



## SEA EDUCATION ASSOCIATION

## Confidential Medical Record Form

Exhibit C

Please check the appropriate box:

- Professional Crew  
 Volunteer Crew  
 Student/Participant

Program Name: \_\_\_\_\_

Class #: \_\_\_\_\_

**SEA Use Only:** Cleared

By: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** A physical exam should be completed by a medical professional (MD, PA or NP) within 6 months prior to sailing onboard an SEA ship. The exam will be valid for up to two years. If any information changes after the exam, **you MUST notify SEA PRIOR to joining the ship or beginning your program.**

**Part I - General Information (Completed by Participant)**

Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Home Address: \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_ Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**PHYSICIAN:**

Name: \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

Address: \_\_\_\_\_

**EMERGENCY CONTACT:** (Person to be notified in case of illness/injury) (Parent/Guardian if under 18 years of age)

Name \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_ Other Phone ( ) \_\_\_\_\_ Email: \_\_\_\_\_

**Medical Insurance**

You must be covered by a sickness and accident policy, which is valid in the USA and foreign countries. Please complete the information below:

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Subscriber: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Insurance Company's Phone # \_\_\_\_\_ Subscriber's Phone #: \_\_\_\_\_

**Swimming Ability:** For your safety, it is critical that the captain of the vessel be aware of your swimming/floating ability.

Please let us know if you can swim and/or remain afloat, unassisted, for 30 minutes: Yes:  No:

Do you follow any of the following diets?  VEGAN  VEGETARIAN  GLUTEN-FREE  LACTOSE-FREE

**DIETARY RESTRICTION:** Have you previously or do you have any dietary allergies, restrictions? Please explain:

\_\_\_\_\_

**Part II - Medical History (Completed by Participant)**

Given the nature of the shipboard environment, it is **CRUCIAL** that you submit an **honest, accurate and complete medical history**. With sufficient lead-time, we are able to make certain accommodations for medical conditions onboard ship.

**If you have had past or current history with ANY of the following, please check the appropriate box, circle and explain below.**

Current	Past		Current	Past	
<input type="checkbox"/>	<input type="checkbox"/>	Vision problems, eye disease, surgery, color blindness, glaucoma, glasses or contacts	<input type="checkbox"/>	<input type="checkbox"/>	Hearing Loss, hearing aids
<input type="checkbox"/>	<input type="checkbox"/>	Dizzy spells, fainting, convulsions, seizures, vertigo	<input type="checkbox"/>	<input type="checkbox"/>	Motion/ sea sickness
<input type="checkbox"/>	<input type="checkbox"/>	Persistent headaches, migraines	<input type="checkbox"/>	<input type="checkbox"/>	Broken bones, dislocations, sprains
<input type="checkbox"/>	<input type="checkbox"/>	Any severe injury to head, chest, or internal organs	<input type="checkbox"/>	<input type="checkbox"/>	Joint pains, swelling, stiffness, or dislocation
<input type="checkbox"/>	<input type="checkbox"/>	Frequent infection of throat, tonsils, sinuses, or ears	<input type="checkbox"/>	<input type="checkbox"/>	Chronic pain in neck, back, or limbs
<input type="checkbox"/>	<input type="checkbox"/>	Asthma, shortness of breath, chronic cough, bronchitis, tuberculosis, bloody sputum	<input type="checkbox"/>	<input type="checkbox"/>	Back Injury or surgery, ruptured/herniated disc
<input type="checkbox"/>	<input type="checkbox"/>	Heart condition, irregular heartbeat, heart palpitation, murmurs, pain or angina, heart attack, congestive heart failure, surgery, pacemaker, poor circulation	<input type="checkbox"/>	<input type="checkbox"/>	Nerve pain or damage, sciatica
<input type="checkbox"/>	<input type="checkbox"/>	Low/high blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	Illness requiring hospitalization or prolonged incapacitation
<input type="checkbox"/>	<input type="checkbox"/>	Anemia, Hepatitis, Jaundice	<input type="checkbox"/>	<input type="checkbox"/>	Cramps, heat exhaustion, or other reaction to high temperatures
<input type="checkbox"/>	<input type="checkbox"/>	Frequent nausea/vomiting, food intolerances/allergies, dietary restrictions, indigestion/heartburn	<input type="checkbox"/>	<input type="checkbox"/>	Narcolepsy, sleep apnea, restless leg, sleep walking
<input type="checkbox"/>	<input type="checkbox"/>	Gastrointestinal bleeding, Crohn's Disease, Ulcerative colitis, Gallbladder stone or surgery, frequent diarrhea or bloody stools	<input type="checkbox"/>	<input type="checkbox"/>	Claustrophobia, agoraphobia, acrophobia (strong fear of confined places, open areas, heights)
<input type="checkbox"/>	<input type="checkbox"/>	Eating Disorder	<input type="checkbox"/>	<input type="checkbox"/>	ADHD or ADD, Learning disability
<input type="checkbox"/>	<input type="checkbox"/>	Hypo/hyper-glycemia	<input type="checkbox"/>	<input type="checkbox"/>	History of depression, anxiety, hysteria or nervousness, Post-Traumatic Stress Disorder (PTSD)
<input type="checkbox"/>	<input type="checkbox"/>	Severe menstrual cramps, frequent abdominal cramps	<input type="checkbox"/>	<input type="checkbox"/>	Continuing use of alcohol, drugs, or medicines
<input type="checkbox"/>	<input type="checkbox"/>	Urinary tract infections, painful or frequent urination, bed wetting	<input type="checkbox"/>	<input type="checkbox"/>	Pregnancy (current)
<input type="checkbox"/>	<input type="checkbox"/>	Hernia, Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	Problems with teeth.
<input type="checkbox"/>	<input type="checkbox"/>	Kidney stones or infections, dialysis, transplant			When was your last dental exam?
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes, thyroid condition, bleeding problems, or epilepsy			_____
<input type="checkbox"/>	<input type="checkbox"/>	Venereal disease or sexually transmitted disease			
<input type="checkbox"/>	<input type="checkbox"/>	Chronic skin problems (rash, infection)			
<input type="checkbox"/>	<input type="checkbox"/>	Concussion			
<input type="checkbox"/>	<input type="checkbox"/>	Any surgery within 1 year			

