VANDERBILT UNIVERSITY

MEDICAL CENTER

Vanderbilt Merchant Mariner Wellness Program

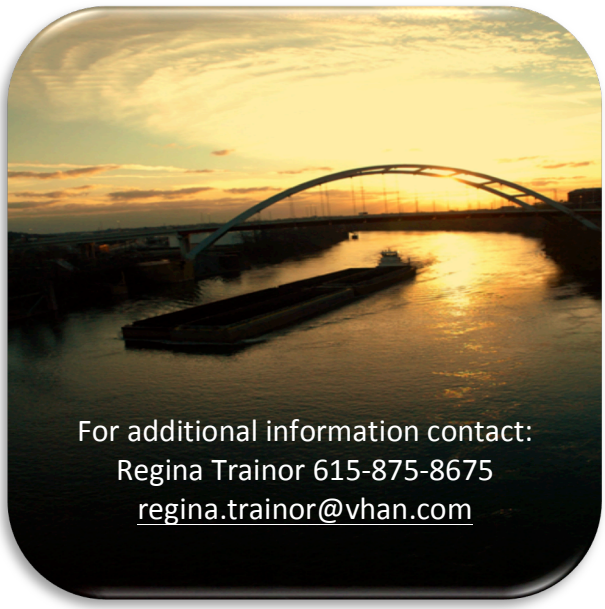
Our goal is to identify risk factors and promote lifestyle changes that lead to optimal health, wellness, and safety for the mariner. Our data indicates positive outcomes in the areas of tobacco use, blood pressure, total cholesterol, blood sugar, and overall fitness.

Our relationship with the National Maritime Center began in 2003. This program supports the United States Coast Guard NVIC medical guidelines affecting the mariner credentialing. Vanderbilt physicians assisted with the upgrading of the NVIC medical guidelines (2007). Our staff participates in industry related task forces including MAREC, MERPAC, and MMMAC. The program standardizes the process to ensure the CG719K is complete and accurate, and that all amplifying information is submitted with the original application.

We are the acting liaison between the mariner, the NMC, and the primary care physician when amplifying medical information is requested to satisfy medical waiver requirements.

To assure that all mariners are fit for duty and remain competent to meet the credentialing requirements, they are evaluated and assessed every 2 ½ years so any issues that would jeopardize renewal can be addressed and satisfied.

Components of Evaluation

- Nursing Assessment and Review
  - Fasting lab work
    - CBC with Platelets
    - Lipid Panel
    - Comprehensive Metabolic Panel
    - Dipstick Urinalysis
    - PSA (males over 50)
    - Additional labs as indicated (i.e., Hgb A1C)
  - Visual Screening
    - Acuity
    - Color perception
    - Depth perception
  - Audiometry Screening (sound proof booth)
- Chest X-ray
- Exercise Treadmill Test (report and interpretation)
  - Required for pilots and captains to screen for heart disease and assess fitness level (abnormal results may require additional tests)

- Fitness Testing and Feedback
  - Upper and lower body strength
  - Flexibility (sit and reach)
  - Abdominal strength (timed sit ups or curl ups)
  - Body fat composition
  - BMI
- Thorough Medical History Review and Comprehensive Physical Exam
  - Review of all results
  - Referrals and physician recommendations
  - Complete CG 719K (if indicated)
- Wrap-up with Nurse/Health Coach
  - Review medical status, medications, risk factors, lifestyle practices, readiness for change, and barriers to change
  - Copies of test results (shared with PCP if requested)
  - Individualized support to a positive approach for lifestyle changes
  - Coaching session
- Ongoing Health Coaching Relationship
  - On-going contact (for support and accountability)
  - Review goals (short term and long term)
  - Monitor progress
  - Refer to other health care providers on team
    - Registered Dietitian
    - Exercise Specialist
    - Health Psychologist
- Appointment with the Vanderbilt Sleep Clinic (if requested) - Insurance
  - Screen for sleep deprivation and fatigue
- Approximately 2 weeks after appointment, mariner receives personalized letter from physician.
- Pre - employment Drug Testing (kit supplied by employer)
- Referrals to other health care professionals as indicated