	14
18:30	22.0	8	14
18:40	22.2	8	14
18:50	22.4	8	14

NFPA 1582 Medical Standard Evaluation**FIRE DEPARTMENT:** Ashland Fire**FIRE CONTACT:****DEPT. PHYSICIAN:****PHYSICIAN EMAIL:****FIREFIGHTER:**

Chief,

The following Firefighter has completed the Annual 1582 Medical Evaluation and has been deemed as:

☐**Tier 1**

Meets NFPA 1582 Medical Standards. Firefighter is at or above the recommended NFPA 1582 fitness level and is encouraged maintain their current fitness level.

☐**Tier 2**

Meets NFPA 1582 Medical Standards. Firefighter is encouraged to improve current fitness level to comply with NFPA 1582 fitness standards.

☐**Tier 3**

Meets NFPA 1582 Medical Standards. Participation in a prescribed fitness program is required to comply with NFPA 1582 fitness standards.

☐**Tier 4**

May require removal from firefighting duty due to fitness level

☐**Tier 5**

May require removal from firefighting duty due to medical condition

Comments:

Mark Elliott, MD

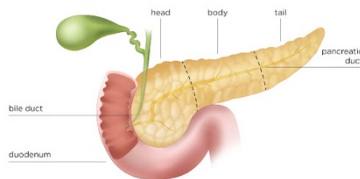
Date:

Disclaimer:

Per NFPA 1582, it is up to each department to decide who is or is not qualified. That is not a decision that we are making, as the Medical Provider. Our objective is to identify if members are or are not meeting the NFPA 1582 standard. In closure, the Fire department is required to decide whether any particular standard in NFPA 1582 applies to their department, as well as that particular individual's essential job duties and position.

Pancreas:

The pancreas, located in the back of the abdomen, plays an essential role in digestion. It also produces insulin and uses it to regulate the glucose, or sugar, in our bloodstream. Due to the pancreas's position, in the back of our body, below our stomach, it may be difficult to examine due to stomach gases. During the exam we will analyze the pancreas to determine if there are any abnormalities in size and texture. We will also be able to determine if there are any tumors or cysts.



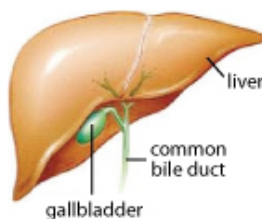
Pancreas Results:

- ☐ Normal ☐ Normal Limited
☐ Echogenic
☐ Enlarged
☐ Unable to Visualize
☐ **Follow up with your physician is recommended in _____ months.**

If any abnormalities are noted you should consult with your physician.

Liver:

The liver is the largest organ in our body and sits on the right side just under the rib cage. The liver is split into two sections, the right and left lobes. The liver's primary functions are to filter the blood from toxic substances, aid in digestion, and produce proteins important for our bodies. An abdominal ultrasound can detect many liver conditions including cancer, cirrhosis, and fatty liver. It will also determine the size, texture, and blood flow of the liver.



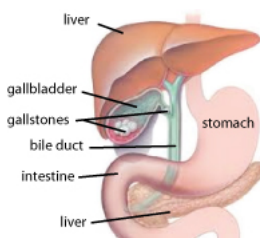
Liver Ultrasound Scan:

- ☐ Normal
☐ Enlarged
☐ Fatty Infiltration
☐ Cyst: _____ cm
☐ Mass: _____ cm
☐ **Follow up with your physician is recommended in _____ months.**

If the liver is found to be enlarged or have any other abnormalities, we will advise you to follow up with your doctor to evaluate if any further testing is necessary.

Gallbladder:

The Gallbladder is a small pear-shaped organ located under the liver. Its primary purpose is to collect and store bile that is produced by the liver. It then squeezes the bile into the intestines via a duct. The common bile duct creates a path for the bile to exit from the gallbladder into the intestinal tract. When we eat food, the gallbladder works quickly to aid in digestion and contract - therefore the ability to evaluate this organ will depend on when the patient last ate. Ultrasound imaging reveals if the gallbladder has polyps, sludge, or stones - which is a sand like material that can irritate the GB walls.



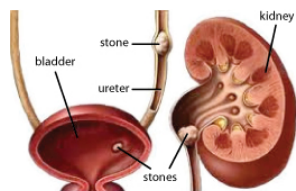
Gallbladder Ultrasound Scan:

- ☐ Normal
☐ Thickened Wall
☐ Contracted (due to normal digestion)
☐ Possible Stone(s)
☐ Possible Polyp(s)
☐ Possible Sludge
☐ Gallbladder Removed
☐ **Follow up with your physician is recommended in _____ months.**

It is recommended to follow up with your doctor if stones, sludge, or any other abnormal findings are detected.

