

DIVING MEDICAL EXAM OVERVIEW FOR THE EXAMINING PHYSICIAN

TO THE EXAMINING PHYSICIAN:

This person, _____, requires a medical examination to assess their fitness for certification as a Scientific Diver for St. Augustine Lighthouse Archaeological Maritime Program (LAMP). Their answers on the Diving Medical History Form (attached) may indicate potential health or safety risks as noted. Your evaluation is requested on the attached scuba Diving Fitness Medical Evaluation Report. If you have questions about diving medicine, you may wish to consult one of the references on the attached list or contact one of the physicians with expertise in diving medicine whose names and phone numbers appear on an attached list, the Undersea Hyperbaric and Medical Society, or the Divers Alert Network. Please contact the undersigned Diving Safety Officer if you have any questions or concerns about diving medicine or the LAMP standards. Thank you for your assistance.

Diving Safety Officer

Date

Airielle R. Cathers

Printed Name

916-695-6607

Phone Number

Scuba and other modes of compressed-gas diving can be strenuous and hazardous. A special risk is present if the middle ear, sinuses, or lung segments do not readily equalize air pressure changes. The most common cause of distress is eustachian insufficiency. Recent deaths in the scientific diving community have been attributed to cardiovascular disease. Please consult the following list of conditions that usually restrict candidates from diving.

(Adapted from **Bove, 1998**: bracketed numbers are pages in Bove, full citation on following page)

CONDITIONS WHICH MAY DISQUALIFY CANDIDATES FROM DIVING

1. Abnormalities of the tympanic membrane, such as perforation, presence of a monomeric membrane, or inability to autoinflate the middle ears. [5 ,7, 8, 9]
2. Vertigo, including Meniere's Disease. [13]
3. Stapedectomy or middle ear reconstructive surgery. [11]
4. Recent ocular surgery. [15, 18, 19]
5. Psychiatric disorders including claustrophobia, suicidal ideation, psychosis, anxiety states, untreated depression. [20 - 23]
6. Substance abuse, including alcohol. [24 - 25]
7. Episodic loss of consciousness. [1, 26, 27]
8. History of seizure. [27, 28]
9. History of stroke or a fixed neurological deficit. [29, 30]
10. Recurring neurologic disorders, including transient ischemic attacks. [29, 30]
11. History of intracranial aneurysm, other vascular malformation or intracranial hemorrhage. [31]
12. History of neurological decompression illness with residual deficit. [29, 30]
13. Head injury with sequelae. [26, 27]
14. Hematologic disorders including coagulopathies. [41, 42]
15. Evidence of coronary artery disease or high risk for coronary artery disease. [33 - 35]
16. Atrial septal defects. [39]
17. Significant valvular heart disease - isolated mitral valve prolapse is not disqualifying. [38]
18. Significant cardiac rhythm or conduction abnormalities. [36 - 37]
19. Implanted cardiac pacemakers and cardiac defibrillators (ICD). [39, 40]
20. Inadequate exercise tolerance. [34]
21. Severe hypertension. [35]
22. History of spontaneous or traumatic pneumothorax. [45]
23. Asthma. [42 - 44]
24. Chronic pulmonary disease, including radiographic evidence of pulmonary blebs, bullae, or cysts. [45,46]
25. Diabetes mellitus. [46 - 47]
26. Pregnancy. [56]
27. History of COVID-19 infection. [see guidance in Sadler 2020, citation on following page]

SELECTED REFERENCES IN DIVING MEDICINE

Available from Best Publishing Company, P.O. Box 30100, Flagstaff, AZ 86003-0100, the Divers Alert Network (DAN) or the Undersea and Hyperbaric Medical Society (UHMS), Durham, NC

