



TWEEDDALE MEDICAL PRACTICE

EOLAS SAIDHEANS LE TRUAS



Dr J D M DOUGLAS

MB ChB, MD, FRCGP, FRCP Edin, DOccMed

Dr C A McARTHUR

MB ChB, FRCGP

Dr S MURRAY

MB ChB, MRCGP

Dr I J POOLEMAN

MBBS, MRes, MRCGP

Dr C GAMBLE

MB ChB, B.Sc. (Hons), MRCGP

Dr H TALBOT

MB ChB, MRCGP (Hons), BA

CAMAGHAEL

FORT WILLIAM

PH33 7AQ

Telephone: 01397 703136

e-mail: nhsh.gp55624-clinical@nhs.scot

www.tweeddale.com or



ENG Medical Examinations – Information For Seafarers

I note your upcoming appointment for an ENG1 medical with me. I am very aware that the ENG medical can cause a lot of worry and there are some important things to remember and plan for in advance of attending.

The MCA now have a central computer system which logs all your marine medicals online over successive medicals during your career. The idea of this is that you don't have to keep repeating so much information. If you do have an illness that needs to be taken account of, then the medical logic to meet the required MCA standards can be seen in sequence on the central computer.

In advance of your medical, please make sure of the following points:

1. **Photographic ID** - Remember to bring photographic ID (such as a passport, driving licence or discharge book) to your appointment. I cannot proceed with the medical unless I see this.
2. **Your previous ENG1 certificate** – if you have a previous certificate, please bring this with you.
3. **Telephone number and email address** – I will need to confirm these with you on the day.
4. **Medication and/or medical conditions** - If you are on any medication or have been seeing your GP or a hospital about any medical condition please bring any letters or records with you. Your GP practice should be able to give you a printout of your medication and medical history if you ask them but they will need time to process this.
5. **Eyesight** - Sea safety depends upon good eyesight and the MCA standards are strict. If you wear glasses it is a good idea to have an optician appointment in advance of your medical to make sure that your eyesight is the best that it can be. If you wear contact lenses please arrive at the medical without your contact lenses in so that your eyesight can be tested with and without your contact lenses in place.
6. **Dental health** - Please also make sure that you have had a recent dental check-up in order to prevent dental pain at sea.
7. **Body Mass Index and physical fitness** - If you are overweight (Body Mass Index over 35), the MCA are very strict in requiring additional information to show that you are physically capable for an emergency at sea. Please bring any certificates that you have (e.g. sea survival course or any other test of your physical capabilities). If you don't have such, then we are obliged to perform a Chester step test at your medical. This involves stepping up and down on a custom block and measuring your pulse recovery after standard exercise. You should wear comfortable clothing for this exercise. The step test takes extra nursing time and as such requires an extra fee (£30) in addition to the standard medical charge of £115. We need to know in advance that you may require a Chester step test to allocate enough time in your appointment. If you have previously been advised to reduce weight and you think your BMI might be over 35, then please mention this when you are booking your appointment.

In conclusion, I recognise that this is a "high stakes" medical for you with a lot of worry. The purpose of the medical is to assure maritime safety for yourself and others. I will do my best to "keep you safely at sea" within the rules and regulations of the MCA but can only do this if you can give me all the information that you have. There are also optional restrictions that can be applied such as UK coastal waters or limitations on your watch keeping.

Thank you for considering these points in advance of your medical.

Dr James D M Douglas