HOMELA U.S. COA	ARTMENT OF ND SECURITY ST GUARD Rev. (01-09)	Merchant Mariner Credential Medical Evaluation Report	OMB-1625-0040 Expires 6/30/2012						
	<ul> <li>Detailed guidance on the medical and physical evaluation guidelines for merchant mariner credentials is contained in Navigational and Vessel Inspection Circular (NVIC) 4-08.</li> </ul>								
		tion is also available at the National Maritime Center (NMC) Homeport website at: <u>cg.mil/mmcmedical</u>	:						
		tion can also be obtained from NMC at: Commanding Officer, National Maritime ( , WV 25404 or 1-888-I-ASK-NMC (1-888-427-5662)	Center, 100 Forbes						
		Who must submit this form?							
		ing an original, renewal or raise-in-grade credential are required to complete this ion is not submitted within the past 3 years) and submit it to the U.S. Coast Guard							
► G	uidance for re	quired submission of this form is contained in Enclosure (1) of NVIC 4-08.							
		Instructions for Applicants							
		required to provide the applicant information in section I, medication information in nedical conditions in Section IV.	Section III, and						
pr	Applicants are required to sign and date the certification in section I of this form attesting, subject to criminal prosecution under 18 USC § 1001, that all information reported is true and correct to the best of their knowledge and that they have not knowingly omitted or falsified any material information relevant to this form.								
► A	pplicants shou	Id also complete the release in section II of this form.							
		Privacy Act Statement							
		United States Code (U.S.C) 552a(e)(3), the following information is provided whe o the United States Coast Guard.	en supplying						
1.	Authority for s 8703(b), 9102	solicitation of the information: 46 U.S.C. 2104(a), 7101[c]-(e), 7306(a)(4), 7313[c]( 2(a)(5).	(3), 7317(a),						
2.	a. To deterr b. To ensur	oses for which information is used: nine if an applicant is physically capable of performing their duties. e that a duly licensed or certified Physician (MD or DO) / Physician Assistant / Nu the applicant's physical examination/certification and to verify the information as							
3.	<ul> <li>a. This form requirem</li> <li>b. The infor investigation</li> <li>c. This information</li> </ul>	uses which may be made of this information: In becomes a part of the applicant's file as documentary evidence that regulatory p ents have been satisfied and that the applicant is physically competent to hold a c mation becomes part of the total credential file and is subject to review by Federa tors. Imation may be used by the United States Coast Guard and an Administrative Law ing causation of marine casualties and appropriate suspension and revocation ac	credential. I agency casualty w Judge in						
4.	Disclosure of credential.	this information is voluntary, but failure to provide this information will result in no	n-issuance of a						
displays this form suggest	An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a valid OMB control number. The United States Coast Guard estimates that the average burden for completing this form is 20 minutes. You may submit any comments concerning the accuracy of this burden estimate or any suggestions for reducing the burden to the Commandant (CG-543) United States Coast Guard. 2100 2nd Street SW. Washington, DC 20593-0001.								

### **General Instructions for Medical Practitioner**

- 1. The Coast Guard requires a physical examination and certification be completed to ensure that mariners:
  - Are of sound health.
  - Have no physical limitations that would hinder or prevent performance of duties (see below).
  - Are free from any medical conditions that pose a risk of sudden incapacitation, which would affect operating, or working on vessels.
- 2. The medical practitioner must ensure a complete history and physical are conducted and make recommendations as to the fitness of the applicant. Final approval of the mariner's status rests with the U.S. Coast Guard.
- 3. All examinations, tests and demonstrations must be performed, witnessed or reviewed by a physician (Medical Doctor (MD) or Doctor of Osteopathy (DO)) or nurse practitioner or a certified physician assistant licensed by a State in the U.S., a U.S. possession, or a U.S. territory. The verifying medical practitioner (VMP) who performed the examination must complete sections III, IV, VII, VIII, and IX of this form.
- 4. Detailed guidelines on medical conditions subject to further review are contained in NVIC 4-08 encl (3). Medical practitioners should be familiar with the guidelines contained within this document. NVIC 4-08 may be obtained from <a href="http://www.uscg.mil/hq/cg5/nvic/2000s.asp#2008">http://www.uscg.mil/hq/cg5/nvic/2000s.asp#2008</a> or by calling the nearest USCG Regional Examination Center, or the National Maritime Center (<a href="http://http://homeport.uscg.mil/mmcmedical">http://http:/
- 5. Verification of medications in section III of this form includes questioning the applicant about any medications or other substances reported, reviewing relevant medical conditions to determine if the applicant has omitted any medications or other substances, and affirmatively reporting any omitted current medications or other substances where required.
- 6. All applicants who require a general medical examination must be physically examined by the verifying medical practitioner.
- 7. The verifying medical practitioner is not required to perform or witness every examination, test or demonstration. These may be referred to other qualified practitioners; however, they must be reviewed to the satisfaction of the verifying medical practitioner. The last page of this form contains a certification that the general medical examination, vision and hearing tests, as well as the physical demonstration of competence as appropriate, have been performed, witnessed or reviewed to the satisfaction of the verifying medical practitioner. Applicants who are required to complete a general medical examination are also required to complete vision tests, and they may be required to complete hearing tests and/or demonstrations of physical competence as appropriate. The verifying medical practitioner must sign and date the certification where indicated. This signature attests, subject to criminal prosecution under 18 USC § 1001, that all information reported by the verifying medical practitioner is true and correct to the best of his/her knowledge and that the verifying medical practitioner has not knowingly omitted or falsified any material information relevant to this form.
- 8. If the verifying medical practitioner is unable to determine the applicant's physical ability, the applicant should be referred to another healthcare provider who can properly evaluate and test physical abilities.