- **Bove, A.A. ed. 1998. MEDICAL EXAMINATION OF SPORT SCUBA DIVERS, San Antonio, TX: Medical Seminars, Inc.**
- **Sadler, Charlotte et al. 2020. “Diving after SARS-CoV-2 (COVID-19) infection: Fitness to dive assessment and medical guidance.” *Diving and Hyperbaric Medicine* 50(3): 278-287.**
- Elliott, D.H. ed. 1996. *Are Asthmatics Fit to Dive?* Kensington, MD: Undersea and Hyperbaric Medical Society.
- Bove, A.A. 2011. The cardiovascular system and diving risk. *Undersea and Hyperbaric Medicine* 38(4): 261-269.
- Thompson, P.D. 2011. The cardiovascular risks of diving. *Undersea and Hyperbaric Medicine* 38(4): 271-277.
- Douglas, P.S. 2011. Cardiovascular screening in asymptomatic adults: Lessons for the diving world. *Undersea and Hyperbaric Medicine* 38(4): 279-287.
- Mitchell, S.J., and A.A. Bove. 2011. Medical screening of recreational divers for cardiovascular disease: Consensus discussion at the Divers Alert Network Fatality Workshop. *Undersea and Hyperbaric Medicine* 38(4): 289-296.
- Grundy, S.M., Pasternak, R., Greenland, P., Smith, S., and Fuster, V. 1999. Assessment of Cardiovascular Risk by Use of Multiple-Risk-Factor Assessment Equations. AHA/ACC Scientific Statement. *Journal of the American College of Cardiology*, 34: 1348-1359. <http://content.onlinejacc.org/cgi/content/short/34/4/1348>
- Bove, A.A. and Davis, J. 2003. DIVING MEDICINE, Fourth Edition. Philadelphia: W.B. Saunders Company.
- Edmonds, C., Lowry, C., Pennefather, J. and Walker, R. 2002. DIVING AND SUBAQUATIC MEDICINE, Fourth Edition. London: Hodder Arnold Publishers.
- NOAA DIVING MANUAL, NOAA. Superintendent of Documents. Washington, DC: U.S. Government Printing Office.
- U.S. NAVY DIVING MANUAL. Superintendent of Documents, Washington, DC: U.S. Government Printing Office, Washington, D.C.

LAMP MEDICAL EVALUATION OF FITNESS FOR SCUBA DIVING REPORT

Name of Applicant (Print or Type) _____

Date of Medical Evaluation (Month/Day/Year) _____

To The Examining Physician: Scientific divers require periodic scuba diving medical examinations to assess their fitness to engage in diving with self-contained underwater breathing apparatus (scuba). Their answers on the Diving Medical History Form may indicate potential health or safety risks as noted. Scuba diving is an activity that puts unusual stress on the individual in several ways. Your evaluation is requested on this Medical Evaluation form. Your opinion on the applicant's medical fitness is requested. Scuba diving requires heavy exertion. The diver must be free of cardiovascular and respiratory disease (see references, following page). An absolute requirement is the ability of the lungs, middle ears and sinuses to equalize pressure. Any condition that risks the loss of consciousness should disqualify the applicant. Please proceed in accordance with the AAUS Medical Standards (Sec. 5.00). If you have questions about diving medicine, please consult with the Undersea Hyperbaric Medical Society or Divers Alert Network.

TESTS: THE FOLLOWING TESTS ARE REQUIRED:

Please initial next to each test performed and note if passed or failed.

Please attach all tests completed. Hard copies can be submitted separately by applicant to the DSO in person.

DURING ALL INITIAL AND PERIODIC RE-EXAMS (UNDER AGE 40):

- _____ Medical history
- _____ Complete physical exam, with emphasis on neurological and otological components
- _____ Urinalysis
- _____ Spirometry
- _____ Chest x-ray¹
- _____ Any further tests deemed necessary by the physician. **Please elaborate below.**

ADDITIONAL TESTS DURING FIRST EXAM OVER AGE 40 AND PERIODIC RE-EXAMS (OVER AGE 40):

- _____ Chest x-ray
- _____ Resting EKG
- _____ Assessment of coronary artery disease using Multiple-Risk-Factor Assessment²

¹**Note:** A chest x-ray is only required during the initial exam (Under age 40) **unless** any of the following occur:

1. Applicant has tested positive for COVID-19 at any time
2. Applicant has had pneumonia or bronchitis in the past 12 months
3. Applicant presents abnormal spirometry values
4. Or as recommend by physician

²**Note:** Exercise stress testing may be indicated based on Multiple-Risk-Factor Assessment (age, lipid profile, blood pressure, diabetic screening, smoking)

PHYSICIAN'S SIGNATURE: _____

LAMP MEDICAL EVALUATION OF FITNESS FOR SCUBA DIVING REPORT

PHYSICIAN'S STATEMENT:

I have evaluated the above mentioned individual according to the tests listed above. I have discussed with the patient any medical condition(s) that would not disqualify him/her from diving but which may seriously compromise subsequent health. The patient understands the nature of the hazards and the risks involved in diving with these conditions.

