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PSEUDOFOLLICULITIS BARBAE (PFB) TEMPORARY SHAVING WAIVER AND TREATMENT REGIMEN
NAVPERS 1000/1 (Rev. 10-2019) Previous Editions Obsolete Supporting Directive BUPERSINST 1000.22C

Name (Last, First, MI): _____ DoD ID Number: _____

HEALTH CARE PROVIDER DIAGNOSED CONDITION

Pseudofolliculitis Barbae (PFB)
 Other (Other conditions may be treated per this protocol): _____

TREATMENT NOT AVAILABLE:

Facial hair shall be trimmed to stand no more than 1/4 inch off the skin without styling or edging. Resume daily shaving as directed by the commanding officer when operational, maintenance, and training requirements dictate. Schedule medical appointment at the first available operational opportunity.

TREATMENT AVAILABLE - PRESCRIBED MODIFIED GROOMING PERIOD

Due to this medical condition, modified facial hair grooming standards are recommended for _____ days (60 days maximum), ending on _____. During this time, facial hair shall be trimmed to stand no more than 1/4 inch off the skin without styling or edging.

Prescribed medications and instructions during this time period are:

After the prescribed period of treatment and modified grooming, the Service member will resume daily shaving and normal grooming standards. Follow-up with the medical provider approximately 2 to 3 weeks after shaving is resumed. The medical provider will complete the "Post Treatment Regimen Evaluation" section of this form at that time.

Health Care Provider Name and Rank: _____ Health Care Provider Signature: _____ Date: _____

Commanding Officer Name and Rank: _____ Commanding Officer Signature: _____ Date: _____

POST-TREATMENT REGIMEN EVALUATION

Symptoms adequately controlled. Follow normal grooming standards.
 Treatment interrupted.
 Continue medical treatment
 Continue laser treatment
 Treatment not effective. New treatment prescribed, complete and attach new NAVPERS 1000/1.
 New medical treatment regimen prescribed
 Referred for laser treatment
 All treatments, medical and laser, failed. The Service member will resume modified grooming standards, facial hair will not exceed 1/4 inch off the skin without styling or edging. Resume daily shaving when directed by the commanding officer when operational, training, or maintenance requirements dictate. Re-evaluate PFB annually.
 Treatment not completed due to non-compliance or refusal of prescribed treatment regimen. Recommend Service member resume normal grooming standards. Notify commanding officer.

Health Care Provider Name and Rank: _____ Health Care Provider Signature: _____ Date: _____

Commanding Officer Name and Rank: _____ Commanding Officer Signature: _____ Date: _____

FOR OFFICIAL USE ONLY
 PRIVACY SENSITIVE Page 1 of 1

For office use only
 Application Date: _____ Amount: _____ Ch.No: _____ NOTE: _____

 **RHODE ISLAND DEPARTMENT OF ENVIRONMENTAL MANAGEMENT**
 Onsite Wastewater Treatment Program
 Office of Water Resources, Room 260
 235 Promenade Street, Providence, RI 02908-5767 

APPLICATION for EXAMINATION AND LICENSE TO INSTALL, CONSTRUCT, ALTER or REPAIR ONSITE WASTEWATER TREATMENT SYSTEMS -- 2019 --

Licenses are non-transferable. Attach an unmounted recognizable photograph in this space with face not more than 1 inch or less than 3/4 inches wide. Photo taken not more than six months prior to filing application is required.

INSTRUCTIONS: Please type or print in ink. Answer all questions and provide photograph as requested above.

