

THE WHITE BOOK

CHAPTER 4

Cadet Support Services

SECTION 5

Medical Services and Infirmary Operations

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- I. **Organization:** The Mary Bennett Murray Infirmary is a 36-bed infirmary and clinic for Citadel cadets, only. It is staffed by a primary-care physician, an orthopedic physician, a family nurse practitioner, 6 registered nurses, 2 nurse aides, and 3 administrative personnel. The Sports Medicine Department consists of a head athletic trainer, 2 assistant head trainers, and 6 graduate-assistant trainers.
- II. **Functions:** The Infirmary provides medical clinics, inpatient services, and medical referrals for the SC Corps of Cadets. This section provides procedures for:
 - A. **Outpatient Services**
 - B. **Inpatient services**
 - C. **Off-Campus Care**
- III. **Procedures:**
 - A. **Outpatient Services:**
 1. **Infirmary Access:** The Infirmary is open 24/7 during the school year, with limited hours during the summer. For security reasons, the Infirmary entrance is locked at 2100 each night. After that time, cadets requiring urgent care can ring the front door bell and the nurse on duty will let them in. For non-urgent conditions, cadets will report for Sick Call, Nurse Clinic, Sports Medicine Clinic or Orthopedic Clinic at the appropriate hour (below). All clinic services are covered by the annual Infirmary fee. Additional charges for immunizations, administered medications, lab work, X-Rays, ECG's, etc. will be billed to the cadet's (restricted) OneCard account.
 2. **Sick Call:** The doctor and nurse practitioner are available to see sick or injured cadets during Sick Call. Hours for Sick Call 0630-1100 and 1230-1430, Monday through Friday; on Corps PT days Sick Call starts at 0700. Cadets arriving before Sick Call will not be permitted to enter the Infirmary except in cases of an emergency.

3. **Nurse Clinic:** After Sick Call hours (1430 hours on weekdays and on weekends), treatment for minor ailments and injuries is provided by a nurse practicing under standard medical protocols. More complicated, but non-urgent, conditions may be deferred to the doctor or nurse practitioner on the next duty day. More serious conditions may require referral to a local urgent-care clinic or emergency room.
4. **Sports Medicine Clinic:** At 0700, Monday through Friday, athletic trainers hold outpatient orthopedic clinic at the Infirmary for all cadets with minor injuries. The Training Room (Seignious Hall) is open from 0800-1730, Monday through Friday, for all cadets requiring orthopedic rehabilitative services.
5. **Orthopedic Clinic:** Monday and Friday mornings at 0700, the orthopedist/sports medicine physician holds orthopedic clinic in the Infirmary.
6. **Sign In:** Upon arrival at the Infirmary, cadets must report to the waiting room and sign in on both the clipboard and the computer. Cadets will remain seated in the waiting room until called by the nurse. Cadets with 0800 classes, quizzes, etc., must tell the nurse at sign-in. These cadets will be seen as soon as possible after any emergencies.
7. **Sign Out:** Upon signing out with the nurse or receptionist following treatment, the cadet will receive documentation of the Infirmary visit (Infirmary Slip). After leaving the Infirmary, a cadet must report to whatever class or duty is in progress, regardless of the time remaining for that duty period. Upon arrival at class or other duty, the cadet will present his Infirmary Slip to the instructor or Officer in Charge, who then enters the time of arrival for duty and signs his / her name. Cadets taking more than 20 minutes from Infirmary to duty location will be reported late or absent from duty.
8. **Too Ill For Class:** Any cadet who considers him/herself too ill for class must report to the Infirmary and sign in for evaluation and treatment; otherwise he/she will be marked absent from class, formation, etc. The verbal excuse, "I was too sick," from a cadet who has not signed in at the Infirmary will not be accepted.
9. **Cadet Illness During Parades:** Cadets who feel they are too ill to participate in parade must come to the Infirmary for medical evaluation and treatment. Unit commanders, TACs, etc. may not excuse cadets from parade or other duties because of sudden illness. Cadet commanders are not authorized to excuse cadets to stay in their rooms because of illness. Cadets previously placed on excused duty will meet the company parade formation, then observe the parade from the reviewing stands.
 - i. Cadets who get sick after Adjutant's Call for parade will fall out of parade formation and report to the Infirmary after informing their chain of command. Sports Medicine will provide golf-cart transportation if the cadet is unable to walk. After treatment, a duty determination will be made at the Infirmary.
 - ii. Cadets who feel weak or dizzy during parade may fall out of formation with the assistance of one or two other cadets, and move to the rear of the formation next to the Avenue of Remembrance, where they will lie down in the shade. Once the cadet feels better, Sports Medicine will transport the cadet by golf cart or escort him/her on foot to the Infirmary. After treatment, a duty determination will be made at the Infirmary.
 - iii. If a cadet loses consciousness during parade, they will be carried to the rear of the formation and transported by Sports Medicine golf cart to the Infirmary. After treatment, a duty determination will be made at the Infirmary.