Kidneys:

The kidneys, which are bean shaped, can be found on both the left and right side of the spine. The kidneys main function is to filter our blood stream and remove any wastes, or toxins via our urine. Each kidney has a duct known as a ureter which is used as a path for the waste to exit into our bladder. Ultrasound imaging is used to evaluate the kidneys for size, cysts, tumors, stones, and texture. If a kidney is too small or too large it may not be functioning properly.



Kidney Results:

Right: _____ cm

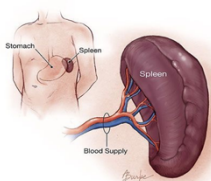
Left: _____ cm

- | | |
|--|---|
| <input type="checkbox"/> Possible Cyst(s): _____ | <input type="checkbox"/> Possible Cyst(s): _____ |
| <input type="checkbox"/> Possible Mass(s): _____ | <input type="checkbox"/> Possible Mass(s): _____ |
| <input type="checkbox"/> Possible Stone(s): _____ | <input type="checkbox"/> Possible Stone(s): _____ |
| <input type="checkbox"/> Enlarged | <input type="checkbox"/> Enlarged |
| <input type="checkbox"/> Atrophy | <input type="checkbox"/> Atrophy |
| <input type="checkbox"/> Follow up with your physician is recommended in _____ months. | |

If any abnormal findings are detected, follow up with your physician is suggested.

Spleen:

The spleen, which is part of the lymphatic system, is located near the upper left side of the abdomen below the diaphragm. The spleen helps to remove waste, maintain fluid balance, and is involved in the body's immune response. It stores red blood cells and produces white blood cells to help the body fight infection. We will examine the spleen with the ultrasound to evaluate the size of the spleen, if it is enlarged, or if there are any changes in texture including cysts and tumors.



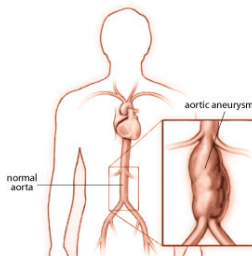
Spleen Results:

- ☐ Normal
☐ Enlarged
☐ Echogenic
☐ Mass(s)
☐ Cysts(s)
☐ Follow up with your physician is recommended in _____ months.

Follow up with your physician if any abnormal findings are detected.

Aortic Aneurysm Appearance:

The main artery in our body is called the Aorta. The Aorta extends from the heart and continues through the abdomen and supplies blood to all the abdominal organs. The ultrasound examines the abdominal section of the aorta, from the breastbone to the umbilicus. The Aorta should measure less than 3cm in diameter. If it measures more than 3cm, then an abdominal aneurysm is suspected.



Aortic Aneurysm Appearance

- ☐ Normal Appearance Size: _____ cm
☐ Ectasia Size: _____ cm
 (Dilation/distention of the abdominal aorta)
☐ Possible Aneurysm Size: _____ cm
☐ Fusiform ☐ Saccular

Follow up with your physician will be recommended if an abdominal aortic aneurysm is detected.

Prostate:

The prostate is a walnut sized, reproductive organ, with its main purpose being to secrete fluid and protect sperm. The urethra travels through the center of the prostate gland which is located between the bladder and the rectum. It is helpful to have a full bladder upon examination as this will ensure a good window to see the prostate. An ultrasound of your prostate is useful to examine the gland for any abnormalities such as an enlarged prostate also known as benign prostatic hypertrophy (BPH), cancer, or other prostate related conditions.

If any abnormalities are revealed, we recommend consulting your physician for a follow up.

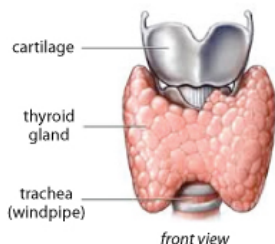
Prostate Results:

- ☐ Normal
☐ Enlarged (BPH)
☐ Calcified
☐ Nodule: _____
☐ Mass: _____

☐ Follow up with your physician is recommended in _____ months.

Thyroid gland:

The thyroid is a butterfly shaped gland located at the bottom of your neck. The gland has both a right and left lobe connected by a narrow band of tissue, called an isthmus. Besides revealing if the gland is enlarged, an ultrasound of the thyroid will detect if there are any nodules, cysts, or any changes in the texture of the thyroid tissue. Thyroid cysts are fluid filled and mostly benign. The majority of thyroid nodules do not require treatment. Only a small percentage of nodules maybe problematic and need further attention.



