



Australian Government

Department of Sustainability, Environment,  
Water, Population and Communities  
Australian Antarctic Division

**CONFIDENTIAL CHECKLIST OF MEDICAL HISTORY**

**Medical-in-Confidence**

AAp Oct 2010

(when any part completed)

All intending participants with the Australian Antarctic programme(AAp) are required to answer the questions on both sides of this form. This information will allow an initial assessment of medical fitness by the Polar Medicine Unit, Australian Antarctic Division.

**PERSONAL DETAILS**

Surname or family name			
Given names		Known as	
Age	(yrs)	Date of Birth	/ /
Town/suburb you work in		Work hours phone ( )	
Nearest capital city		Distance from your work	(km)
Intended position/job		Email	

**EXPEDITION DETAILS**

Time to be spent in Antarctica or the subantarctic (Please tick) Note: Intended destination or deep field /altitude if known			
Winter 8-18 months <input type="radio"/>	Summer 3-7 months <input type="radio"/>	Summer up to 11 weeks <input type="radio"/>	Round Trip Flight to Wilkins Runway (single day) <input type="radio"/>

**PREVIOUS HISTORY DETAILS**

Have you had a previous AAp medical examination? YES <input type="radio"/> NO <input type="radio"/> If YES which year(s)?
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**NOTES (please read carefully — for your information and guidance)**

Note 1:	The information you provide on this form will be used only for the purpose of assessing your medical fitness for service with the AAp and will not be forwarded to any other organisation with the exception of the cases noted below.
Note 2:	If it is decided that you do not meet the medical standards for AAp on the basis of this initial assessment you will be advised. That decision may be transmitted to relevant programme supervisors, or those administering the programme, but the reasons for the decision will remain medical-in-confidence.
Note 3:	Should your participation proceed you will be required to undertake a medical examination to determine medical fitness for Antarctic service and this form will be forwarded to the relevant examining Medical Officer for inclusion with your medical records and reports.
Note 4:	When you have completed both sides of this form it should be returned with your AAp application form, or if forwarded separately, to the Medical Officer, Polar Medicine Unit Australian Antarctic Division, 203 Channel Highway, Kingston, Tasmania 7050. Email <a href="mailto:medicine@aad.gov.au">medicine@aad.gov.au</a> . Confidential Fax 03 6232 3310. Intl +61 3 6232 3310

**ANY DATES YOU ARE NOT AVAILABLE FOR MEDICAL EXAMINATION**

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**OFFICE USE ONLY**

CHECKED BY MO .....	<input type="radio"/> PASSED	EXAMINING M.O. PLEASE NOTE:
DATE ...../...../.....	<input type="radio"/> CONTACT AAD MO	
	<input type="radio"/> APPLICANT ADVISED	

**Medical-in-Confidence  
(when any part completed)**

Please enter height and weight and then answer the questions: YES or NO.

If any question is answered 'YES' explanatory details must be given under 'FURTHER COMMENTS' below.

1.	Height (in bare feet)	(m)	
2.	Weight	(kg)	
		YES	NO
3.	Have you any visual defect?		
4.	Have you had ear discharge, perforated ear drums, or any operation on the ears?		
5.	Have you ever had high blood pressure?		
6.	Have you ever had blackouts, fainting attacks or fits?		
7.	Have you ever had skin problems?		
8.	Have you ever had asthma?		
9.	Have you ever had heart disease or heart problems?		
10.	Have you ever had kidney stones or other kidney disease?		
11.	Have you had any bladder or prostate or other urinary problems?		
12.	Have you ever had any mental health disorder, depression or anxiety condition?		
13.	Have you ever had suspected stomach or bowel trouble?		
14.	Have you ever had a stomach or duodenal ulcer?		
15.	Have you ever had any form of hepatitis?		
16.	Do you have diabetes?		
17.	Have you ever had gall stones, other gall bladder disease, or pancreatitis?		
18.	Have you ever had migraine or any head injury?		
19.	Have you ever had a hernia, appendicitis or recurrent abdominal pain?		
20.	Do you have any ailment at present OR are you taking any medication?		
21.	Are you pregnant?		
22.	Have you ever had any gynaecological problems?		
23.	Have you ever had tuberculosis (TB), chronic bronchitis or coughed up blood?		
24.	Have you ever had poliomyelitis or any type of paralysis?		
25.	Have you had recent contact with a known case of TB or other infectious disease?		
26.	Have you ever had any form of cancer?		
27.	Have you ever had any major accidents or any surgical operations?		
28.	Do you suffer abnormally in cold weather, at high altitude, on ships or on aeroplanes?		
29.	Have you ever had any blood diseases?		
30.	Have you ever suffered from thrombosis or embolism—blood clots in the leg or elsewhere?		
31.	Do you have any beliefs which prohibit your agreeing to receive a blood transfusion?		
32.	Is there any disease or other condition which runs in your family? (eg heart disease, bowel or breast cancer, bleeding disorders etc)		

**FURTHER COMMENTS ON ANY 'YES' ANSWER (please use separate page if necessary)**

.....  
 .....  
 .....