- 10. Excused Duty On Friday Afternoon:** All cadets placed on excused duty (XMD, XPT, etc) on Friday afternoons will be restricted to campus for the remainder of the weekend.
- 11. Duty Restrictions:** Cadets with certain medical or surgical conditions may require duty restrictions for optimal recovery. Dispositions other than “full duty” are ordered by the Infirmary staff or Sports Medicine staff, as needed. These dispositions are indicated by abbreviations; e.g., XMD, XPT, etc. Some cadets with conditions that can be expected to require restricted duty for an extended period are granted Temporary Duty Status (TDS) along with the duty restriction(s); e.g., TDS with XMD, or TDS with SS, until (date). A cadet who receives a duty restriction must notify his or her chain of command (specifically his or her squad leader and 1SG) and carry his or her duty restriction paperwork with him if it involves uniform or grooming restrictions.
- i. **XMD (Excused Military Duty):** Not required to perform any military duties. XMD includes XPT, X-Brace, X-Run, X-Push-Ups, X-Pull-Ups, X-Sit-Ups, X-Brace, X-Rifle, and X-Instrument. XMD prohibits participation in inspections, parade, drill, rifle manual, rapid gallery walking (“knobby walking”), rapidly climbing/descending (“driving”) the stairs, sweep detail and all other military duties. XMD does not include X-Uniform, which requires a separate restriction (XU). The cadet on XMD must report for all company formations. After the unit report of absentees is received by the first sergeant, the XMD cadet then falls out and proceeds individually to his/her destination. XMD status usually does not exceed 21 days; if it does, the physician will generally grant TDS status along with XMD (see below) or refer the cadet to the CAT for medical review.
 - ii. **XPT (Excused Physical Training):** XPT includes X-Run, X-Push-Ups, X-Pull-Ups, and X-Sit-Ups. Cadets on XPT status must report in PT uniform to observe scheduled PT instruction but not participate in exercise.
 - iii. **X-Run:** Excused from running, rapid gallery walking (“knobby walking”), and rapid stair climbing/descending without using handrails (“driving the stairs”).
 - iv. **X-Push-Ups (XP):** Excused from push-ups.
 - v. **X-Pull-Ups (XPU):** Excused from pull-ups.
 - vi. **X-Sit-Ups (XSI):** Excused from sit-ups/crunches.
 - vii. **XR (Excused Rifle) or XI (Excused Instrument):** Excused from carrying a rifle or musical instrument; the cadet must march with the unit for all activities other than parades or ceremonies.
 - viii. **XC (X-Cover):** Excused from wearing a uniform cap or hat. While on XC restriction, cadet may not leave campus except for approved medical appointments.
 - ix. **XU (X-Uniform):** Cadet will wear the standard PT uniform in lieu of the duty or leave uniform. While on XU status, the cadet cannot leave campus except for approved medical appointments.
 - x. **SS (Soft Shoe):** Cadet will wear tennis shoes in lieu of duty shoes or boots. When on SS restriction, cadet may not leave campus except for approved medical appointments.
 - xi. **X-Brace:** Not required to come to a brace during the designated period.
 - xii. **X-Haircut:** No haircut during designated period.
 - xiii. **X-Shave:** Excused from shaving during the designated period, usually two weeks. Must keep beard trimmed with electric clippers to a uniform length no more than 1/4 inch for the entire period.