Thyroid Ultrasound Appearance:

RIGHT:

- ☐ Normal Appearance
☐ Heterogenous
☐ Enlarged
☐ Possible Cyst
☐ Possible Nodule

LEFT:

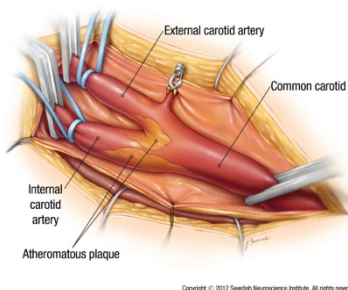
- ☐ Normal Appearance
☐ Heterogenous
☐ Enlarged
☐ Possible Cyst
☐ Possible Nodule

Follow up with physician is recommended in _____ months.

If a cyst or nodule is identified, we recommend you consult your physician for a follow up.

CAROTID ARTERIES:

Carotid Arteries travel from the heart up both sides of the neck. The carotid artery will split into two arteries, the Internal Carotid Artery (ICA), which supplies blood flow to the brain, and the External Carotid Artery (ECA), which supplies blood flow to the neck and face. Carotid artery disease occurs when plaque builds up on the artery walls. Too much plaque in the artery can cause a blockage, or stenosis. If plaque is found it will be reported as either mild (0-50%), moderate (51-70%) or severe (70% or greater). A mild amount of plaque is normal for adults as they age.



Carotid Artery Evaluation:

RIGHT CIMT: _____ mm

RIGHT STENOSIS: _____ %

% of Plaque: ☐ Mild ☐ Moderate ☐ Severe

LEFT CIMT: _____ mm

LEFT STENOSIS: _____ %

% of Plaque: ☐ Mild ☐ Moderate ☐ Severe

If you have moderate or severe findings, we recommend you follow up with your doctor to determine if further evaluation is necessary.

Transabdominal (TA) Pelvic

Transabdominal Pelvic Ultrasound you will need a full bladder. Please drink 24-32oz an hour prior to ultrasound scan will help technician view the pelvic region.

A pelvic ultrasound is a noninvasive exam that produces images that are used to assess organs and structures within the female pelvis. It allows for quick visualization of the uterus, cervix, ovaries and bladder. Ultrasound imaging is used to evaluate uterus size, cysts, tumors and texture.

Follow up with your physician if any abnormal findings are detected.

Transabdominal (TA) Pelvic Results:

NOT APPLICABLE []

PELVIC/Uterus

Normal Appearance []

Heterogeneous []

Possible fibroid []

Possible fluid []

Possible cyst []

Possible Mass []

OVARIES

	RIGHT	LEFT
Normal	[]	[]
Possible Cyst	[]	[]
Possible Mass	[]	[]
Not visualized	[]	[]

ULTRASOUND SCREENING CONDUCTED BY:

ULTRASOUND SCREENING REVIEWED BY:

Thank you for allowing 1582 to take part in your journey of pursuing a healthy lifestyle! We hope your ultrasound screening was a positive and educational experience. Enclosed you will find information regarding each of your screening tests that were performed today. There is a section, after each exam description that explained your results in a simple manner. We may have detected pathology or an abnormal finding, in this situation we always recommend you follow up with your personal care physician. If your tests were normal – congratulations, we encourage you to share your results with your doctor at your next health visit.

It is important to us that you understand your results. Please do not hesitate to ask if you have any questions or would like some more information regarding our service.

PATIENT NAME: _____ DOB: _____ DATE: _____

Testicles:

The testicles (testes) are part of a man's reproductive system. The testicles produce sperm and testosterone. During the ultrasound exam we will be evaluating both testes and the epididymis, which is a tube that ultimately connects the testicles to the urethra. A testicular ultrasound is the primary imaging method used to observe and detect any abnormalities such as, cysts, tumors, size and texture.

Testes Results:

Right

☐ Normal Appearance

☐ Heterogenous

☐ Enlarged

☐ Hydrocele(s)

☐ Varicocele(s)

☐ Spermatocoele (epi cyst)

☐ Cyst or Nodule: _____

Left

☐ Normal Appearance

☐ Heterogenous

☐ Enlarged

☐ Hydrocele(s)

☐ Varicocele(s)

☐ Spermatocoele. (epi cyst)

☐ Cyst or Nodule: _____

☐ **Follow up with your physician is recommended**

If any abnormalities are found, follow up with your doctor is suggested.

ULTRASOUND SCREENING CONDUCTED BY:

ULTRASOUND SCREENING REVIEWED BY:

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