

**Sudan
Volunteer
Programme**

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Confidential: Fitness & Inoculation Report

Dear Volunteer ,

You should fill in the blanks in this form on this side before handing it to your doctor along with a stamped envelope addressed to SVP. Please be sure to give your doctor a complete and accurate account of your medical history and to sign the declaration below.

Name in full

Date of birth

Sex M / F

Home address

Name & address
of examining Doctor

I declare that I am prepared to accept the results of this report and that the details of this examination may be revealed to SVP's Medical Adviser who may make further enquiries in confidence with any medical authority which I have attended.

Signed by the Volunteer

date

To the examining Doctor

Dear Doctor,

SVP is a small voluntary organisation which depends on volunteers finding much of their own finance for our work. We are very grateful to those doctors who are able to waive or reduce their fee (which is payable by the volunteer) for this examination and advice. A detailed physical examination is not looked for but we do need to know that the volunteer is healthy and fit for this work.

SVP volunteers will be working mostly indoors in northern Sudan where temperatures may be up to 45°C and conditions occasionally dusty.

Malaria prophylaxis with Lariam has had undesirable side effects with some of our volunteers and the London School of Hygiene & Tropical Medicine* has now dis-recommended Proguanil and Chloroquine: they suggest Malarone or Doxycycline. Doxycycline (100mg daily) is reasonably cheap in Sudan while Malarone is not available. Following diagnosis, treatment available in Sudan is by ACT (Artemisinin Combined Therapy), widely available.

Please make any comment on the form that you think may be relevant. We need to know of previous infections such as HIV and Hepatitis C and how they have been treated. All information you give will be treated in confidence.

Many thanks for your help.

Sudan Volunteer Programme

* London School of Hygiene & Tropical Medicine website <http://www.malaria-reference.co.uk>

Medical history: has the patient ever had problems with any of the following? Tick if normal or no problem.

Frequent coughs, colds , sinusitis

Ear infections

Asthma, hay fever or sensitivity

Digestive problems

Arthritis

Kidney or bladder problems

Back problems

Dehydration incidents

Migraine or recurring headaches

Skin problems

Nervous or mental disorders

Serious accident

Major operations

Hearing problems

Anorexia/ bulimia

Recent dental check up

Tuberculosis or other chest problems

Continuing medical treatment

Sexually or blood transmitted diseases
eg HIV, Hepatitis C

Comments

Physical Condition - please tick if normal

Weight BMI

General physique

Cardio-vascular system

Central nervous system

Hernia

Abdomen

Teeth & mouth

Eyes & pupils

Musculo-skeletal

Skin

Pulse / blood pressure

Urine analysis

Inoculations

Date

Comments

Polio/Tetanus/Diphtheria

Meningitis (type A meningococcal vaccine)

Typhoid

Hepatitis A & B

Anti- Malarial recommendation

I believe the person reported on has no history of HIV or Hepatitis C and is healthy and fit to work with SVP.

Signed

Stamp or name in capitals