1. GENERAL INFORMATION: Social Security No. _____ Date of birth: _____

<u>NAME and RESIDENTIAL ADDRESS</u>	<u>BUSINESS ADDRESS (The address and phone number in this space will be posted to the RIDEM website with your name and Installer License number if you pass the examination.)</u>
Last Name _____ First Name _____ MI _____	_____
Legal Mailing Address _____	Company Name _____
_____	Mailing Address _____
City/Town _____ State _____ Zip _____	_____
Telephone _____	City/Town _____ State _____ Zip _____
Email: _____	Telephone: _____
	Email: _____

Approximately how many hours per week will you devote to installing sewage disposal systems? _____

2. REFERENCES AS TO QUALIFICATIONS
 Applicant shall list the names and addresses of three persons, unrelated to him/her, having knowledge of the applicant's technical background and relevant qualifications:

NAME	ADDRESS
1) _____	_____
2) _____	_____
3) _____	_____

3. EDUCATION

Name and location of Schools Attended	Years	From/To	Date Graduated	Course Degree/Certification
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

4. (a) Do you have the ability to use an engineer's level or transit? Yes _____ No _____
(b) Do you possess an engineer's level or transit? Yes _____ No _____

If Yes, please indicate: _____
 Manufacturer _____ Model No. _____



Substance Use Disorder Medication Assisted Treatment (MAT) Screening and Brief Intervention

Name, Age, Date of birth, Phone, Address, City, State, Zip, Gender, Pregnant, Race, Ethnicity, Medical insurance, Medicaid, Comments

Chemical Dependency Professional (CDP) Name, Facility, Date

NARCAN USE HISTORY

Has individual ever been treated with Narcan to reduce an opiate overdose? Is individual able to access Narcan when released? Did you provide a Narcan kit to the individual? Has individual ever used a Department-issued Narcan kit?

MOST RECENT OPIOID USE DISORDER TREATMENT HISTORY

Table with columns: Type, Program name(s)/location(s), Date(s), Helpful overall (Yes, No, Somewhat), Why (i.e., convenience, effectiveness, others)

TREATMENT DECISION MAKING

Consider the following when determining appropriate treatment. Chronic pain, Overdose risk, Impact on housing requirements, Convenience/visit frequency, Impact on relationships. Methods, Pros, Cons.

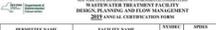


Table with columns: PRACTITIONER NAME, FACILITY NAME, REGION, STATE NUMBER

Section 1. Patient Consent to Assessment. Includes questions about consent, confidentiality, and understanding of the process.

Section 2. Consent to Release. Includes questions about consent to release information to other healthcare providers.



PETITION FOR MENTAL HEALTH TREATMENT form. Includes fields for State of Michigan, Probate Court, County, Name of Petitioner, Name of Respondent, and various checkboxes for legal representation and consent.