## Instructions for Providing Proof of Identity

Applicants shall present acceptable proof of identity to the medical practitioner conducting examinations.

Medical practitioners must verify the identity of applicants before conducting examinations.

- Proof of identity shall consist of one current form of valid government issued photo identification.
- The following credentials are examples of acceptable proof of identity:

Unexpired official identification issued by a federal, State, or local government or by a territory or possession of the United States, such as a passport, U.S. driver's license, U.S. military ID card or Merchant Mariner's Document/Merchant Mariner Credential.

Section I - Applicant Information								
Last Name:	First Name:		Middle Name:	Suffix: (Jr., Sr., III)				
A								
<u>Age</u> :	Date of Birth (MM/	'DD/YYYY):	Social Security Number:					
Арр	Applicant Certification <i>(to be signed by applicant)</i>							
My signature below attests, subject and correct to the best of my known relevant to this form.								
Date:	Printed Name:							
	<u>Signature:</u>							
How do you wish to be contacted?	(phone, e-mail, lett	ter, fax) Plea	ase include contact informati	on below:				
	0	ian II - Dal						
	Sect	ion II – Rel	lease					
I hereby authorize the verifying n release to, or discuss with author regarding any physical or medica the Coast Guard should issue a	rized Coast Guard p al condition that may	bersonnel, any y require revie	y pertinent information in his w by the Coast Guard prior	/her possession				
I understand that this authorization is voluntary. I also understand that failure to provide authorization could affect the Coast Guard's ability to make a timely determination as to whether the Coast Guard should issue me a credential(s) for maritime service. This authorization will remain in effect until the Coast Guard determines whether to issue me the requested credential(s) for maritime service, but no longer than one year.								
I have read and understand the f	ollowing statement	about my righ	nts:					
<ul> <li>I may revoke this authorization writing, but the revocation will</li> </ul>								
Upon request, I may see or co	py the information of	described in t	his release.					
I am not required to sign this r	elease to receive m	ly medical eva	aluation.					
Applicant:								
<u>Name (Printed):</u>		<u>Signature:</u>		Date:				

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### Section III - Medications (must be completed by applicant and reviewed by verifying medical practitioner)

Credential applicants who are required to complete a general medical exam are required to report all prescription medications prescribed, filled or refilled and/or taken within 30 days prior to the date that the applicant signs the CG-719K. In addition, all prescription medications, and all non-prescription (over-the-counter)

medications including dietary supplements and vitamins, that were used for a period of 30 or more days within the last 90 days prior to the date that the applicant signs the CG-719K or approved equivalent form, must also be reported.

The information reported by the applicant must be verified by the verifying medical practitioner or other qualified medical practitioner to the satisfaction of the verifying medical practitioner to include the following two items.

- 1. Report all medications (prescription and non-prescription), dietary supplements, and vitamins.
- 2. Include dosages of every substance reported on this form, as well as the condition for which each substance is taken.

Additional sheets may be added by the applicant and/or qualified medical practitioner if needed to complete this section *(include applicant name and date of birth on each additional sheet).* 

### If none, check "NONE."

NONE

# Section IV - Certification of Medical Conditions (must be completed by applicant and reviewed by verifying medical practitioner)

Applicants must report their relevant medical conditions to the best of their knowledge, and the verifying medical practitioner must verify the medical conditions, using the table below. Check "yes" if the applicant has had a previous diagnosis or treatment of the condition by a healthcare provider, or if the applicant is currently under treatment or observation for the condition, or if the condition is present regardless of treatment.