_____ 01 I find no medical conditions that may be disqualifying for participation in scuba diving.
Diver **IS** medically qualified to dive for: _____ 2 years (over age 60)
_____ 3 years (age 40-59)
_____ 5 years (under age 40)

_____ 02 Diver **IS NOT** medically qualified to dive: _____ Permanently _____ Temporarily.

_____ MD or DO _____
Physician's Signature **Date**

Name (Print or Type)

Address _____

Telephone Number: _____ E-Mail Address: _____

My familiarity with applicant is: _____ This exam only _____ Regular physician for _____ years

**LAMP MEDICAL EVALUATION OF FITNESS FOR
SCUBA DIVING REPORT
APPLICANT'S RELEASE OF MEDICAL INFORMATION FORM**

Name of Applicant (Print or Type) _____

I authorize the release of this information and all medical information subsequently acquired in association with my diving to the **St. Augustine Lighthouse Archaeological Maritime Program (LAMP)** Diving Safety Officer and Diving Control Board or their designee at (place) _____ on (date) _____

Signature of Applicant _____ Date _____

REFERENCES

¹ Grundy, S.M., Pasternak, R., Greenland, P., Smith, S., and Fuster, V. 1999. Assessment of Cardiovascular Risk by Use of Multiple-Risk-Factor Assessment Equations. AHA/ACC Scientific Statement. *Journal of the American College of Cardiology*, 34: 1348-1359. <http://content.onlinejacc.org/cgi/content/short/34/4/1348>

DIVING MEDICAL HISTORY FORM

(To Be Completed by Applicant-Diver)

Name _____ DOB _____ Age _____ Wt. _____ Ht. _____

Sponsor _____ Date ____/____/____
 (Dept./Project/Program/School, etc.) (Month/Day/Year)

TO THE APPLICANT:

Scuba diving places considerable physical and mental demands on the diver. Certain medical and physical requirements must be met before beginning a diving or training program. Your accurate answers to the questions are more important, in many instances, in determining your fitness to dive than what the physician may see, hear, or feel as part of the diving medical certification procedure.

This form must be kept confidential by the examining physician. If you believe any question amounts to invasion of your privacy, you may elect to omit an answer, provided that you must subsequently discuss that matter with your own physician who must then indicate, in writing, that you have done so and that no health hazard exists.

Should your answers indicate a condition, which might make diving hazardous, you will be asked to review the matter with your physician. In such instances, their written authorization will be required in order for further consideration to be given to your application. If your physician concludes that diving would involve undue risk for you, remember that they are concerned only with your well-being and safety.

	Yes	No	Please indicate whether or not the following apply to you	Comments
1			Convulsions, seizures, or epilepsy	
2			Fainting spells or dizziness	
3			Been addicted to drugs	
4			Diabetes	
5			Motion sickness or sea/air sickness	
6			Claustrophobia	
7			Mental disorder or nervous breakdown	
8			Are you pregnant?	
9			Do you suffer from menstrual problems?	
10			Anxiety spells or hyperventilation	
11			Frequent sour stomachs, nervous stomachs or vomiting spells	
12			Had a major operation	
13			Presently being treated by a physician	
14			Taking any medication regularly (even non-prescription)	
15			Been rejected or restricted from sports	
16			Headaches (frequent and severe)	
17			Wear dental plates	
18			Wear glasses or contact lenses	
19			Bleeding disorders	
20			Alcoholism	
21			Any problems related to diving	
22			Nervous tension or emotional problems	

	Yes	No	Please indicate whether or not the following apply to you	Comments
23			Take tranquilizers	
24			Perforated ear drums	
25			Hay fever	
26			Frequent sinus trouble, frequent drainage from the nose, post-nasal drip, or stuffy nose	
27			Frequent earaches	
28			Drainage from the ears	
29			Difficulty with your ears in airplanes or on mountains	
30			Ear surgery	
31			Ringing in your ears	
32			Frequent dizzy spells	
33			Hearing problems	
34			Trouble equalizing pressure in your ears	
35			Asthma	
36			Wheezing attacks	
37			Cough (chronic or recurrent)	
38			Frequently raise sputum	
39			Pleurisy	
40			Collapsed lung (pneumothorax)	
41			Lung cysts	
42			Pneumonia	
43			Tuberculosis	
44			Shortness of breath	
45			Lung problem or abnormality	
46			Spit blood	
47			Breathing difficulty after eating particular foods, after exposure to particular pollens or animals	
48			Are you subject to bronchitis	
49			Subcutaneous emphysema (air under the skin)	
50			Air embolism after diving	
51			Decompression sickness	
52			Rheumatic fever	
53			Scarlet fever	
54			Heart murmur	
55			Large heart	
56			High blood pressure	
57			Angina (heart pains or pressure in the chest)	
58			Heart attack	

