

## **Marine and Aviation Medicals**

At your MOT medical you will be asked to provide medical history

Please be prepared and consider completing this question sheet prior to your medical

MOT medical are legal documents which require full disclosure

The more information you bring to the medical - the faster a decision can be made

## **Medical History**

**Do you smoke?** If yes how much

**Do you smoke or use cannabis or THC/CBD in any form?** Please see the linked policies on Cannabis in marine and aviation roles at [www.mainanaimo.com](http://www.mainanaimo.com)

**Do you drink alcohol?** If yes and if > 6 units per day please complete a [CAGE questionnaire](#) prior to your medical

**Are you on medications?** Please bring a complete list to your medical exam

**Do you have a cardiovascular history?** - This includes heart disease, high BP, vascular abnormalities heart rhythm issues etc. If you have high BP PLEASE bring several community based BP's to your medical. Please bring all consultant notes that you have

**Do you have a lung disorder?** - this includes COPD, asthma, sleep apnea. If you have treated sleep apnea you must bring with you your most recent nCPAP report

**Do you have a sleep disorder?**

**Do you have a mental health/ psychiatric disorder?** If yes please complete a [PHQ 9](#) here and [GAD 7](#) here and bring with you all recent mental health consultations

**Do you have any gastrointestinal disorders?** Colitis, severe abdominal pain, gall stones

**Do you have diabetes?** If you do PLEASE bring all documentation including most recent A1c and community readings / DEXCOM log. You will also be asked about glycemic awareness please review this [here](#)

**Do you have a urinary disorder?** This includes kidney stones

**Have you had past substance use challenges?** MOT medicals are legal documents that require full disclosure of past treated or current substance addiction

**Do you have epilepsy/ seizure?**- If so a FULL neurology consult will be needed

**Do you have any other neurological conditions?**

**Do you have any major muscle joint or other musculoskeletal injuries?**

**Any recent unexplained dizziness or unconsciousness?**

**Any major ear or eye disease?** If you have an ocular condition please bring with you your most recent optometry exam. If you have a hearing loss please bring all past audiometry reports and consultations

**Do you have any haematological conditions?** - such as severe anemia, blood clot disorders, haemophilia

**Do you have a severe speech impediment?**

**Do you have a communicable disease?**- such as TB, HIV, Hep C or other

### **For Pilots**

If you are treated for depression on an SSRI please disclose this and complete a PHQ 9. Please bring all mental health related consults

Please record your 12 month and total flying hours

