

## THE DOVE RIVER PRACTICE

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Dr Martin Gilchrist  
HSE Approved Medical Examiner of Divers

### **Subject: What's needed when you attend for your first HSE medical**

Dear Diver,

In order to avoid delays in the process of having your first HSE dive medical I would be grateful if you could check the following points:

- If you have any illness/ medical condition/ medication issues which you are worried may prevent you passing the medical then telephone me to discuss them before booking any appointment.
- Please make an appointment with your GP and complete the questionnaire below in their presence. This needs to be signed by yourself and your GP. In general if you have had a previous serious disease/ illness or have a current illness/ condition or are taking regular medication it is worth your GP providing more detail on their nature and severity of these. This will help me fully assess you on the day of the medical and without such details I may have to delay certification pending further enquiries.
- The HSE currently require a full blood count ('**FBC**') for all first HSE medicals. This is to exclude anaemia. Also, individuals from ethnic populations at risk of sickle cell disease (black Africans or descendants of) and thalassaemia (Mediterraneans and Asians) should have the blood test '**Haemoglobin electrophoresis**'. To save time, I would recommend you arrange this through your own GP surgery requesting the above tests that are relevant to you. Explain to your GP surgery that they are for "government Health & Safety Executive requirements in order to work as a diver". Your GP may charge you for this as it is not necessarily covered by the NHS. Please bring a copy of these results to your medical as they will be needed for certification. If your GP can't arrange the above for you then discuss it with me well in advance of your appointment.
- On the day of the medical please bring with you:
  - **Your medical history questionnaire completed as above**
  - **Blood test results**
  - **A urine sample (use a clean, watertight container will do)**
  - **Shorts/ tracksuit and trainers for exercise test**
  - **Your PADI medical form (with all your relevant sections completed) if needed**
  - **Payment (cash or cheque) –ask dive shop for current charges**

Many thanks,

Martin Gilchrist

Dr. Carole A. Maguire, Dr. E. Paul Tattersall, Dr. Jennifer M. Ashworth,  
Dr. A. Martin Gilchrist and Dr. Richard K. Fulford



PRACTICE MANAGER Mrs Tracey Burt

**Annex A**

**MEDICAL QUESTIONNAIRE – TO BE COMPLETED BY THE CANDIDATE DIVER AND GP TO CONFIRM MEDICAL HISTORY ( No Examination is required).**

*Please provide details if 'Yes' to any of the questions. Date/ diagnosis/ severity/ duration/ treatment information would be appreciated (can use reverse side of page to document).*

QUESTION	YES	NO
Have you ever had or do you now have:		
Diabetes?		
Disease of the heart and circulation, including hypertension, angina or MI, chest pains, arrhythmias?		
Asthma?		
Lung disease such as COPD?		
Spontaneous or traumatic pneumothorax?		
Injury or surgery to the chest?		
ENT or sinus problems?		
Significant gastrointestinal problems?		
Mental illness?		
Claustrophobia or severe motion sickness?		
Epilepsy?		
Migraine?		
Neurological illness such as strokes or multiple sclerosis?		
Syncope or recurrent fainting?		
Skin disease?		
Anaemia or haematological conditions?		
Currently pregnant?		
Prescribed or other medication?		

**The candidate diver is responsible for any fee levied for confirming the medical history**

Candidate diver: I certify that the above answers are correct.

Signature: ..... Date: .....

GP: I confirm the medical history.

Signature: ..... Date: .....

If the GP or candidate diver has any comments on the medical history, please use overleaf: