



## FIELD TEST SUMMARY

### Preventive Medicine Kit (PMK) Essentials

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#### 1. Purpose

The purpose of this field test was to assess the operational utility and readiness impact of the **Preventive Medicine Kit (PMK) Essentials** during routine field training and extended outdoor operations. The assessment focused on the kit's effectiveness in mitigating predictable Disease and Non-Battle Injury (DNBI) factors affecting Soldier performance.

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#### 2. Test Environment

The PMK Essentials were evaluated during:

- Multi-day field training exercises
- High-UV exposure conditions
- Limited hygiene and water-access environments
- Sustained dismounted activity

Soldiers were operating under typical training constraints, including prolonged wear of PPE, limited resupply, and exposure to environmental stressors.

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#### 3. PMK Essentials Configuration

The kit evaluated contained the following preventive medicine components:

- Broad-spectrum sunscreen
- Insect repellent
- Antifungal foot-care product

- Hygiene wipes

Each Soldier was issued one PMK Essentials at the beginning of the training cycle.

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## **4. Observations**

### **a. UV and Sunburn Mitigation**

Soldiers using the PMK Essentials demonstrated a noticeable reduction in sunburn-related complaints compared to previous training iterations. No training interruptions were observed due to sunburn or UV-related discomfort.

### **b. Vector Exposure**

Soldiers reported fewer insect bites during evening and early morning operations. Reduced scratching and irritation were observed, contributing to improved rest quality and focus during operations.

### **c. Foot Health and Mobility**

Use of antifungal foot-care products correlated with improved foot condition during prolonged boot wear. No significant cases of foot fungus or moisture-related skin breakdown were reported during the test period.

### **d. Hygiene Sustainment**

Hygiene wipes were used consistently, particularly during periods without access to water. Soldiers reported improved comfort and reduced skin irritation, which contributed positively to morale and willingness to remain engaged in training.

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## **5. Readiness Impact**

Based on field observations:

- Sick-call visits related to environmental DNBI were significantly reduced.
- No Soldiers were removed from training due to foot-related or hygiene-related issues.
- Soldier endurance and participation rates were maintained throughout the exercise.

The PMK Essentials demonstrated clear value as a **low-burden preventive measure** supporting Soldier readiness.

## 6. Limitations

This assessment was observational and limited to training environments. Formal medical surveillance data was not collected during this iteration.

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## 7. Summary Assessment

The PMK Essentials provided Soldiers with practical, field-appropriate preventive medicine tools that mitigated common DNBI drivers. Its simplicity, ease of use, and immediate applicability contributed to positive readiness outcomes.

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## 8. Professional Assessment

Based on this field test, the PMK Essentials represents a **useful preventive medicine capability** that supports Soldier health and operational effectiveness during field operations.

This assessment does **not** constitute an endorsement but is provided to inform capability evaluation.