If the verifying medical practitioner, or any other health care provider to the satisfaction of the verifying medical practitioner, discovers a condition not reported by the applicant, he/she must check "yes" in the appropriate block and explain in the remarks.

The verifying medical practitioner must address all reported relevant conditions in detail in this Section. This detailed explanation should include, at a minimum, identification of the condition, approximate date of diagnosis, any limitations, whether the condition is controlled, the prognosis and any additional information as appropriate, referring to the evaluation data listed in enclosure (3) of NVIC 4-08 for each condition.

Additional sheets may be added by the applicant and/or verifying medical practitioner if needed to complete this section of the form. *(include applicant name and DOB on each additional sheet).* 

## To the best of the applicant's knowledge, does the applicant have, or have ever suffered from, any of the following?

If YES, the applicant must PROVIDE THE TEST RESULTS AND/OR RECORDS AS INDICATED, referring to the evaluation data listed in enclosure (3) of NVIC 4-08 for each condition. Documentation of evaluation data specified in this table for all applicable medical conditions potentially requiring further review should be submitted with each application, unless otherwise specified by the NMC. Mariners, including first class pilots and those individuals "serving as" pilots (as well as Great Lakes pilots) who are required to submit annual physical examinations to the Coast Guard, may be issued a letter by the NMC specifying the extent of the evaluation data, if any, that should be submitted to the Coast Guard for any medical conditions that have been previously reported to, and evaluated by, the NMC.

The verifying medical practitioner shall make comments on all answers marked "yes" on the following page for which no evaluation data has been submitted. If known to the VMP, the VMP may comment that a condition has been previously reported on a prior CG-719K, but only for those CG-719Ks submitted after December 31, 2008, and only for those conditions which have not changed since the condition was previously reported on a prior CG-719K.

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1.	Identify t	the Con	ditio	<b>n</b> 3.	Is Condition Co	ntrolled	1?		5.	Prognosis
2.	List Any	Limitati	ions	4.	Approximate Da	te of D	iagnos	is	6.	Additional Information
2.	1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14.			Ear surgery, Hearing loss, he Impaired speech Deformities of fa Open tracheoste Poor vision History of eye st Abnormal color Glaucoma Asthma Emphysema or Collapsed lung/ Irregular heart b	earing aid n or stuttering ace omy isease or injury urgery vision COPD pneumothorax eat	45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58.			Kidney s Protein/s Back sur Ruptured Fractures Limitation Bone or Dislocate Recurrer Swollen Arthritis o Trick or I Amputati Carpal tu	tones sugar/blood in urine gery or injury d/herniated disc s requiring surgery n of any major joint joint surgery ed joint nt neck or back pain or painful joint or bursitis locked knee ion or prosthesis unnel
	15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25.			Heart murmur o Chest pain or an Heart attack/ my Congestive hea Heart surgery/st Pacemaker or d Any other heart High blood pres Aneurysm or blo Pulmonary emb Gastrointestinal	r valve replacement ngina yocardial infarction rt failure tent/angioplasty efibrillator condition sure/hypertension ockages olus or blood clots bleeding or ulcers	59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69.			Difficulty Sciatica Other bo Motion/s Impaired Vertigo c Numbne Head inju Seizures Recurrer Narcolep	walking or climbing or nerve pain ine/joint disorder ea sickness I balance, or balance disorder or difficulty or dizziness ss or paralysis ury or skull fracture c or epilepsy in headaches bsy
	26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38.			Crohn's disease Hepatitis or jaur Gallbladder prol Intestinal surger Any form of can Anemia Hemophilia or p Any other blood Thyroid disease Diabetes HIV or AIDS Lymphoma or le Tuberculosis	olems or stones y cer olycythemia disorders	70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82.			Stroke of Brain tun Other bra ADD, AE Depressi History of Schizoph Anxiety Alcohol of	leg spells or loss of consciousness r TIA nor ain or nerve disease DHD, or bipolar ion of suicide attempt

83.

84.

85.

86.

87.

88.

39.

40.

41.

42.

43.

44.

