

Comhairle Fo-Thuinn
Irish Underwater Council
Diving Medical Form

A diving medical examination is required before commencement of dive training
 Every five years for divers under 35 years
 Every three years for divers over 35 years
 Every year if the diver is on long term medication
 Or if there is a change of medical status

Chest X-Ray required:
 On first medical
 or / if clinically indicated

 E.C.G. at age 50 then every 5 years

For insurance purposes a medical disclaimer to be signed each intervening year and counter signed by the club D.O. with proof retained in Diver's Log Book.

FORM A To be completed by the applicant (bring logbook to examining doctor)

Surname	First Name	D.O.B.
Address		
Club	Diving Qualification	Hgt.
Phone	Occupation	Wt.
Diving Officer	Address	Ph

Do you have, or did you ever, have any of the following ? Please tick(✓) yes or no.
 If yes give details in the space below.

	Yes	No		Yes	No
Ear disease or deafness, attacks of sinusitis, hay fever or nasal problems			Do you smoke ? If yes, number of cigarettes per day		
Epilepsy, unexplained loss of consciousness blackouts, Migraine			Do you drink alcohol ? If yes, units per week		
Convulsions or head injury			Diabetes		
Chest disease, TB, asthma, collapsed lung, wheezing			Have you ever had a serious illness?		
Heart and circulation disease i.e. chest pain, high blood pressure, palpitations			Are you taking any medication or on any kind of treatment ?		
A family history of heart disease or stroke			Depression, anxiety or any nervous disorder		
Has your mental or physical health changed in the past year ?			Diving accident or injury, decompression sickness or pulmonary barotrauma		
Are you pregnant, or planning pregnancy					
Refused insurance cover or failed a dive medical			Do you have dentures		

If yes to any of the above give further details

Name and address of usual G.P.

Phone :-

I believe that I am fit to dive and I declare that I am not aware of any medical reason for not diving. I declare that to the best of my knowledge and belief the above statements are true and complete. I hereby authorize the Medical Officer of the Irish Underwater Council, or his deputy, to seek information from any source that would be useful in evaluating my fitness to dive. My club Diving Officer may be informed if I am unfit to dive.
 I will inform my club if I am unfit to dive.

Signed

Date

FORM B

EXAMINATION BY DOCTOR (Family Doctor - GP of your Choice)

Before completing this form please consult *Guidelines for Medical Fitness to Scuba Dive*. If in doubt as to fitness to dive refer to a member of the medical commission or the Medical Officer.

The exercise test mentioned in C.V.S. section, below, is 25 squats.

Are the following normal ? If *no* please comment below

E.N.T.	Auditory canal		C.N.S.	Is sight normal ?	
	Tympanic Membrane			Fundi	
	Eustachian Tube Patent			Cranial Nerves	
	Nasal Septum			Sensation and co-ordination	
	Sinuses			Reflexes	
R. S.	Absent Wheeze/Bronchospasm		M. S.	Back	
	Normal expansion			Joints and Limbs	
	Peak Flow liters/min			Mental State	
	Chest x-ray			Skin	
C.V.S.	B.P.		G. U.	Sugar in urine	
	Heart Sounds			Protein in urine	
	Pulse at rest, rate per minute			Blood in urine	
	Pulse immediately after exercise test, rate per minute		G.I.T.	Mouth and throat	
	Pulse 2 minutes later, rate per minute			Hernial Orifices	
	Peripheral Circulation			Abdomen	
	E.C.G. at 50 years then every 5 years			Medical Commission Member consulted if applicable	
			Name _____		

Comments :

I have read the *Guidelines for Medical Fitness to Scuba Dive* and I find the applicant,

Fit	Unfit	Referee
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Signature of Doctor _____ Date _____ Doctor's Stamp

Address _____

Please Sign, Stamp and Date the Diver's Log Book. Retain form for record purposes.

Irish Underwater Council Medical Officer

Dr. Tom McDonnell, 13 Upper Mallow Street, Limerick

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Medical Commission

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01-8480033/8470589
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Dr. Peadar O'Kelly
Health Centre,
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071 62355

Dr. Patrick Hayes
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051 - 851368
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Dr. John Keenan
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Comhairle Fo-Thuinn

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GUIDELINES FOR EXAMINING DOCTOR ON MEDICAL FITNESS TO SCUBA DIVE

Amateur S.C.U.B.A. diving in Ireland is a very safe sport. This is because of the comprehensive training, the care taken by the divers and not least by the exclusion of people who have medical conditions which would render them unsafe to dive. The guidelines are designed to alert physicians to the medical problems that may develop when diving and help them identify the persons at increased risk so that they can be discouraged from taking up the sport. The guidelines cannot be exhaustive, examining doctors are asked to use their clinical judgment and experience in making decisions on the fitness of individual applicants. A list of medical texts on this subject is available from the above address.

Please carry out any investigations or tests you think necessary or get consultant opinion, where required. If you have any questions about the guidelines please contact the Medical Officer.