- xiv. **X-Sitcon:** Will not sit Confinements or receive credit for them.
 - xv. **RIR (Rest-In-Room):** A cadet may be given RIR status for up to 24 hours at a time; RIR must be renewed each day to remain in force. While on RIR status, the cadet is excused from all military and academic duties, including formations, and may remain in bed. RIR is the equivalent of inpatient admission to the Infirmary and is restricted to upper classmen with selected medical conditions.
 - xvi. **Restriction to Campus:** Cadets on X-Uniform, X-Cover, and Soft Shoe restrictions are prohibited from leaving campus until they are released to wear the standard leave uniform.
 - xvii. **R (“Restricted”) designation:** "R" added to any of the above other-than-duty status designations restricts the cadet to the campus. This generally applies to cadets who are placed on excused duty which prevents marching on a Friday afternoon; cadets are then restricted to campus for the entire weekend.
 - xviii. **TDS (Temporary Disability Status):** A cadet is placed on TDS Status when his/her medical condition requires a medical excuse from duty for an extended period of time. TDS must be accompanied by the actual duty restriction(s); e.g., TDS-XMD, TDS-XPT, or TDS-XRun. The expected recovery time required to warrant placing a cadet on TDS will vary with the particular disease or injury and with the duties, training, or classes the cadet will be required to miss. A short-term illness such as “sore throat” would not warrant TDS. However, rehabilitation after knee surgery will take weeks for recovery and does warrant TDS. Only the Citadel Surgeon, or his designee, places cadets on TDS status. A cadet placed on TDS will not be referred to the CAT for medical review except under unusual circumstances. See Campus Assessment Team, below.
 - xix. **Tours and Confinements:** XMD and XPT cadets must serve confinements in lieu of walking punishment tours at the rate of two confinements for one tour. XR and XI cadets will walk tours without a rifle.
 - xx. **Inspections:** XMD, XR, XI, XC, XU, and SS cadets will place their rooms in MRI order for SMI inspections. They will not stand in-ranks for the personal appearance portion of the SMI. They will remain in their rooms, waiting for the inspector to come by for the room inspection portion of the SMI. They will not be allowed to use the Infirmary as a place of duty during the inspection.
- 12. Campus Assessment Team (Medical Review Board):** The Campus Assessment Team (CAT) meets regularly to assess applicants’ and cadets’ abilities to comply with the physical and behavioral requirements of The Citadel’s program. Freshman cadets missing more than 30% of initial knob training will be referred to the CAT to determine whether they will be allowed to continue as a cadet. Cadets can be referred to the CAT in several other situations as well. See Citadel Memorandum Number 2-23, Campus Assessment Team, for details.
- 13. Transportation to the Infirmary:** If a cadet needs assistance in getting to the Infirmary, other cadets can walk him over; alternatively he/she can obtain transportation by golf-cart from the JOD or Sports Medicine. Cadets who are too ill to walk can also call Citadel Public Safety for transport to the Infirmary. Cadets who are seriously ill or severely injured should call EMS for transport to a local emergency room. See Emergency Care, below.

- 14. Restriction Sheets:** Any cadet with confinements or tours who receives “Rest-In-Room” is confined to bed is not required to sign Restriction Sheets in the guard room during con/tour periods. They are advised to inform the Company duty NCO responsible for the Restriction Sheets of their status to limit confusion. Cadets other than those on “Rest in Room” with confinements or tours and medical dispositions other than duty must sign the Restriction Sheets.

B. Inpatient Services:

1. **Admission.** Cadets requiring in-patient treatment will be admitted to the Infirmary as either a day patient (“bunkie”) or an overnight in-patient and will be assigned a bed. A small charge for in-patient services will be assessed against the cadet’s (restricted) OneCard account.
2. **Uniform.** The uniform for cadets admitted to the Infirmary is the PT uniform. Inpatients on Class Status may wear an appropriate PT uniform to class by in lieu of the duty uniform.
3. **Class Status.** A cadet who has been admitted to the infirmary as an in-patient must obtain permission (Class Status) from the Infirmary staff before leaving the Infirmary for any reason. He/she must report the departure and return times, along with destination (class, barracks, library, etc.), on the infirmary sign-out sheet. Upon entering the barracks, the cadet must report departure and return to the Officer of the Guard (OG) or OG representative.
4. **Visitation.** During initial knob training, only TACs, cadet commanders, first sergeants/sergeants major, and human affairs officers are permitted to visit knob inpatients. Visitors must report to the front desk of the Infirmary, tell the receptionist who they want to visit, and wait in the dining room or waiting room for the inpatient to be escorted out for a visit. Following initial knob training, any cadet may visit an inpatient cadet between the hours of 14:00 and 20:00 daily (regular visiting hours). Visitors are not allowed to enter the wards because of privacy and infection-control considerations.
5. **Leaving campus while admitted.** Sick and injured cadets admitted to the Infirmary are not eligible for weekend or general leave. In special cases the Citadel Surgeon can grant medical leave for medical visits or convalescence with the concurrence of the Assistant Commandant.