Charak Samhita has mentioned the loss of semen or substances similar to semen as shukrameha (a white substance in urine), shukrameha (semen in urine) and sitameha (cold and sweet urine). Do not suppress your natural urges such as urination and emptying of bowels. It also improves bone marrow function, vitality and intellect. It has aphrodisiac, tonic, anti-dysenteric and appetising properties. Herbs like ashwagandha (Indian ginseng), bala (country mallow) and guduchi (heart-leaved moonseed) along with herbal formulations like abhrak bhasma are used as Ayurvedic remedies for spermatorrhea. This medication is mainly indicated for the treatment of sexual disorders. In parisheka sweda, hot medicated oils are poured all over the body. Taking a Sitz Bath. Therefore, loss of semen has been associated with loss of vigour along with memory instabilities and lack of mental happiness. The Divine Life Trust Society, Gokshura also helps reduce seminal debility and treat spermatorrhea, infertility, impotence, insufficient lactation, chronic cystitis and frigidity. People with that syndrome experience lack of energy, diminishing penis size, lack of energy, a burning sensation while urinating, lack of motivation, mental illness, depression and loss of minerals in body. Bala. Spermatorrhea is known by the term that syndrome in Ayurveda, which translates to semen-loss syndrome. Find Ayurvedic Doctor in cities Doctors for Ayurvedic medicine, treatment and remedies for Spermatorrhea Nashi Khan. This bath is refreshing and energising. Withania somnifera. Side effects and risks of ayurvedic medicine and treatments for spermatorrhea (dhat syndrome) People with dehydration should not consume gokshura. Saint Luke's Health System. Snehana is beneficial in treating vitiated shukra dhatu. Snehana In the snehana procedure, internal and external lubrication is provided to the body by using medicated herbs and oils. Anal, oral and nasal routes are used to administer oils for internal oleation. This medicine has blood-purifying properties that make it useful for treating diseases and improving overall health. Bashpa sweda is done using a steam chamber. African Center for Statistics: African National Statistical Offices . Bhasma Sindooram. Dietary and lifestyle changes for spermatorrhea (dhat syndrome) patient as per ayurveda Do's Practice yoga and meditation. Ayurveda Healing Arts Institute. This herb mainly acts on the reproductive and nervous systems. It improves circulation in the body, removes toxins and eases sore muscles. After 3 months, significant improvement was noted in sperm quality of both the groups. This herb is used to treat many health conditions like cystitis, congestive heart failure, diabetes, sciatica, epilepsy, piles, diarrhoea, paralysis and dysentery. Avagaha sweda involves immersion of an individual in a large tub filled with medicated warm liquid. It is an immunity-boosting herb, which is beneficial in all conditions caused by the three doshas. Therefore, it can help treat spermatorrhea and other conditions caused due to shukra dhatu imbalance. It promotes the production of sperm in men. Indian Journal of Health, Sexuality & Culture, Vol.4(2), Dec 2018. Oushadhi. Doctors for Ayurvedic medicine, treatment and remedies for Spermatorrhea Ayurvedic view of dhat syndrome (spermatorrhea) According to Ayurveda, shukra, a white, unctuous, dense, sweet and thick substance found in men is the force of life and it has the function of garbhotpadana (reproduction). Excessive sexual activity, masturbation, emotional imbalance and alcohol consumption are some of the causes of spermatorrhea. Fast occasionally (once a week). Snehana is performed before the main cleansing procedures of panchakarma to liquefy and mobilise toxins from different areas of the body. In external oleation, herbal oils are applied as a thin layer on the skin or scalp. It is useful in the treatment of piles, gout, chronic rheumatism, constipation, malarial fevers, cancer and tuberculosis. People with congestion should not take kapikachhu and ashwagandha. Basti Basti therapy is a form of an Ayurvedic enema, which involves the administration of medicated decoction, oil or paste is administered into the large intestine Purifying enemas are used to eliminate toxins from the body, depleting enemas are used to reduce body fat, and oleation enemas are used for lubricating the body. A cold hip bath helps soothe the nerves of the genitourinary system. It also treats diseases affecting the reproductive system like gonorrhoea, leucorrhoea and spermatorrhea. Having sexual relations before marriage, less physical exercise, excessive intercourse or sexual desire, low water intake, injury of the dhatu, performing sexual activities during spring season, worrying or grieving, having sexual intercourse during the daytime and