Condition #

<u>Comment</u>

Scleroderma

Lupus

Neurofibromatosis

Skin tumors or cancer

Kidney transplant or dialysis

Kidney disease or cancer

Bedwetting since age 12

Sleepwalking

Sex change

Allergic reactions

Other psychiatric disease or counseling

Any other disease, surgery or hospitalization

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<u>Section V (a) – Visual Acuity</u>									
This section must be completed by the verifying medical practitioner, or any other healthcare provider to the satisfaction of the verifying medical practitioner see encl <u>5 of NVIC 4-08</u> . Additional information must be reported in Section VII. If corrective lenses are required to meet the standard, both corrected and uncorrected vision must be tested.									
Distant l	Distant Uncorrected Distant Corrected To Field of Vision								
Right:	20 /	Right: 20	/	This applicant must have a <b>100</b> -degree				mal	
Left:	20 /	Left: 20	/	horizontal field of v		Abnormal			
	Section V (b) – Color Vision								
acceptable:	g color sense testi			Titmus Visio plates)	n Tester / Ol	PTEC 200	0 – (No err	ors on six	
	965) – (6 or fewer RR (2 <sup>nd</sup> Edition) –	•		Farnsworth I booklet.	Lantern (colo	ored lights)	Test per in	nstruction	
🗌 Richmo	ond (1983) – (6 or f	ewer errors)		Optec 900 (c	colored lights	s) Test per	instruction	booklet.	
	a pseudoisochroma ors), 24 plate (6 or ors)			An alternativ (indicate test	ve test appro				
	g medical practition Section VII. Color			id results (number of ne) are prohibited.	errors). Add	ditional info	ormation m	ust be	
Color	Vision: No	rmal Color Visior	At	onormal Color Vision					
	Nu	mber of Errors _							
	Section VI – Hearing								
Normal Abnorm <u>al</u> Hearing Hearing <u>Aid</u> Required									
	Normal					Hearing A	id Require	d	
If also arread b			Abnorn	nal Hearing				d	
An applicant discriminatio appropriate, abnormal or	nearing or hearing with normal hearing n test. The verifyi determines wheth a hearing aid is re	ng does not need ng medical practi er the audiometer quired, refer to er	Abnorn orm audiogr to complete ioner, in cor r and/or func nclosure (5)	ram or functional spe e either the audiometensultation with any ot stional speech discrin of NVIC 4-08 for guid	ech discrimi er test or the her healthca nination tests dance.	nation test functional re provide s are nece	l speech r he/she de ssary. If h	eems hearing is	
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## Section VII (a) - Physical Information

This section to be completed by the verifying medical practitioner, or other medical staff to the satisfaction of the verifying medical practitioner. Additional information must be reported in Section VII.

Height (inches only):	<u>Weight</u> (lbs):	Body Mass Index (BMI):	<u>Gender:</u>
Pulse Resting:	Initial Blood Pressure:	Repeat Bloo	d Pressure (if needed):

Section VII (b)– Physical Exam (must be completed by verifying medical practitioner)								
#	Normal	Abnormal	System/Organ	#	Normal	Abnormal	System/Organ	
1.			Head, Face, Neck, Scalp	10.			Skin	
2.			Eyes / Pupils / EOM	11.			Lymphatic	
3.			Mouth And Throat	12.			Neurologic	
4.			Ears / Drums	13.			Vascular System	
5.			Lungs And Chest	14.			Genital-Urinary System	
6.			Heart	15.			Hernia	
7.			Abdomen	16.			Missing extremities / Digits	
8.			Upper / Lower Extremities	17.			General / Systemic	
9.			Spine / Musculoskeletal					

Please make numbered comments on abnormal systems/organs:

## Section VIII - Demonstration of Physical Ability (to be completed by the verifying medical practitioner)

- If the examining medical practitioner doubts the applicant's ability to meet the guidelines contained within this table, and for all applicants with a Body Mass Index (BMI) of 40.0 or higher, the practitioner shall require that the applicant demonstrate the ability to meet the guidelines. This does not mean, for example, that the applicant must actually don an exposure suit, pull an uncharged 1.5 inch diameter 50' fire hose with nozzle to full extension, or lift a charged 1.5 inch diameter fire hose to fire fighting position. Rather, the medical practitioner may utilize alternative measures to satisfy himself or herself that the applicant possesses the ability to meet the guidelines in the third column. A description of the methods utilized by the medical practitioner should be reported in Section IX.
- All practical demonstrations, if required, should be performed by the applicant without assistance. Any prosthesis normally worn by the applicant, and other aid devices, may be used by the applicant in all practical demonstrations except when the use of such items would prevent the proper wearing of mandated personal protection equipment (PPE).

