

How to Prepare for C&P Examinations

You will be medically evaluated for each medical condition listed on the Joint Disability Claim Form (VA Form 21-0819) by a Compensation and Pension (C&P) examiner from the VA or a contractor. If you are in doubt or have any condition you want examined by the C&P examiner, then list it on the Joint Disability Claim Form! The C&P examination is the Soldier's record examination for Integrated Disability Evaluation System (IDES) and will be used to determine whether a condition will be determined to be medically acceptable or medically unacceptable along with the VA disability rating. If a C&P examination is inaccurate or unfair, the C&P examination is difficult to challenge because of its status as the Soldier's record examination. Your C&P examination will consist of an examination for each condition listed on your Joint Disability Claim Form using the appropriate VA Disability Benefits Questionnaire (DBQ).

You can view/download DBQs for review at http://www.benefits.va.gov/compensation/dbq_ListByDBQFormName.asp. When you review the DBQs you will notice that the most commonly used musculoskeletal DBQs include information to be completed for: onset, Range of Motion (ROM) testing, flare-ups, and functional loss. Prior to your examination, you should consider preparing a Statement in Support of Claim (VA Form 21-4138) with brief responses to the subjective questions on topics such as onset, flare-ups, and functional loss that you can provide to the examiner to improve accuracy. Your onset discussion will be used by the VA in determining whether your injury is service connected along with medical documentation. Your ROM testing will likely be the primary determiner of your VA rating with rating criteria available at <http://www.benefits.va.gov/warms/bookc.asp>. Your flare-up and functional loss information may also contribute to your rating if this information includes further specific limitations on decreased ROM.

If at any time during your C&P examination, you believe the examiner is not properly conducting the examination, please inform the examiner and request to have the examination stopped for you to consult with the VA patient advocate and submit a complaint. For further information on how to prepare for your C&P examination, please read the legal briefing on this site and consider participating in a one hour telephone legal briefing your earliest opportunity, even before you formally enter the Disability Evaluation System. The briefings are scheduled every:

- Tuesday at 0900 ET (210) 249-4234 Access Code 26089#;
- Wednesday at 2100 ET (210) 249-4234 Access Code 29370#; and
- Thursday at 1500 ET (210) 249-4234, Access Code 15176#.