I certify that the information I have provided on this form relates to me and is true and correct.

..... (signature) .....(date)

Print Name.....D.O.B.....

# IMPORTANT MEDICAL NOTE

All applicants for the Australian Antarctic programme (AAp) should read the following note before completing the *Confidential Checklist of Medical History*.

Persons participating in the AAp may engage in physical activity at equivalent altitudes that may well exceed 3500 metres, may experience temperatures as low as -40°C, and may make flights in unpressurised aircraft to 3000 metres. All must be sufficiently agile and physically fit to enable them to climb ladders and nets on the sides of ships and climb into and out of ship's boats and inflatable craft which move considerably in heavy swells.

Personnel may be in the field (off station) for periods up to 3 months, isolated on stations for up to 9 months, or on Marine Science cruises of long duration. The stress of isolation, environmental conditions and extreme remoteness from major medical facilities are important considerations and it is therefore mandatory that applicants be in good physical condition and free from any disability which could adversely affect their health, restrict their activities or create a burden for others in Antarctica. Those applicants whose continued good health is dependent on any medication are generally not acceptable.

Expeditioners must be certified fit for Antarctic service by medical officers of the Australian Antarctic Division's Polar Medicine Unit after an examination by a Medibank Health Solutions medical advisor or other approved medical advisor. This process includes a chest X-Ray (at least two-yearly), an electrocardiograph (exercise stress electrocardiograph if over 55 years of age at the time of examination or at increased risk), audiogram, a skin test for tuberculosis, urine and blood tests and blood donor screening tests (blood groups; antibody screening; and tests for syphilis, HIV/AIDS, and hepatitis B/C).

A Pap smear will also be included for wintering female applicants, and a mammogram will be performed if indicated. Female applicants should advise the PMU and the examining doctor, if they could be pregnant prior to undergoing chest x-ray screening.

Additional occupational specific health assessment and monitoring may be requested by the Polar Medicine Unit or examining medical officer. Please advise if your intended expedition includes travel with other Antarctic programmes or has additional environmental and occupational risks or unusual destinations (eg. high altitude, diving etc)

Reports may be requested from, and you may be referred to, both specialists and your general practitioner and these requirements can cause delays in finalizing your medical assessment. Your attention to completing the medical screening at the earliest possible opportunity is recommended. **Current** medical clearance is required for each Antarctic season and is usually undertaken between February and October for Austral summer season departures.

The examining doctor will pay particular attention to weight, agility and general fitness.

There is a weight limit: Body Mass Index (BMI) must not exceed 35.

$$BMI = \frac{Weight (kg)}{Height (m)^2}$$

Excessive abdominal obesity (abdominal girth) may be disqualifying because of possible difficulties in the diagnosis and surgical treatment of some abdominal diseases in austere medical care environments.

It is imperative that all past and present medical conditions be disclosed. Many conditions may not be significant but a history of some illnesses and conditions may be disqualifying. These conditions include but are not limited to:

- epilepsy (fits)
- brain surgery
- coronary artery disease
- high blood pressure requiring medication
- asthma
- uncured stomach or duodenal ulcers
- diabetes mellitus
- cancers (malignancies)
- kidney stones

Those applicants whose continued good health is dependent on any medication are generally not acceptable.

It should be noted that AAp medical facilities are necessarily limited; evacuations are not the first line of management and are not routine for personnel with non life-threatening injuries or illnesses. During the summer shipping and aviation seasons changes may be made to AAp shipping and flight schedules or aid may be enlisted from other nations, if possible, to accomplish the evacuation of a patient with a life-threatening condition.

Owing to these circumstances, participants may be asked to donate blood for transfusion, if called for by the expedition medical officer. Blood donor screening tests as described above are therefore carried out as part of the screening medical tests. Following routine practice in Blood Transfusion Services, questions will be asked of you concerning the risk of passing on infections from the use of your blood. Please note that the giving of false or misleading statements in relation to the donation of blood is an offence under various laws that apply in Tasmania and in the Australian Antarctic Territory.

Please note that although a dental check and certificate of dental fitness is only required of successful wintering applicants it is strongly recommended ALL expeditioners, including summerers, ship's crew and round trippers, consult with their dentist to ensure their good dental health prior to departure. The expeditions do not have access to dentists although the station wintering medical officer has received some training in emergency dental care. Shipboard dental care is extremely limited.