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If the verifying medical practitioner is unable to conduct the practical demonstration, the applicant should be referred to a competent evaluator of physical ability. The Coast Guard recognizes that all medical practitioners may not have the equipment necessary to test all of the tasks as listed. Equivalent alternate testing methodologies may be used. For further information, see enclosure (2) of NVIC 4-08.

If the applicant is unable to perform any of the following functions, the examining practitioner should provide information on the degree or the severity of the applicant's inability to meet the standards. The results of any practical demonstration or attendant physical evaluation should be recorded in the Section IX.

List of tasks considered necessary for performing ordinary and emergency response shipboard functions:						
<u>Shipboard Tasks,</u> <u>function, event or</u> <u>condition:</u>	Related Physical Ability:	The examiner should be satisfied that the applicant:				
Routine Movement on slippery, uneven, and unstable surfaces.	Maintain Balance (equilibrium).	Has no disturbance in sense of balance.				
Routine access between levels.	Climb up and down vertical ladders and stairways.	Is able, without assistance, to climb up and down vertical ladders and stairways.				
Routine movement between spaces and compartments.	Step over high door sills and coamings, and move through restricted accesses.	Is able without assistance, to step over a door sill or coaming of 24 inches (61 centimeters) in height. Able to move through a restricted opening of 24 inches.				
Open and close watertight doors, hand cranking systems, open/close valve.	Manipulate mechanical devices using manual and digital dexterity, and strength.	Is able, without assistance, to open and close watertight doors that may weigh up to 55 pounds (25 kilograms). Should be able to move hands/arms to open and close valve wheels in vertical and horizontal directions; rotate wrists to turn handles. Reach above shoulder height.				
Handle ship's stores.	Lift, pull, push, and carry a load.	Is able, without assistance, to lift at least a 40 pound (18.1 kilogram) load off the ground, and to carry, push or pull the same load.				
General vessel maintenance.	Crouch (lowering height by bending knees); kneel (placing knees on ground); and stoop (lowering height by bending at the waist). Use hand tools such as spanners, valve wrenches, hammers, screwdrivers, pliers.	Is able, without assistance, to grasp, lift and manipulate various common shipboard tools.				
Emergency response procedures, including escape from smoke- filled spaces.	Crawl (the ability to move the body with hands and knees); feel (the ability to handle or touch to examine or determine differences in texture and temperature).	Is able, without assistance, to crouch, keel and crawl, and to distinguish differences in texture and temperature by feel.				
Stand a routine watch.	Stand a routine watch.	Is able, without assistance, to intermittently stand on feet for up to four hours with minimal rest periods.				
React to visual alarms and instructions, emergency response procedures.	Distinguish an object or shape at a certain distance.	Fulfills the eyesight standards for the merchant mariner credential(s) applied for. See footnote 1 of this table & enclosure (5) of NVIC 4-08.				
React to audible alarms and instructions, emergency response procedures.	Hear a specified decibel (dB) sound at a specified frequency.	Fulfills the hearing capacity standards for the merchant mariner credential(s) applied for.				
Make verbal reports or call attention to suspicious or emergency conditions.	Describe immediate surroundings and activities, and pronounce words clearly.	Is capable of normal conversation.				
Participate in firefighting activities.	Be able to carry and handle fire hoses and fire extinguishers.	Is able, without assistance, to pull an uncharged 1.5 inch diameter, 50' fire hose with nozzle to full extension, and to lift a charged 1.5 inch diameter fire hose to fire fighting position.				
Abandon ship.	Use survival equipment.	Has the agility, strength and range of motion to put on a personal flotation device and exposure suit without assistance from another individual.				

Date of Birth:

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Section IX – Verifying Medical Practitioner Recommendation								
Recommended Competent	Not Recommended Con	npetent <i>(explain in</i> <i>comments)</i>		Needing Further Review (explain in comments)				
<u>Comments on</u> <u>Recommendation:</u>								
Verifying Medical Practitioner:								
This signature attests, subject to criminal prosecution under 18 USC § 1001, that all information reported by the verifying medical practitioner is true and correct to the best of his/her knowledge and that the verifying medical practitioner has not knowingly omitted or falsified any material information relevant to this form.								
<u>Name (Printed):</u>		<u>Signature:</u>						
		<u>Date:</u>						
License Number:		Office Address, C	ity, State,	Zip Code:				
Office Telephone:								

U. S. Dept. of Homeland Security, USCG, CG 719K, Rev. 01-09

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