

MEDICAL EXAMINATION FAQs – PART 15

CANDIDATE FOLLOW-UP ACTIONS THAT MAY BE REQUIRED

Q-1: I received a Candidate Discharge Report that lists a medical condition. What do I do?

A-1: On the Candidate Discharge Report, the FDNY will list those medical conditions that it has observed that may medically disqualify you from appointment as an EMT. If you wish to be hired as an EMT, it is your responsibility to take any actions to address the medical conditions listed on the Candidate Discharge Report so that you may be medically qualified for appointment. If a medical condition is reported on the Candidate Discharge Report that requires treatment (for example, obesity, high blood pressure, diabetes), you are strongly encouraged to consult with your own medical services provider. If you disagree with the condition(s) stated on the Candidate Discharge Report, you may submit documentation to FDNY Bureau of Health Services (“BHS”) within the deadline stated on the notice.

BHS is not your health care provider. BHS will not treat medical conditions and is not required to and will not report to you all of the medical follow up that you may require, such as medications, surgery, or other treatment.

Q-2: What conditions may I need to follow up on?

A-2: Below, we list common conditions and the type of follow up that may be required. The exact follow up that is required will be unique to each candidate.

(a) Condition: Abnormal Blood Pressure

What BHS May Require:

- Documentation from your personal treating physician stating whether your blood pressure is typically normal or abnormal, whether medication is required, the name and dose of the medication, and whether your blood pressure is now well controlled. The use of certain medications for abnormal blood pressure may not be appropriate for the job of a Firefighter.
- The results of an echocardiogram, generally done to ensure that there is no heart damage, which you will be required to schedule at your own expense.

(b) Condition: Abnormal Orthopedic Condition

What BHS May Require:

- The results of an x-ray. BHS will offer to schedule you for an x-ray at no cost to you.
- The results of an evaluation by an orthopedist. If this is required, BHS will schedule you for an appointment with an FDNY orthopedist.

(c) Condition: Abnormal Electrocardiogram or a History of Heart Illness/Limitation

What BHS May Require:

- The results of a Holter Monitor. A Holter Monitor is a portable device that monitors and records your heart's electrical activity, which you will be required to schedule at your own expense.
- The results of a treadmill exercise stress test, which you will be required to schedule at your own expense.
- The results of an evaluation by a cardiologist. If this is required, BHS will schedule you for an appointment with an FDNY cardiologist.

(d) Condition: Failure to Complete or to Meet Requirements of Pulmonary Function Test

What BHS May Require:

- The results of another pulmonary function test, which you will be required to schedule at your own expense.
- The results of a methacholine challenge test, which you will be required to schedule at your own expense.
- The results of a chest CT scan, which you will be required to schedule at your own expense.
- An evaluation by a pulmonologist. If this is required, BHS will schedule you for an appointment with an FDNY pulmonologist.

(e) Condition: Abnormal Blood Glucose or History of Diabetes

What BHS May Require:

- The results of another blood test of your glucose level that determines your hemoglobin A1C level. This testing will help determine if this is an isolated event or a sign of diabetes.

(f) Condition: Diabetes

What BHS May Require:

- A note from a physician outlining treatment as well as evidence of control over the last year. The note must specifically address hypoglycemic episodes, an ophthalmic (eye) exam showing no evidence of diabetic retinopathy, and kidney studies to ensure there is no renal disease. If you cannot provide evidence of control over the last year you may wish to consider temporarily declining being considered for appointment, which is described in more detail in [Q-28/A-28 in FAQs Part 1 – Medical Exam General Information](#).

(g) Condition: Abnormal Kidney Function (Which May Include High Level of Creatinine in Blood)

What BHS May Require:

- The results of another blood test. If this is required, BHS will offer to schedule you for another test, at no cost to you.
- The results of a kidney ultrasound, which you will be required to schedule at your own expense.

(h) Condition: Abnormal Liver Function

What BHS May Require:

- The results of another blood test. If this is required, BHS will offer to schedule you for another test, at no cost to you.
- The results of a medical evaluation to be conducted by a hepatologist or gastroenterologist.
- The results of a liver ultrasound.

Condition: Anemia (Low Red Blood Cell Count)

What BHS May Require:

- The results of another blood test, that will check for iron levels/hemoglobin electrophoresis. If this is required, BHS will offer to schedule you for another test at no cost to you.
- Results of an evaluation by a hematologist, which you will be required to schedule at your own expense.

(i) Condition: Abnormal White Blood Cell Count

What BHS May Require:

- The results of another blood test that will specifically check for signs of infection or leukemia. If this is required, BHS will offer to schedule you for another test at no cost to you.
- Results of an evaluation by a hematologist, which you will be required to schedule at your own expense.

(j) Condition: Low Blood Platelet Count

What BHS May Require:

- The results of another blood test that will specifically check for a bleeding disorder. If this is required, BHS will offer to schedule you for another test at no cost to you.
- Results of an evaluation by a hematologist, which you will be required to schedule at your own expense.

(k) Condition: Obesity

What BHS May Require:

- Weight loss. Candidates must fall within the “Table of Target Weight for FDNY EMT Candidates” found in Appendix C of the [EMT Candidate Medical Examination Guidance](#). We strongly recommended that you consult with your medical services provider before starting any weight loss regimen.

Q-5: Can I submit a letter from my doctor explaining his/her opinion why I am medically qualified for hiring as an EMT?

A-5: Yes. The FDNY will consider medical documentation and opinions from your doctor. However, the decision as to whether you are medically qualified is solely the FDNY's decision, and we may disagree with your doctor's opinion.