

## **NOTES ON MEDICAL SCREENING FOR POTENTIAL RECRUITS**

### **INTRODUCTION**

1. The medical screening process of central selection is designed to select those potential recruits (PR) who are healthy and have no medical conditions that prevent service in British army.
2. These notes provide guidance to PRs on some medical conditions that are excluded. This list is neither exclusive nor exhaustive but provides a guide to PRs and their advisors on the necessary medical standards for entry.
3. This guide also provides PRs advice on how best to prepare for the medical screening process of central selection and how to avoid some of the pitfalls that have occurred in previous years.
4. During the medical screening process you will be asked for information about illnesses, operations or other medical conditions you have had in your life. Please ask your parents, carers or doctors for information about your health during childhood and be prepared to discuss this information with medical staff. If you have any significant medical condition (previous diseases or operations) please bring medical documentation with you if you have it.
5. You will sign the medical documentation confirming that what you tell us is true and correct.
6. If it is discovered that you have withheld, falsified or given incorrect information you will be deselected during the recruiting process.
7. If it is discovered that you have withheld, falsified or given incorrect information after successful recruitment into the British Army you will be subject to disciplinary action including discharge from the British Army.
8. Presenting to the medical selection process implies consent to medical examination and investigation to confirm your medical status.
9. A number of tests are performed by the medical services within the camp to decide on the medical fitness of each candidate. These results are binding and a decision by the medical services is final. It is possible (although unusual) for candidates to have normal medical checks privately before central selection but abnormal results during the medical phase leading to deselection. We do not consider the results of tests or examinations conducted by other doctors.

10. We are aware that many PR's pay to be medically examined prior to central selection. The commonest reasons for instant 'medical fails' at central selection are heart conditions, abnormal chest x rays and perforated / abnormal ear drums. It is difficult to advise whether PRs should / not be examined prior to central selection. As stated it is only our examinations and testings that count, not whether a PR has previously been passed fit by another doctor. If PRs are determined to pay for a medical check before central selection then basic examination, including ears, heart, lungs and a urine check are the most worthwhile.

## **GENERAL NOTES**

### **11. Urine Testing.**

- a. Urine is tested for sugar, blood and protein on the first day of Central Selection.  
Hard and strenuous physical activity can sometimes produce blood or protein in the urine.
- b. Candidates are advised not to undertake strenuous physical activity for 3 days before testing.
- c. Sugar can appear in the urine if one takes a large amount of sugar or sugary foods.  
Candidates are advised not to take large amount of sugar in their diet for 3 days before testing.

### **12. Ears.**

- a. We will examine ears and perform a hearing test.
- b. We will syringe ears to clear any earwax if this is necessary.
- c. Loud noise will reduce hearing levels temporarily. Please refrain from listening to any loud sounds (music, industrial machinery, motorbikes) three days before testing.
- d. If you do have your ears syringed before selection please ensure this is done correctly by a qualified practitioner. Please do not use cotton buds to clean ears.

### **13. Surgery.**

- a. If you have had any surgical procedure in the last 3 years please bring original documentation to describe this surgery. Examples are hernia repair, appendectomy or ear operation.

b. In general one year should have passed following surgical operation before coming to central selection. If you do not have documentation, and your scars look recent, you may be deselected.

c. You should be able to do three months strenuous physical activity compatible with military training after your surgery before attending for central selection.

14. **Vaccination.** If you have had any vaccination during your lifetime please bring evidence or documentation of this to central selection.

15. **Chest X-Ray.** Screening for tuberculosis is undertaken by chest X-ray at central selection. Any signs of tuberculosis on chest X-ray will be rejected. The xrays are read by a senior UK military radiologist (xray consultant). TB signs on an xray do not change with time. Candidates who have previously been deselected for abnormal xrays should not waste their time and money reapplying.

16. **Medical Screening Process.** The medical screening process includes clinical examination and medical investigations to identify any abnormalities. The criteria for de-selection on medical grounds are listed.

	ABNORMALITY	DESELECTION CRITERIA
Urine	Blood Glucose Protein	Any persistent abnormality
Colour Vision		Any defect in colour vision
Visual acuity		A minimum of 6/6 R and 6/9 L eye
Fundoscopy		Any vascular or retinal abnormality
Chest X-Ray	Tuberculosis	Any indication of tuberculosis disease Any other major abnormality
Audiogram (Hearing Test)		Any significant abnormality
Ears	Ear drum	Any active perforation Any perforation which shows poor or reduced healing Major ear drum scarring (Minor scarring from previous otitis media or simple childhood ear infection is permissible)
Teeth		Any major dental carries or obvious dental abnormality
Heart	Any murmur or abnormal heart sound	Further investigation with echocardiogram. Any vascular structural abnormality such as aortic stenosis or regurgitation.
Blood Pressure		Persistent reading above 140/90

Lungs		Any evidence of active lung disease Note – asthma must be free of symptoms and treatment for 4 years prior to selection (occasional treatment using salbutamol during respiratory infection is permissible)
Peak Expiratory flow rate	Lung function	Any persistent abnormality or reduction in function following exercise
Abdomen	Hernia	Any hernia in the inguinal area (Past hernia repair should be more than one year prior to selection)
Testes		Any testes or significant scrotal swelling such as hydrocele or varicocele
Knees		Any deformity or abnormal knee function
Feet		Any foot deformity such as claw foot (Flat feet (pes planus) is permissible)
Skin		Any significant skin disorder such as severe acne or dermatitis
Back		Any spinal or back surgery
Height		Minimum of 160cm
Weight		Minimum of 50 kg
Musculoskeletal		Any deformity of upper or lower limbs (e.g. from previous fracture or abnormal shape)
General		Acute infections