	Yes	No	Please indicate whether or not the following apply to you	Comments
59			Low blood pressure	
60			Recurrent or persistent swelling of the legs	
61			Pounding, rapid heartbeat or palpitations	
62			Easily fatigued or short of breath	
63			Abnormal EKG	
64			Joint problems, dislocations or arthritis	
65			Back trouble or back injuries	
66			Ruptured or slipped disk	
67			Limiting physical handicaps	
68			Muscle cramps	
69			Varicose veins	
70			Amputations	
71			Head injury causing unconsciousness	
72			Paralysis	
73			Have you ever had an adverse reaction to medication?	
74			Do you smoke?	
75			Have you ever had any other medical problems not listed? If so, please list or describe below;	
76			Is there a family history of high cholesterol?	
77			Is there a family history of heart disease or stroke?	
78			Is there a family history of diabetes?	
79			Is there a family history of asthma?	
80			Tetanus shot? (if yes, please attached records)	
81			*COVID-19 Vaccination? (if yes, please attached records)	

Please explain any "yes" answers to the above questions #1-79.

I certify that the above answers and information represent an accurate and complete description of my medical history.

Signature

Date

RECOMMENDED PHYSICIANS WITH EXPERTISE IN DIVING MEDICINE

A List of Medical Doctors that have training and expertise in diving or undersea medicine can be found through the Undersea and Hyperbaric Medical Society or Divers Alert Network. See links below:

Divers Alert Network List

The Physician Referral Network, a worldwide network of doctors who serve the diving public. Upon request, DAN will provide you with contact information for physicians trained in dive medicine.

Call DAN at +1 (919) 684-2948 (Monday–Friday, 8:30 a.m.–5 p.m. ET) or ask a medic here:

<https://apps.dan.org/ask-a-medic>

Physicians Training in Diving Medicine (DMAC) List

The physicians on this list have been provided information necessary to perform fitness to dive examinations, manage diving accidents, and, advise on diving medicine and physiology. The physicians listed below have completed the course and passed the examination. The physicians are DMAC certified.

<https://www.uhms.org/resources/diving-medical-examiners-list/212-medical-physicians-and-examiners-list/1000-physicians-training-in-diving-medicine-dmac-list.html>

Physicians Training in Diving Medicine (Non-DMAC) List

The physicians on this list have been provided information necessary to perform fitness to dive examinations, manage diving accidents, and, advise on diving medicine and physiology. The physicians listed below have completed the course and passed the examination.

<https://www.uhms.org/resources/diving-medical-examiners-list/2-uncategorised/1001-physicians-training-in-diving-medicine-non-dmac-list.html>

Medical Examiner of Divers List

The physicians on this list have been provided information necessary to perform fitness to dive examinations. The physicians listed below have completed the course and passed the examination. The physicians are DMAC certified.

<https://www.uhms.org/resources/diving-medical-examiners-list/2-uncategorised/1002-medical-examiner-of-divers-list.html>

Medical Assessment of Fitness to Dive Physicians List

The physicians on this list have been provided information necessary to perform fitness to dive examinations. The physicians listed below have completed the course and passed the examination.

<https://www.uhms.org/resources/diving-medical-examiners-list/2-uncategorised/1003-medical-assessment-of-fitness-to-dive-physicians-list.html>

Diving Medical Physicians and Examiners (DMAS): Other

DMAC Level I: The physicians on this list have been provided information necessary to perform fitness to dive examinations.

DMAC LEVEL 2D: The physicians on this list have been provided information necessary to perform fitness to dive examinations, manage diving accidents, and, advise on diving medicine and physiology.

<https://www.uhms.org/resources/diving-medical-examiners-list/2-uncategorised/1004-diving-medical-physicians-and-examiners-dmac-other.html>