PLUMONARY SYSTEM

Divers breathe air under pressure, this may result in lung over-pressure accidents. Such accidents may release high pressure gas into the pulmonary vein and heart chambers resulting in cerebral artery embolus. Persons with lung conditions that increase the risk of air trapping must be excluded from diving. Such conditions include **Cysts, Blebs, Bullae, C.O.A.D. and Asthma**. However any form of lung condition compromising exercise capability increases the risk of drowning and limits one's ability to save others. **Exercise induced asthma** is very common and probably occurs in every asthmatic with sufficient provocation. The significant factors are the intensity of exercise and mouth breathing of dry cold air. Pneumothorax, if it occurs when diving, becomes a tension Pneumothorax. **Pneumothorax**, either Primary or Secondary is an absolute contra-indication for diving.

OTOLARYNGOLOGY

Pressure equalization must take place in the **sinuses and middle ear air spaces**, failure to do so causes barotrauma, leading to pain and, if unrelieved, rupture of the occluded space. Old injury or surgery increases the risk of pressure injury. Divers must have a normal bite so that they can hold the scuba mouth-piece. **Larynx and Pharynx** must allow normal air flow. **The outer, middle and inner ear must be disease free**. Ability to auto-inflate the ears should be demonstrated by the diver.

GASTROINTESTINAL SYSTEM

Gas trapping can take place in the bowel and lead to sudden rupture. In the gastric area it can cause vomiting which would lead to drowning underwater. Abdominal wall **hernias** should be corrected before diving.

Gastric outlet obstruction, Small bowel obstruction, Fistula, Diverticula, Paraesophageal or hiatal hernia can all cause gas trapping. No diving allowed when on treatment for **active ulcers**. **Chronic bowel disease i.e. inflammatory bowel, malabsorption** impairs a diver's fitness.

PREGNANCY

Diving is absolutely contra-indicated during any stage of **pregnancy**
When **P.M.T.** is present diving is contra-indicated.

ENDOCRINOLOGY AND METABOLIC DISORDERS

In all **insulin dependent diabetics** there is a danger of hypoglycaemia and loss of consciousness. Altered consciousness may occur in N.I.D.D.M. This can result in drowning. In controlled N.I.D.D.M. with no history of hypoglycaemia or other complications, diving may be permitted. Decompression sickness is more common in **obese** people. If more than 28% above desirable weight, this will disqualify for diving. Consultant opinion should be sought in individual cases.

HAEMATOLOGY

Haemophilia, sickle cell disease, polycythaemia are all contra-indications.

CARDIOVASCULAR

Disqualification from diving is recommended for any condition which leads to decreased exercise tolerance, cardiac ischaemia, or the risk of sudden collapse. The main categories are outlined below:
Coronary artery disease: Clinical evidence of coronary artery disease, a history of angina, myocardial infarction, or coronary artery bypass grafting warrant immediate disqualification.
Arrhythmias: dysrhythmias, conduction defects such as second degree or complete heart block, will all disqualify. **Pacemakers:** Refer to Medical Officer or Cardiologist.
Valvular heart disease: Aortic or mitral stenosis or significant regurgitation should lead to permanent exclusion, as should the presence of prosthetic valves and the use of anticoagulant medication.
Congenital heart disease: Unrepaired septal defects are absolute contra-indications to diving, as the left to right shunt may at times be bi-directional, increasing the risk of decompression illness. Coarctation of the aorta also warrants disqualification.
Hypertension: Those with evidence of hypertensive end organ damage should be excluded from diving. Blood pressure should be within normal range.
Drugs: Any medication that impairs the cardiac response to exercise or stress is absolutely contra-indicated in divers.
Other: Congestive cardiac failure and cardiomyopathy will disqualify as may intolerance to cold.

NERVOUS SYSTEM

Abnormalities where the level of consciousness is subject to impairment, put the diver at increased risk of an in-water incident. Divers with **spinal cord or brain abnormalities** where perfusion is impaired are at increased risk of spinal cord or cerebral decompression sickness.
Neurological conditions that affect a diver's ability to perform exercise should be considered and assessed individually.
A diver's **mental capacity and emotional make-up** are important to safe diving. Inappropriate motivation to dive should be taken into consideration.
Absolute contra-indications:-

- History of convulsions (any cause, except Childhood Febrile Convulsions)**
- Recent serious head injury. Spinal cord injury.**
- History of T.I.A. or C.V.A. History of CNS decompression sickness**
- Severe visual impairment, recent eye surgery.**
- Severe migraine or migraine during or after a dive.**
- Active Psychosis or Neurosis, Drug or Alcohol Abuse, Psychotropic Medication.**

Relative Contra-indications:-

- Neurological Diseases (MS, Poliomyelitis, Migraine, Guillain-Barre Syndrome**
- Head Injury, Peripheral Neuropathy, Trigeminal Neuralgia)**

ORTHOPAEDIC

A diver may have to carry up to 50kg of equipment on to a small boat. **Chronic back disease, back surgery, amputation or other musculoskeletal** disorders may make this impossible.

Ensure that only the latest version of the form is being used. Contact Irish Underwater Council.