**Did you check any boxes above?** If so, please provide details of the medical condition, both past and present: \_\_\_\_\_

(Please attach a piece of paper if additional room is needed for details)

**PSYCHIATRIC/PSYCHOLOGICAL:** Have you previously received or are you currently receiving, a diagnosis or treatment? If so, please print doctor's name and contact information. Also include reason, dates, and medications: \_\_\_\_\_

**PRESCRIPTION MEDICATION(S)\*:** If you now take, usually take, or keep with you any prescription medication(s), please specify. Include dosage and purpose: \_\_\_\_\_

**\*You are required to bring a 100% redundant supply of all medications with you to sea. Please work with your doctor and/or insurance to arrange this.**

## Authorization

I certify that this health history and all information on it is **complete and accurate**, and that I am physically and emotionally fit to participate in an extended offshore voyage. In the event I cannot make a decision in an emergency, I hereby authorize the Sea Education Association, Inc. (SEA), its Doctor(s), ship's Captain or Medical Officer to administer emergency medical treatment and to hospitalize, secure proper treatment for, and to order injections, anesthesia, or surgery for me. I give permission for SEA staff to share information from this form if needed for medical purposes.

**I understand that I am responsible for notifying SEA immediately of any injury, illness or other medical condition or change to the medical information here provided.**

I certify that I am at least 18 years of age. (If not 18, parent/guardian must also sign.)

Participant Name (please print): \_\_\_\_\_

Participant Signature (required): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (if applicable) (please print): \_\_\_\_\_

Parent/Guardian Signature (if applicable): \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/guardian name and signature are required for any Participant who will be less than 18 years of age at the time of enrollment)

### Part III (Completed by the Physician)

**PHYSICIAN:** Please read carefully.

SEA Semester programs involve six-week voyages on research vessels and up to 40 consecutive days on the ocean without a port stop. The 135' sailing vessels remain at sea far offshore, in areas including the Caribbean, the North Atlantic and Pacific Oceans. SEA Seminar programs involve ten-day sea components.

Medical care essentially is **not available**. Treatment facilities aboard consist of a modest medicine chest administered by the ship's Captain. Radio contact **may** allow the Captain to be guided by a physician ashore. **Medical evacuation is not possible** except in rare, fortunate circumstances. Participants stand watches around the clock, in an environment that is both physically and emotionally demanding. Seasickness, a common problem, can render oral medication ineffective or impossible.

