

ANNEX IV

STANDARDS FOR MEDICAL FITNESS

MEDICAL FITNESS CRITERIA FOR MEDICAL CONDITIONS (GENERAL FITNESS, VISION AND HEARING)

Notes to the table and the Appendices:

* *Recurrence rates:*

Where the terms very low and low are used for the excess likelihood of a recurrence. Those are essentially clinical judgements but for some conditions quantitative evidence on the likelihood of recurrence is available. Where that is available, e.g. for seizure and cardiac events, it may indicate the need for additional investigations to determine an individual's excess likelihood of a recurrence. Quantitative recurrence levels approximate to:

very low: recurrence rate less than 2 per cent per year;

low: recurrence rate 2–5 per cent per year.

** *Adult asthma:*

Asthma may persist from childhood or start over the age of 16. There is a wide range of intrinsic and external causes for asthma developing in adult life. In late entry recruits with a history of adult onset asthma the role of specific allergens, including those causing occupational asthma, shall be investigated. Less specific inducers such as cold, exercise and respiratory infection also need to be considered. All can affect fitness for work on inland waters.

Mild intermittent asthma – infrequent episodes of mild wheezing occurring less than once every two weeks, readily and rapidly relieved by beta agonist inhaler.

Mild asthma: frequent episodes of wheezing requiring use of beta agonist inhaler or the introduction of a corticosteroid inhaler. Taking regular inhaled steroids (or steroid/long acting beta agonists) may effectively eliminate symptoms and the need for use of beta agonist treatment.

Exercise-induced asthma: episodes of wheezing and breathlessness provoked by exertion especially in the cold. Episodes may be effectively treated by inhaled steroids (or steroid/long acting beta agonist) or other oral medication.

Moderate asthma: frequent episodes of wheezing despite regular use of inhaled steroid (or steroid/long acting beta agonist) treatment requiring continued use of frequent beta agonist inhaler treatment, or the addition of other medication, occasional requirement for oral steroids.

Severe asthma: frequent episodes of wheeze and breathlessness, frequent hospitalisation, frequent use of oral steroid treatment.

****Mitigation measures and restrictions*

01 Sight correction (glasses or contact lenses, or both) required

02 Hearing aid required

03 Limb prosthesis required

04 No solo duty in the steering house

05 Only during daylight

06 No navigational duties allowed

07 Limited to one craft, named ...

Status: This is the original version (as it was originally adopted).

08 Limited area, namely ...

09 Limited task, namely ...

The mitigation measures and restrictions may be combined. They shall be combined if necessary.