

NOTES FOR EXAMINING DOCTORS

Thank you for agreeing to do this medical. We are not asking you to make the judgment about the fitness of an individual for deployment. The medical team at **BASMU will make the decision based on the information you provide.**

The British Antarctic Survey Medical Unit (BASMU) is employed to provide the medical service for the British Antarctic Survey (BAS). BAS is a government agency that enables science to be done in the Polar Regions. With regard to medical screening, it is BASMU's job to ensure that the deploying population is fit to do their job and to live in the environment to which they are being deployed.

BASMU is based in Plymouth, and the medical support is provided by senior medical staff from the Emergency Department on a part time basis and where necessary specialists from within University Hospitals Plymouth NHS Trust are consulted.

If you have any questions/concerns please discuss the case with the BASMU office on 01752 438621.

BASMU Screening

- All personnel who are to be deployed with BAS are screened; this includes many personnel who are non-BAS and/or international visitors.
- Most people are deployed only for the summer (a few weeks to 5 months), however those who are going for winter are normally deployed for 20 months.
- Where possible we try to facilitate deployment south, but we must consider not just the individual, but the impact on others' safety.

Limitations of Environment

- Antarctica is the coldest, highest, windiest and most isolated place on earth.
- The atmosphere in most areas is extremely dry, and UV levels are also extreme at times.
- In the Arctic most work is undertaken in summer, but conditions are often still severe and medevac options limited.
- The ship is sailing in some of the most challenging seas in the world, and may be hampered by adverse weather, sea or ice conditions.
- There are occasional flights in the summer to Rothera and Halley
- Access to South Georgia, Bird Island and Signy is only by ship.
- Even in "summer" medivacs can be delayed for days/weeks by adverse weather.
- Field parties are often delivered to a remote location by plane and left with no independent transport.
- All personnel regardless of their job are required to partake in base support life (some of which is very strenuous) and must be able to muster independently in the event of an emergency, so there is an expectation of baseline fitness.

Medical Provision

- There is a doctor present on the Ship when in the Southern Ocean, Rothera, Halley and South Georgia.
- The doctors have access to support via BASMU and Derriford ED.
- Where there is a doctor, there is a surgery with minimal equipment and drugs to cope with common emergencies and common conditions.
- Field parties will not have a doctor with them but a simple field medical box and supported by telemedicine.
- The doctors have pre-deployment training to make them fit for purpose.
- Their ability as a lone doctor in a remote location to care for a sick patient is extremely limited.
- Deploying individuals are cautioned regarding the obvious ceilings of care prior to deployment.

Medical Support

- Whilst the weather on base may not be that challenging in the summer, the logistics are.
- The nearest “DGH” style hospitals are Falkland Islands and Punta Arenas (Chile). In summer we may be able to facilitate this in 2 days or up to 4 weeks.
- Winter medivacs from Rothera can be very slow (circa 2 weeks++).
- In the Arctic a medevac can be delayed by poor weather and evacuation to a tertiary centre will require onward flight to Norway.

Impact of Medivacs

- There are no non-essential staff deployed, therefore having to remove someone will impact on many other people, cause programmes to be stopped, or base functions to cease.
- Transport is so limited and timetables and weather windows so variable, that a single medivac may have huge knock-on effect on the whole season.
- It may put rescuers at risk.
- The financial cost is not just in the individual transport costs, but in finding replacement staff, failed science projects etc.

Pressure to “Declare Fit”

- For some individuals this opportunity may be a “once in a lifetime”. It is essential that this doesn’t affect their presentation of their symptoms and conditions. Please bear this in mind when taking their medical history.

A guide to conditions that may cause concern

<p>Conditions that <u>will</u> usually preclude service. Decisions will depend on many different factors and will be made on an individual basis.</p>	<p>Conditions which <u>may</u> preclude service. These will be assessed on an individual basis and in relation to the capacity to undertake activity/work in the anticipated environment.</p>
<p>Cardiac & Circulation problems</p> <p>Angina & heart attacks Leaky heart valves & rheumatic fever Previous heart surgery Uncontrolled high blood pressure Heart rhythm abnormalities Heart failure Arterial disease</p>	<p>Treated abnormal rhythms Severe varicose veins Previous frostbite Severe Reynaud's disease Previous leg thrombosis Previous clot on the lung</p>
<p>Respiratory (chest) problems</p> <p>Recurrent pneumothorax Cold induced asthma or severe asthma Chronic bronchitis or emphysema Active tuberculosis Sleep apnoea / use of CPAP</p>	<p>Single episode of pneumothorax History of moderate or severe asthma</p>
<p>Gastrointestinal problems</p> <p>Active stomach / duodenal ulcer Liver disease Pancreatitis Untreated hernia IBD</p>	<p>Previous exploratory abdominal surgery Severe piles History of stomach / duodenal ulcers</p>
<p>Genito urinary problems</p> <p>Recurrent kidney stones Kidney failure</p>	<p>Renal colic Recurrent kidney infections</p>
<p>Neurological conditions</p> <p>Epilepsy or fits Non-traumatic brain haemorrhage in the past Unexplained episodes of loss of consciousness Degenerative N.M. conditions Significant neuro deficit secondary to trauma</p>	<p>Previous brain surgery ME</p>

Metabolic Conditions Most diabetes Cushing's disease Addison's disease Obesity BMI >35	Well controlled mild type II diabetes ENG 1 Criteria Other endocrine disorder Thyroid disease Obesity (severe) BMI >30-34
Musculoskeletal conditions Untreated slipped disc Recurrent dislocations (untreated) Rheumatoid arthritis Ankylosing Spondylitis	Recurrent back pain Severe knee problems Unstable joint Frequent gout Lower limb amputation
Cancer and haematological disorders Most cancers Clotting or bleeding disorders Active bone marrow disease Anticoagulant medication	Treated cancer with low risk of recurrence Treated leukaemia Treated Hodgkin's disease
Gynaecological conditions Current pregnancy	Pelvic inflammatory disease Ovarian disease
Dermatological conditions Blistering skin diseases Severe psoriasis	
Mental Health problems Current psychiatric illness Schizophrenia Manic depression (Bipolar affected disorder) Personality disorder Current drug or alcohol abuse	Depression Self-harm Previous drug / alcohol problems Previous severe mental illness Eating disorder
Other conditions Immunosuppressant medication Immunomodulatory medication Immunological disorders Immune suppression Anaphylaxis to non-drugs Prescribed EpiPen	Allergic reaction to food Prostatic hypertrophy (untreated)

The decision will depend on many different factors and will be made on an individual basis. With all of these and other conditions it is much more likely that you would be able to go to the Antarctic for a short summer trip than to overwinter. Some conditions will be assessed in relation to the capacity to undertake activity/work in the anticipated environment.