



MEDICAL ASSESSMENT FORM FOR FITNESS TO DIVE

THIS 2008 VERSION REPLACES ALL PREVIOUS VERSIONS OF THE CFT MEDICAL FORM WHICH ARE NO LONGER VALID

GUIDELINES FOR COMPLETION

WHEN IS A DIVING MEDICAL EXAMINATION REQUIRED?

- 1 On joining CFT as a diving member
- 2 On reaching the age of 35
- 3 Three yearly from the age of 35
- 4 Annually from the age of 55
- 5 If a diver's health status has changed since the last medical examination

INSTRUCTIONS TO CANDIDATES

If points 1-5 above apply to you:

- Complete PART 1 of this form and bring to your GP for completion of PART 2
- Your GP will retain the form on your file and if necessary, will contact a member of CFT's Medical Commission with any relevant queries, subject to your permission
- Ensure that your doctor signs your logbook in the appropriate place
- Complete separate 'Annual Self-Declaration' form and submit to the Chair of CFT's Medical Commission

If points 1-5 above do not apply to you:

- Complete 'Annual Self-Declaration' Form (CFT409A) and submit to Chair of CFT's Medical Commission
- Complete the annual disclaimer in your logbook until your next medical assessment is required

INSTRUCTIONS TO EXAMINING DOCTORS

On receipt of completed **PART 1** from applicant, please complete **PART 2**

Guidelines for examining doctors on Medical Fitness to Scuba Dive

SCUBA diving in Ireland is regarded as a very safe sport. This is because of the comprehensive training, the care taken by divers and not least by the exclusion of people who have medical conditions that would render them unsafe to dive. The guidelines are designed to alert physicians to medical problems that may interfere with safe diving. The guidelines cannot be exhaustive and examining doctors are asked to use their clinical judgement and experience in making decisions on the fitness of individual applicants.

Please carry out any investigations or tests you think necessary (including chest X-ray or ECG) or get consultant opinion, where required. If you have any questions, please contact the CFT Medical Commission.

- Guidance on health standards for divers in Ireland is summarised on PART 2 of this document. Additional information is available at www.uksdmc.co.uk
- Abnormalities detected in Part One may not be compatible with safe diving. If such an abnormality is not covered adequately by the health guidelines, please contact the CFT Medical Commission before making a decision on fitness to dive.
- In addition to the medical assessment, candidates will also complete a CFT water fitness test

CFT Operating Procedures Manual

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MEDICAL ASSESSMENT FORM FOR FITNESS TO DIVE**PART ONE: TO BE COMPLETED BY CANDIDATE**

LAST NAME:		FIRST NAME:		DATE OF BIRTH:	OCCUPATION:	
ADDRESS:						
CONTACT NUMBER:			DIVING CLUB:		CFT NUMBER:	
HEIGHT:	WEIGHT:	NAME/ADDRESS OF YOUR USUAL GP:				
DO YOU SMOKE? YES () NO ()		IF YES, HOW MANY CIGARETTES PER DAY? LESS THAN 10/DAY () 11-20/DAY () 21-30/DAY () MORE THAN 30/DAY ()				
If you are an ex-smoker, in what year did you stop smoking?						
Do you drink alcohol? Yes ___ No ___. If 'Yes', how many units per week? _____						
Do you have / have you ever had any of the following:					YES	NO
Asthma?						
Diabetes?						
Epilepsy?						
Any form of heart disease?						
A pacemaker, implantable defibrillator, heart valve prosthesis or heart surgery?						
High blood pressure?						
Chronic bronchitis, emphysema or pneumothorax?						
Stroke, transient ischaemic attack or any other neurological illness?						
A colostomy, ileostomy, PEG tube or tracheostomy?						
Any form of kidney or liver disease?						
Any form of cancer?						
Persistent joint or bone problems?						
Depression, anxiety or other psychiatric illness requiring treatment with medicines?						
Are you / have you ever been dependent on alcohol or drugs?						
Have you ever failed a diving medical assessment?						
Do you take any regular medicines (besides contraceptive medicines)?						
Have you had decompression sickness since your last medical?						
Has your health status changed since your last medical assessment?						
If 'Yes' to any question(s) above, give details:						
I believe that I am fit to dive. To the best of my knowledge, all of the above information is true and complete. I give permission for my GP to contact the Chairman of CFT's Medical Commission in relation to health issues identified by me in the table above.						
SIGNATURE OF APPLICANT:				DATE:		



