

153 - 178. EXPLANATORY NOTES REGARDING SYSTEMIC GENERAL EXAMINATION. All items marked as ABNORMAL should be accompanied by a clinical observation, and assessment whether it is of significance w.r.t. diving medical certification. (If more space is required, please attach additional sheet)

179 - 185 VISUAL EXAMINATION			183. VISUAL ACUITY (Use Snellen notation)				184. Colour Vision							
179. Orbit and Adnexae	NAD	ABN	EYE	Distant vision (6 metres)				(Specify test used and results)						
180. Ophthalmoscopic Exam.	NAD	ABN	Right	6/	corrected to 6/									
181. Pupils (reaction & size)	NAD	ABN	Left	6/	corrected to 6/									
182. Eye movements	NAD	ABN	Both	6/	corrected to 6/									
186. HEARING			Right Ear	Left Ear	Right Ear					Left Ear				
a. Voice Test					b. Audiometer					500 1000 2000 3000 4000 500 1000 2000 3000 4000				
					Threshold in dB									

187. PULMONARY FUNCTION TESTING
 using vitalometer. Required at first examination by a DME, and thereafter by indication. Testing should be no less than every 4 years in non-smokers, and is strongly advised annually in smokers. Peak flow readings have no value in either predicting or classifying individuals with lung disorders.

	VALUES	RESULT	% Predicted
a. FVC	< 75%		
b. FEV1	< 80%		
c. FEV1 /FVC Ratio	< 85%		
d. FEF25-75%	< 65%		
e. VC	< 75%		
f. RV or ERV	< 65/> 135%		
g. INTERPRETATION			

188 - 191. X-RAY EXAMINATIONS
 188. CHEST X-RAYS required annually (AP Inspiration, AP Expiration, and Lateral views)
 189. SINUS X-RAYS required at initial examination and as indicated.
 190. SKELETIAL (LONG BONE) X-RAYS to be performed in candidates who intend doing deep diving or mixed-gas diving courses, and annually if helium or saturation diving took place during the preceding year.
 191. SALINE CONTRAST ECHCARDIOGRAPHY For suspected ASD (Atrial septal defect) if indicated.

188. Chest X-Ray (Date and Findings)	Not Performed <input type="checkbox"/>
189. Sinus X-Ray (Date and Findings)	Not Performed <input type="checkbox"/>
190. Skeletal (long bone) X-Rays (Date and Findings)	Not Performed <input type="checkbox"/>
191. Saline Contrast Echocardiography (Date and Findings)	Not Performed <input type="checkbox"/>

192. ELECTROCARDIOGRAM (Resting & Stress) Required at initial examination, at first medical examination after ages 30, 35 and 40, and annually thereafter.
 Target heart rate = 220 - AGE (yrs) X 80% Date and Interpretation
 Not Performed Performed

193. ELECTROENCEPHALOGRAM (EEG) Required at initial examination if any significant CNS history (86 - 97), and repeated when indicated (Fits, head injuries, any episode of loss of consciousness, before diving with O2)
 Not Performed Performed Date and Findings

194 - 199. OTHER SPECIAL TESTS (as indicated)

BLOOD TESTS	194. Hb	195. ESR	196. Blood Group	197. Rh	198. HIV (AIDS)	199. Hepatitis B
-------------	---------	----------	------------------	---------	-----------------	------------------

200. FINDINGS AND COMMENTS

FIT TO DIVE? Advice put on certificate

YES

NO - TEMPORARY

NO - PERMANENT

Reason:

Signature of DME Date Name, Address and Telephone Number of DME (Block letters)

SAMDC Registration No.	Course in Underwater Medicine	Dept of Manpower Registration No.
------------------------	-------------------------------	-----------------------------------