



British Antarctic Survey Medical Unit
Diving Diseases Research Centre
Research Way
Plymouth Science Park
Plymouth. PL6 8BU
Tel: 01752 438621
Email: plh-tr.ADMIN.BASMU@nhs.net

BASMU4
Dec 24

Medical in Confidence
British Antarctic Survey
Polar Service Medical Examination Record

Date received @BASMU

Personal Details

Surname:	First names:
Date of birth:	Job title:
NHS Number:	Date of Examination:

To the Examining Doctor.

Guidance notes are available. If you are unfamiliar with BASMU requirements please read these before completing the form. The Polar Regions are a unique environment which poses very different medical challenges from anywhere else. Our criteria are therefore in some respects different from more usual screening examinations. Please complete **ALL** sections below.

1. General

Please discuss the BASMU 3 Questionnaire with the candidate, and summarise any significant Past Medical History. Please note specifically any adverse effects / allergic reactions to either medication or food and any general anaesthesia/ surgery complications. If recent treatment or investigation, then please provide functional impact / recovery / follow ups. Details:

Is the person registered with your practice?	Yes / No
If so is his / her general health good?	Yes / No
Is there any significant Family History?	Yes / No



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Please provide details

Smoking

Have you ever smoked?	Yes	No
If so, how many do/did you smoke per day?		
How many years have/did you smoked for?		
Are you trying to quit smoking?	Yes	No
Are you using nicotine replacement?	Yes	No
Do you vape?	Yes	No
Comment:		

Alcohol Consumption

Do you drink alcohol?	Yes	No
How many units do you drink in a week?		
Standard glass of wine 175ml (11.5%) = 2 units Large glass of wine 250ml (12%) = 3units Bottle of wine 750ml (12%) = 9 units Can of beer/lager 500ml (12%) = 2 units Pint of beer/lager 3.5% = 2 units Pint of strong beer/lager 5.3% = 3 units Spirits single 40% = 1 unit		



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2. Vital Statistics

Height in cms	Weight in kgs	BMI
Waist circumference in cms	Hip circumference in cms	

If BMI is greater than 35 then the person will be presently UNFIT for Antarctic Service. Please inform the person to contact BASMU at the earliest opportunity.

3. Vital signs

Pulse rate bpm	
Pulse rhythm	
Blood pressure	
Respiratory rate	

4. Vision

Visual conditions / restrictions	Normal	Abnormal
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Comment:

Colour Vision / Ishihara	Normal	Abnormal
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Comment:

5. Examination

For Each of the following questions please enter one of the following codes:

Within Normal Limits	
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Abnormal	X	
	Y/N	Details
General Appearance		
Head and Neck		
Eyes		
Ears		
Nose		
Mouth and Pharynx		
Thyroid		
Lymph Nodes		
Chest and Lungs		
Breasts, if indicated		
Self - checks		Y N
Heart sounds		
Murmurs		
Abdomen		
Organomegaly		
Hernial Orifices		
Rectal Examination (if indicated)		
Prostate (males >45) own GP check within last 5 years acceptable		
Genitalia, if indicated.		
Self-checks		Y N
Spine		
Lower limbs		
Peripheral pulses		
Varicose veins		



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Upper Limbs		
Raynaud's		
Skin		
Previous Cold Injury		
Scars		
Tattoos (brief descript. & area of body)		
Identifying Marks		
Neurological status		
Mental Health status		
Mood		
Affect		
Gynaecological examination, if indicated		

Please describe any other abnormal findings on examination

6. Investigations

Urine analysis results:

ECG required for patients over the age of **50** at every **BASMU Medical** (annually) or if clinically indicated. **Attach ECG please**



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Patient Signature.....