MEDICAL ASSESSMENT FORM FOR FITNESS TO DIVE

PART TWO: TO BE COMPLETED BY EXAMINING DOCTOR

SUMMARY OF MEDICAL FITNESS ISSUES

- **Asthma:** A person with asthma may dive if s/he has allergic asthma but not if s/he has cold, exercise or emotion induced asthma.
- A person should not dive if s/he has needed a therapeutic bronchodilator in the last 48 hours or has had any other chest symptoms. All divers with asthma should be managed in accordance with British Thoracic Society Guidelines.
- **Only divers with well-controlled asthma may dive.**
- **Obesity:** A BMI (Body Mass Index) of more than 30 should normally exclude from diving. The formula tends to discriminate against tall individuals who may be allowed somewhat more than the suggested BMI of 30.
- **Pregnancy:** Diving is absolutely contra indicated during any stage of pregnancy.
- **Diabetes:** Diabetes remains a contra-indication to diving in Ireland
- **Hypertension:** Diving is permitted in people with mild hypertension (i.e. no evidence of end-organ damage) if the diastolic blood pressure does not exceed 90 mm Hg in new entrants or 100 mm Hg in experienced divers and their systolic blood pressure does not exceed 160 mm Hg. These pressures are acceptable if they are attained without treatment or by means of approved treatment.
- **Ischaemic heart disease:** Any applicant with symptoms suggestive of ischaemic heart disease (including arrhythmias) should have exercise stress testing and specialist assessment before a decision of fitness to dive is made.
- **Neurological conditions:** In general, chronic neurological conditions (especially epilepsy) are not compatible with safe diving.
- TIA or stroke is not compatible with safe diving.
- **Orthopaedic:** A diver may carry up to 50 kg of equipment onto a small boat. Chronic back disease, back surgery, amputation or other musculoskeletal disorders may make this impossible.
- **Psychological and psychiatric:** Significant psychological disability (including anxiety syndromes) may not be compatible with safe diving. In certain circumstances, patients on psychotropic medicines may be permitted to dive, but this will require specific information beforehand (depression questionnaire available at www.uksdmc.co.uk).
- **Therapeutic issues:** In general, divers should not be taking medicines. Some medicines may be incompatible with diving. These include psychoactive drugs, warfarin, beta-blockers, anti-migraine drugs, glaucoma drugs and chemotherapeutic drugs. Check if in doubt.

Are there any abnormalities in the following systems?	Yes	No	Details
Respiratory system			
Cardiovascular system			
Ear, nose and throat (note ability to clear ears)			
Abdomen/Digestive system (note hernial orifices)			
Central nervous system			
Peripheral nervous system			
Musculo-skeletal system			
Sensory organs			

PLEASE RECORD

Height:	Weight:	Blood Pressure:	Urinalysis:
Resting pulse rate:		Peak flow reading and expected target:	

I have read the Guidelines for Medical Fitness to Scuba Dive and I find the applicant: FIT: ____ UNFIT ____

SIGNATURE OF DOCTOR:

DATE:

- Please retain this form with patient's file to assist with subsequent enquiries
- When an applicant is fit to dive, please sign/stamp his/her logbook
- For correspondence: Chairman, CFT Medical Commission
78A Patrick Street, Dun Laoghaire, Co Dublin (Tel: 01 2844601 | confidential email: medical@cft.ie)

DOCTOR'S
STAMP