consuming unhygienic foods are some of the factors that vitiate shukra dhatu and lead to dhat syndrome. It is known as the best rejuvenating and aphrodisiac tonic for the reproductive system. The ingredients in this formulation help improve vigour and strength, thereby reducing malnutrition and helping improve health. It also treats diseases affecting the male and female reproductive systems such as leucorrhoea, decreased semen viscosity, spermatorrhea and sexual debility. Gayle Engels, Josef Brinckmann. American Botanical Council, 2013. Guduchi Guduchi is a bitter-tasting herb that acts on the digestive and circulatory systems. Ashwagandha can be taken in the form of a decoction, oil, herbal wine, powder or as per your physician's direction. Therefore, relieving the symptoms of spermatorrhea. Withania somnifera improves semen quality by combating oxidative stress and cell death and improving essential metal concentrations. Lehyams & Ghritihams. Ashwagandhadi lehyam Ashwagandhadi lehyam is prepared using nine Ayurvedic herbs including raisins, ashwagandha, honey, ela (cardamom), jaggery and cumin. This medication is indicated for jaundice, diabetes, sprue, respiratory conditions, phthisis, skin diseases, spermatorrhea and anaemia treatment. [Internet]. Follow celibacy. Ayurvedic herbs and medicines for dhat syndrome (spermatorrhea) Ayurvedic herbs for spermatorrhea Ashwagandha Ashwagandha is one of the main rejuvenating herbs in Ayurveda. Swami Sivananda Saraswati. You can take bala in the form of medicated oil, decoction, powder or as per your physician's direction. Following brahmacharya or celibacy can help one achieve total control over the semen and prevent sexual diseases. Snehana helps reduce coldness, stiffness and heaviness in body and also eliminates toxins. Ashwagandha. This method is particularly helpful in reducing nocturnal spermatorrhea. 2011 May;22(5):421-7. PMID: 21388887. Basti therapy is useful in treating neuromuscular conditions, ascites, articular diseases, genitourinary conditions, convulsions, helminthiasis, anorectal disorders and lithiasis. Even though conventional medicines are useful in treating spermatorrhea, herbal treatments of Ayurveda are safer and more effective as they do not pose any risk for side effects. In men, ashwagandha increases the quality of semen and muscle strength. Along with Ayurvedic treatments, cognitive behavioural therapy, relaxation, imaginal desensitisation and exercises can help manage spermatorrhea. Dietary changes and herbal treatments are promoted for the treatment of reproductive system diseases like spermatorrhea. Historical Perspective of Dhat Syndrome: A brief overview . This procedure is performed as a general treatment to balance the vitiated shukra dhatu. It helps flush out toxins from the body and assists in the treatment of venereal diseases, piles, kidney diseases, lumbago, sciatica, gout and uterine conditions. Gokshura. 1 No. 2: 2012. Wet Dreams And Spermatorrhea. Inadequate enema therapy can cause gripping pain, dyspnoea and flatulence. How effective are ayurvedic medicines and treatments for dhat syndrome (spermatorrhea) In an investigational study, the effects of ashwagandha were tested on 25 individuals with asthenozoospermia and 25 with oligospermia. In addition, it contributes to improving the beauty, physical strength, intelligence and memory of a man. Swedana Swedana procedure involves the induction of sweat in body. African Statistical Knowledge Network. It has aphrodisiac, tonic, nerve and stimulant properties. Bala acts on the reproductive, respiratory, circulatory and nervous systems. It also increased the concentration of essential metal ions in sperms. Ayurvedic treatment for spermatorrhea (dhat syndrome) Katsinran (hip bath) A hip bath helps clean the genital, anal and the perineal area and is useful in treating any condition affecting these body parts. Kapikachhu (cowhage plant) Kapikachhu has tonic, nervine, astringent, aphrodisiac and rejuvenating properties. Ayurveda Healing Arts Institute. It provides relief from sexual conditions like infertility, impotence, spermatorrhea, nocturnal emission, gonorrhoea and leucorrhoea. Kansas City region. Shukla KK et al. You can take abhrak bhasma with guduchi swarasa (juice), triphala (a combination of amalaki [Indian gooseberry], vibhitaki [hellieric myrobalan], and haritaki [chebulic myrobalan]) decoction, honey, ginger juice or as per your physician's direction. Nishant Singh. Shamana (pacification) and shodhana (purification) therapies are performed to bring back the balance in shukra dhatu. It was reported that ashwagandha improves semen quality by reducing cell death and oxidative stress. It is considered a pathological condition if a person experiences spermatorrhea more than three times a week along with dizziness, insomnia, weakness