



The requirements for a military commission include medical standards of fitness.

Appendix A

Physical and Security Requirements for Admission to the F. Edward Hébert School of Medicine

Section I: Physical Standards

Requirements for a military commission include medical standards of fitness. These requirements are contained in the Department of Defense Instruction 6130.4 (April 2004) and are used by the Department of Defense Medical Examination Review Board (DODMERB)—the agency responsible for scheduling and evaluating physical examinations. This scrutiny ensures that an applicant does not have a physical or mental condition that would preclude or be aggravated by his or her participation in the academic and military duties encountered during training at the USUHS or be an impediment to shipboard or field duty after graduation.

Major medical considerations are summarized below so that an applicant can consult with his or her physician and dentist to see whether basic physical requirements for admission to USUHS are met. This is not a comprehensive listing of all disqualifying conditions, but rather provides a brief and general guide to help students determine medical eligibility.

Each applicant's medical history is reviewed for information on illnesses, injuries, surgical procedures, congenital or familial diseases, or other factors that could affect current or future physical status. Applicants may be asked to provide additional reports and/or records from a physician or hospital.

A potential applicant with a remediable medical or dental condition should have planned corrections completed prior to his or her DODMERB examination. Individuals should not, however, undergo any elective or expensive procedure for the sole purpose of correcting a potentially disqualifying defect without first contacting the USUHS Admissions Office to discuss whether they are otherwise competitive applicants.

Waivers

Some medical requirements can be waived for applicants who are otherwise highly qualified. If an applicant is notified by DODMERB of a disqualifying defect but would still like to be considered for admission, he or she may request a waiver of the disqualifying defect by writing to the USUHS Admissions Office. If application records support the individual's competitive status, admissions office staff members will request that DODMERB prepare a waiver request package. The applicant may be asked by the Office of Admissions to provide amplifying information on the condition in question or to submit a more comprehensive evaluation by a medical specialist. The request is then forwarded to the Assistant Secretary of Defense (Health Affairs) for granting or rejection of the waiver. Members of the admissions staff are available to assist applicants with questions concerning the administrative processing of physical examinations and the waiver process.

Height and Weight Standards

Standards of weight according to height are shown in Table 2. Minimum and maximum height for men and women, measured to the nearest quarter inch without shoes, are 60 to 80 and 58 to 80 inches, respectively. Applicants exceeding the maximum allowable weight are qualified or disqualified based on their percentage of body fat, which is calculated in accordance with service specific regulations. It is a requirement of the University to meet height and weight body fat standards for matriculation and graduation.

Disqualifying Medical Conditions

Eyes and Vision

Applicants who wear glasses or contact lenses should bring them to the examination. Soft contact lenses should not be worn for three days prior to the exam. Hard contact lenses or gas permeable lenses should not be worn for 21 days prior to the exam.

Distant Visual Acuity

Distant visual acuity must be correctable with spectacles (not contact lenses) to at least 20/20 in one eye and 20/400 in the other eye, 20/30 in one eye and 20/100 in the other eye, or 20/40 in one eye and 20/70 in the other eye.

TABLE 2

Height and Weight Standards According to Age, Gender, and Service for Admission to USUHS

Males: Age 21–27				
Height in Inches	Minimum Weight Regardless of Age	Maximum Weight		
		U.S. Army	U.S. Navy	U.S. Air Force
58	98	-	-	-
59	99	-	-	-
60	100	136	-	153
61	102	140	161	155
62	103	144	164	158
63	104	149	167	160
64	105	154	170	164
65	106	159	174	169
66	107	163	178	174
67	111	169	181	179
68	115	174	185	184
69	119	179	188	189
70	123	185	192	194
71	127	189	196	199
72	131	195	200	205
73	135	200	205	211
74	139	206	210	218
75	143	212	215	224
76	147	217	-	230
77	151	223	-	236
78	153	229	-	242
79	157	235	-	248
80	161	240	-	254

Females: Age 21–27				
Height in Inches	Minimum Weight Regardless of Age	Maximum Weight		
		U.S. Army	U.S. Navy	U.S. Air Force
58	88	112	139	126
59	90	116	141	128
60	92	120	144	130
61	95	124	147	132
62	97	129	151	134
63	100	133	155	136
64	103	137	160	139
65	106	141	164	144
66	108	146	168	148
67	111	149	172	152
68	114	154	176	156
69	117	158	179	161
70	119	163	183	165
71	122	167	187	169
72	125	172	-	172
73	128	177	-	179
74	130	183	-	185
75	133	188	-	190
76	136	194	-	196
77	139	199	-	201
78	141	204	-	206
79	144	209	-	-
80	147	214	-	-

Near Visual Acuity

Near visual acuity must be correctable to at least 20/40 (J-6) in the other eye.

Refractive Error

For refractive error, the spherical equivalent must be less than ± 8.00 diopters in each eye; astigmatism greater than 3.00 diopters requires evaluation for keratoconus.

Disqualifying conditions are:

- Radial keratotomy, photo refractive keratotomy, orthokeratology, or any other surgical procedure to correct myopia
- Keratoconous

Ears and Hearing

Hearing acuity is determined by audiometric testing on machines calibrated for ISO or ANSI. An average level of hearing loss greater than 30 db; loss greater than 35 db in any one frequency in the 500, 1000, or 2000 Hz frequencies; loss greater than 45db in the 3000 Hz; or loss greater than 55 db in the 4000 Hz frequency are cause for disqualification, regardless of cause. The following conditions are also disqualifying.