C. Off-Campus Care

1. **Emergency Care.** Several near-by emergency departments provide emergency care for cadets. If brought to the Infirmary, the Infirmary staff will arrange for emergency transportation (EMS ambulance) for sick/injured cadets if necessary. Many “emergencies” can be handled by the Infirmary and do not require transport to a hospital. Some serious Injuries / illnesses require immediate transport directly to a Hospital. These include neck or spine injuries, severe difficulty breathing, profuse bleeding from an open wound, attempted suicide or homicide, and inability to get to the Infirmary by walking, golf cart, or car. To request an EMS ambulance, dial 8-1-1 from any on-campus phone; from a cell phone, call (843) 953-5114 for campus dispatch or dial 9-1-1. Identify the illness or injury and the location of the cadet; please stay with the patient until help arrives.
2. **Medical Specialist and Dental Care.** Cadets may be referred to local specialists for services not available at the Infirmary such as surgery, urology, or cardiology. If services of a local medical specialist or dentist are required for an acute condition, the Infirmary staff will schedule an appointment for the cadet, often on the same day. Alternatively, cadets or their families may make their own appointments; however they must inform the Infirmary of the appointment date & time in advance so that a Medical Pass or Medical leave can be arranged. Appointments for routine dental work, eye examinations, etc. should be made during furlough periods whenever possible. Except in emergencies occurring on leave or furlough, a cadet may not arrange for or receive professional treatment from doctors or other health care practitioners without the knowledge of the Citadel Surgeon. Leave for non-urgent appointments is not usually approved during scheduled classes, drill periods, parades or inspections. Specifically, non-urgent appointments will not be approved for Friday afternoons except under unusual circumstances.

- 3. Medical Pass and Medical Leave.** For non-emergency, off-campus medical or dental treatment, cadets may apply for a Medical Leave (overnight visit for medical care or appointment over 50 miles away) or Charleston Medical Pass (local area medical visit). The Commandant's Department approves all special order requests for Medical Leave based on the recommendation of the Citadel Surgeon. Medical Passes must be approved by the Citadel Surgeon during Sick Call hours. At the medical visit, off-campus providers are asked to report diagnoses, procedures, prescribed medications, and recommendations for duty restrictions (usually on the Medical Pass Referral form). Cadets must return the annotated forms to the Infirmary upon their return from Medical Pass.
- 4. Transportation for Medical Care.** Cadets requiring non-emergency transportation to a local physician's office or emergency room for non-emergent conditions must call Uber or a taxi, or obtain transport by personal vehicle (parent, cadet, TAC Officer, etc.). Cadet transportation is covered in Citadel Memo 4-003, Transporting Cadets for Medical Care.
- 5. Pregnancy.** The Infirmary does not offer obstetric care for cadets. This care must be provided by off-campus providers. Pregnancy is considered by The Citadel to be a temporary disability, under Title IX and The Citadel's Pregnancy Policy. Pregnancy will preclude one from performing certain cadet duties at some point in the pregnancy and from meeting the standards expected of a cadet at a certain point during the pregnancy. Thus the pregnant cadet may (1) remain in school as long as she does not miss more than 3 weeks of classes per semester, or (2) medically withdraw from The Citadel with readmission after delivery. Readmission procedures are stated in the Temporary Disability Policy for cadets. A cadet who desires to remain in school but who exceeds the allowed time on disability status under the pregnancy policy may be referred to the Campus Assessment Team for a review (see Citadel Memo 2-23, Campus Assessment Team).
- 6. Medical Insurance.** All cadets are required to have supplemental family or student-health insurance to cover off-campus medical charges. Additional information about insurance can be found on the Infirmary website at: <http://www.citadel.edu/root/images/infirmary/student-health-insurance.pdf>.