In light of these circumstances, we request a **full disclosure** of medical problems. Given sufficient lead-time, we frequently can plan to manage a medical condition at sea. If medical problems are discovered at the last minute, it may be necessary for the participant to leave the ship in the interest of his/her own well-being and that of his/her shipmates.

#### GENERAL HEALTH: Check if within normal range, describe if not.

<input type="checkbox"/> Eyes <input type="checkbox"/> Ears <input type="checkbox"/> Nose <input type="checkbox"/> Mouth <input type="checkbox"/> Teeth <input type="checkbox"/> Throat	<input type="checkbox"/> Neck <input type="checkbox"/> Thyroid <input type="checkbox"/> Lymph Nodes <input type="checkbox"/> Skin <input type="checkbox"/> Thorax & Lungs <input type="checkbox"/> Heart	<input type="checkbox"/> Abdomen <input type="checkbox"/> Back <input type="checkbox"/> Genitalia <input type="checkbox"/> CNS <input type="checkbox"/> Hernia <input type="checkbox"/> Scars	<input type="checkbox"/> Extremities <input type="checkbox"/> Arms <input type="checkbox"/> Hands <input type="checkbox"/> Knees <input type="checkbox"/> Ankles <input type="checkbox"/> Feet <input type="checkbox"/> Peripheral Vessels
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Remarks or Comments: \_\_\_\_\_

**SEA SICKNESS:** SEA ships carry meclizine for managing seasickness. Ondansetron and promethazine are also carried for cases where meclizine is ineffective. SEA will make every effort to make appropriate medications available to our participants as necessary to manage vomiting due to seasickness. Your signature below acknowledges that you are aware that your patient may be offered these medications at sea and approve of their use as required.

If your patient should not take any one of these medications due to a medical contraindication, please note that contraindication below:

\* Meclizine (Bonine) is contraindicated because: \_\_\_\_\_

\* Ondansetron (Zofran) is contraindicated because: \_\_\_\_\_

\* Promethazine (Phenergan) is contraindicated because: \_\_\_\_\_

Physician signature: \_\_\_\_\_

Parent/Guardian signature for student under 18: \_\_\_\_\_

## Examination

In addition to your findings during this physical exam, or knowledge of any medical history of this patient, please also comment on specific details of any item in the **Medical History** on page 2 checked. We are interested in the dates of the condition(s), specific medication(s), effects of not taking the medication(s), and the current status of the condition(s).

Please consider the environment described above when making your comments. **Full disclosure is critical.**

**Item from page 2:**

**Explanation:**

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Height (inches): \_\_\_\_\_ Weight (lbs): \_\_\_\_\_ BP: \_\_\_\_\_ Pulse: \_\_\_\_\_

General appearance and state of nutrition:

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Is the participant **ALLERGIC** to any of the following (circle)?

Medications (penicillin, aspirin, sulfa, etc.)

Foods (shellfish, nuts, etc.)

Insect bites, Other (wool, feathers, detergents, etc.): \_\_\_\_\_

If allergic, what is the reaction? \_\_\_\_\_

*If the participant has a history of severe allergic reactions, he/she must bring at least 2 **Epipen Kits** to sea.*

**In your medical opinion, is this person a Tuberculosis risk:** NO \_\_\_\_ YES \_\_\_\_ (attach documentation if yes)

If you believe a skin test or chest x-ray is warranted, please include results. With your help, we can monitor risk for our entire shipboard community.

**Required Immunization:**

Tetanus Toxoid series. Date of last vaccination (must be **within 7 years** or booster is required): \_\_\_\_\_

How long have you known this person? \_\_\_\_\_

Do you feel that further diagnostic examination and treatment is indicated? \_\_\_\_\_

*"I have examined the participant herein described, reviewed his/her health history, and have read the **Information for Physician** (page 3). It is my opinion that he/she is physically and emotionally fit to participate in the environment described."*

**I certify that my relationship with the student and his/her family is one of a strictly professional nature.**

NAME of Licensed Physician, PA or NP (please print): \_\_\_\_\_

SIGNATURE of Licensed Physician, PA or NP: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_ Date: \_\_\_\_\_

**This form must be returned AS SOON AS POSSIBLE for review prior to joining SEA.**

*\*Submission of this form is the first step in SEA's Medical Clearance Process, which is required of all personnel planning to join our ships.\**