

MEDICAL EXAMINATIONS FOR ASCENTS TO HIGH ALTITUDES
(> 2,500 mtrs.)
ANEX 16 A

PERSONAL INFORMATION

Last names and names: _____
 Identification document: _____
 Date of birth: _____ Age: _____ years old.
 Address: _____
 Employer: _____
 Activity to be performed: _____
 Vital signs: Heart rate: _____ x min. Blood pressure: _____ / _____ mmHg
 Breathing rate: _____ x min. BMI: _____ Kg/mt² O2 Sat: _____ %

The patient had presented in the last 6 months the following conditions:

	YES	NO
Recent major surgery		
Coagulation disorders, thrombosis, others		
Diabetes Mellitus		
High blood pressure		
Pregnancy		
Neurological diseases: epilepsy, vertigo, others		
Recent infections (from moderate to severe)		
Obesity		
Heart diseases: pacemaker, coronary artery disease, others		
Respiratory diseases: asthma, COPD, others		
Eye diseases: retinopathy, glaucoma, others		
Digestive disorders: gastrointestinal bleeding, hepatitis, cirrosis, others		
Sleep apnea		
Allergies		
Another important medical condition:		

Actual use of medications:

I declare that the answers given in this document are true and I am aware that hiding or falsifying information can cause me harm, so I assume full responsibility for it.

Patient's Signature

According to the declaration of the patient I certify that he/she is _____ to ascend to high altitudes (more than 2,500 m.s.), however, I do not assure the performance during the ascent or during his/her stay.

Observations:

PHYSICIAN'S INFORMATION

Last names and names: _____
 Address: _____
 College ID: _____ Date: _____ Signature _____

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MEDICAL EVALUATION GUIDELINES

I. PHYSICAL AND AUXILIARY EXAMINATIONS

- Physical examination of the cardiovascular system and the lungs.
- Everyone must have complete blood count, hemoglobine and hematocrit results.
- Everyone who is 45 years old or older must have an electrocardiogram.
- Basal glucose and glycosylated hemoglobin should be taken by all diabetics.
- In case of clinical suspicion of any pathology that could endanger the health of the patient that must ascend to 2500 m. or more, request an interconsultation with the corresponding specialist.

II. CLINICAL CONDITIONS THAT NEED OF ONE OR MORE ADDITIONAL STUDIES TO DETERMINE MEDICAL APTITUDE

- a. Mild Anemia*
- b. Heart Failure FC I y II
- c. Valvulopathy FC I y II.
- d. Uncontrolled arterial hypertension
- e. Polycythaemia with plethora
- f. Patients with coronary revascularization or stent
- g. COPD
- h. Pulmonary hypertension
- i. BMI between 35 y 39.9 Kg/m²
- j. Other cardiac pathologies (controlled and certified by a cardiologist)
- k. Heart rhythm disorders
- l. Pneumonectomy
- m. Restrictive spirometric pattern of any cause

III. ABSOLUTE CONTRAINDICATIONS FOR ASCENTS TO ALTITUDES GREATER THAN OR EQUAL TO 2500 mtrs.

- Heart failure Functional Class III or more
- Valvulopathy Functional Class III or more
- Acute myocardial infarction in the last three months
- Stroke in the last 3 months
- Presence of unstable angina
- Epilepsy
- Pregnancy (week 28 onwards)
- Moderate Anemia*
- Severe COPD
- BMI more or equal than 40 Kg/m²
- Presence of pacemaker
- Uncontrolled Diabetes mellitus
- History of cerebral venous thrombosis
- Recent major surgery
- Obstructive hypertrophic cardiomyopathy
- Hepatic cirrhosis
- Deep venous thrombosis (last 6 months)

* Consider the values of the World Health Organization