in the lower back and legs, and low energy levels. According to Ayurvedic experts, semen is a vital element in the body and excessive fluidity is an indication of semen loss. It has fungicidal (fungus destroying), astringent (constricts tissues), aphrodisiac (improves libido), antibiotic, anti-inflammatory, tonic and immune-modulating properties. You can take gokshura in the form of powder, decoction or as per your physician's direction. Ayurvedic medicines for spermatorrhea Abhrak bhasma Abhrak bhasma is prepared using processed mica. Panchakarma: Cleaning and Rejuvenation Therapy for Curing the Diseases . San Jose, California. A dry towel should be used to wipe after the bath, and warm clothes should be worn afterwards. Reprod Biomed Online. Shatavari (hundred roots) Shatavari is primarily used to treat female reproductive system conditions and diseases affecting the immune system. A hip bath can help reduce period cramps, treat piles, soothe the perineum after childbirth, provide relief from prostate pain in prostatitis and helps maintain cleanliness of the genital and anal areas. Taking a few holy basil leaves in the morning and a few neem leaves in the evening are helpful for brahmacharya. Gokshura (small caltrop) Gokshura is known as the best herb in Ayurveda for the treatment of genitourinary conditions. It is used to reduce vitiated vata and treat diseases like rheumatism and hernia. Don'ts Do not include onion, curry, garlic, chutney, chillies or other pungent food items in your diet. Do not ride on the bicycle for a long time. Old age and vitiation of other dhatus are also the causative factors of spermatorrhea. Dhat Syndrome: Physical and Psychological Implications . Dehydrated butter, milk, animal fat, mustard oil, bone marrow and sesame oil are some of the commonly used agents for snehana therapy. It is performed using a bathtub where the individual is asked to sit in a tub of water with his legs outside the tub. You can take guduchi in the form of an extract, powder, or as per your physician's direction. It not only treats diseases but also improves overall health. Niruha and anuvasana basti are administered to those with seminal issues like spermatorrhea caused due to vitiated vata. The rasayana (rejuvenating) properties of this herb make it useful in the treatment of spermatorrhea. It is used to treat many conditions including leucorrhoea, indigestion, debility, spermatorrhea, infertility, oedema, impotence, menorrhagia and fevers. [Internet] Ayurveda Healing Arts Institute. Indian Journal of Pharmaceutical Sciences, Vol. [Internet]. Nocturnal emissions . Bala Bala is primarily used to improve body strength and heart health. Answer nature's call before bedtime as a full bladder can cause wet dreams. Do not be lazy. Do not consume coffee, liquor, tea, meat, sauces, pastries, fish, and excess of sweet and savoury food items. It can be performed at home using lukewarm water and a big zinc bathtub. [Internet] Oushadhi. Takeaway Spermatorrhea, if left untreated, can lead to infertility and other sexual conditions. University Of Health Sciences; Lahore, Pakistan, April 2008. You can take shatavari in the form of a powder, ghee (clarified butter), decoction, oil or as per your physician's direction. As treatments vary according to numerous factors and an individual's prakriti (constitution), consult a qualified Ayurvedic doctor for the appropriate medications and treatments for your specific complaints. Drink milk mixed with ginger. It has aphrodisiac, analgesic (pain-relieving), tonic and rejuvenating properties, and it acts on the respiratory, nervous and urinary systems. Ayurvedic herbs have aphrodisiac and rejuvenating properties that are useful in improving libido, sperm count and vigour in men. Shatavari also improves sperm count in men. Maintaining celibacy is one of the best ways to prevent spermatorrhea. It helps to treat fractures and improve gastric function. You can take kapikachhu in the form of a powder, confection, decoction or as per your physician's direction. Dr. Kshirod Kumar Mishra, Dr. Pritha Roy, Govt of Kerala. Spermatorrhea is a condition characterised by involuntary ejaculation even in the absence of sexual activity. Shatavari helps treat hyperacidity, lung and kidney problems, cancer, inflammation, hematemesis, rheumatism and dehydration. Ashwagandha is used to treat many health conditions including hypertension, diarrhoea, rheumatism, chills, anaemia, tuberculosis, scabies, alcoholism, arthritis, psoriasis and asthma. It may occur in the waking state during the day or at night while sleeping/riding. Panchakarma (five therapies) methods of basti (enema) and snehana (oleation) help treat spermatorrhea by bringing balance in the vitiated shukra dhatu. Have a light dinner.

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