- A history of middle ear surgery (excluding myringotomy)
- Abnormalities of the external or internal ear, unless minor
- Any acute or chronic disease of the external, middle, or internal ear
- Current use of any hearing aids
- Perforated eardrum within 120 days of physical examination or unresolved perforation, including current tubes or myringotomy

Respiratory System and Allergies

History of asthma, recurrent asthmatic bronchitis, exercise-induced bronchospasm, or reactive airway disease by any other name are disqualifying. Additional evaluation is necessary to be considered for a waiver.

Symptomatic nasal polyps, severe hay fever, tuberculosis (active within two years), nasal septal deviation, hypertrophic rhinitis, and other conditions that cause significant reduction of air flow through either nasal passage or that interfere with drainage of any sinus are cause for rejection. Allergy immunotherapy (including treatment for hymenoptera sensitivity, unless established at monthly maintenance levels) does not qualify for waiver consideration.

Nervous System

The conditions below are disqualifying.

- Degenerative disorders such as multiple sclerosis and encephalomyelitis
- Peripheral nerve disorder

- Residuals of trauma
- Paroxysmal convulsive disorders
- Any abnormality of the central nervous system
- Any chronic pain syndrome
- Any history of recurrent severe headaches or migraines within the past three years

Musculoskeletal Systems

The following conditions are disqualifying.

- Ununited fracture
- History of surgery to a major joint within six months
- History of derangement of any major joint not corrected by surgery or evidence of instability subsequent to surgery
- Anterior cruciate/posterior cruciate ligament with or without repair (comprehensive evaluation required if repaired at least 10 months prior to DODMERB examination)
- Retained orthopedic fixation devices (may be evaluated on a case-by-case basis if no longer essential to the structural/functional integrity of the repair)
- Arthritis
- Significant scoliosis
- Symptomatic structural abnormalities of the spinal column
- Herniated nucleus pulposus or history of surgery for this or any other spinal column abnormality

Genitourinary System

Cause for disqualification are diabetes insipidus, persistent hematuria or albuminuria, absence of kidney, horseshoe kidney, diseases of the kidneys, atrophy or absence of both testicles, undescended testicle unless surgically treated, or active genital herpes (symptomatic).

Gastrointestinal System

History of peptic ulcer, gall bladder disease, Crohn's disease (regional enteritis), ulcerative colitis, or any other inflammatory bowel disease even though controlled with diet and/or medication are cause for disqualification.

Neuropsychiatric Disorders

Seizure disorders (except childhood febrile convulsions), degenerative conditions, and vascular or other kinds of recurrent or severe headaches are disqualifying.

History of psychosis, affective illness, personality disorder, eating disorders (i.e., anorexia or bulimia), learning disorders (i.e., attention deficit disorder with or without

hyperactivity), and current use of medication are disqualifying. Current use of any psychotropic or psychoactive drug for any reason is disqualifying.

Skin

The following conditions are disqualifying.

- Eczema of long standing, chronic impetigo (not under control), carbuncles, acne of the face or neck that is so severe as to be unsightly, any history of psoriasis
- Use of accutane until eight weeks after completion of acne therapy
- Pilondial cyst or sinus if evidenced by readily palpable tumor masses, a history of inflammation or of purulent discharge, or inadequate surgical correction or unhealed condition resulting in recurring symptoms

Other Disqualifying Conditions

- Hernias (including abdominal wall) until repaired
- Splenectomy except for trauma, anemia, abnormal bleeding states
- Diabetes mellitus
- Sickle cell disease (sickle cell trait is not disqualifying)
- Any active communicable disease
- Any severe, generalized reaction to stinging insect venom
- Family history of malignant hyperthermia
- Allergy to common foods requiring special dietary considerations
- History of drug abuse or alcohol dependence
- Positive HIV test

Subsequent to commissioning and arrival at the officer basic course (OBC), unconditional acceptees need to take and pass a test for HIV, blood alcohol, and urine. Those individuals (i.e., active and prior service officers) not attending the officer basic course will complete the same testing upon arrival at the USUHS. A confirmed positive result is disqualifying without the possibility of a waiver.

Significant speech impediments, persistent sleepwalking episodes, and severe motion sickness susceptibility are evaluated on an individual basis by each service waiver authority.

Dental Standards

Missing teeth causing reduced masticatory (chewing) or incisal (biting) efficiency must have been replaced by well-designed bridges, partial dentures, or implants, which must also be in good condition. Active orthodontic treatment must be completed prior to matriculation.

Additional conditions that are cause for disqualification include the following: chronic disease of the oral cavity soft tissue; marked malocclusion that requires extensive treatment (including orthognathic surgery) or will, in some other way, jeopardize

dental health; severe apical or periodontal disease; incomplete or unsatisfactory harelip/ cleft palate repairs; tumors or cysts of the oral tissues that can reasonably be expected to require more than simple, surgical excision in the future.

Miscellany

Neither this bulletin nor the Department of Defense Directive (Accession Standards) contains *all* disqualifying conditions. Neither are all the disqualifying conditions listed in these two sources *always* permanently disqualifying. After evaluation by a senior military physician, waivers may be possible if the condition is not so severe as to interfere with an individual's daily participation in rigorous physical training or the wearing of military equipment; nor should it detract from a smart military bearing and appearance. USUHS graduates must be able to perform their professional medical and military duties without functional limitations in both a field environment and aboard ship. The USUHS produces military physicians, not just physicians who happen to wear a military uniform. Physical fitness and ability to function without professional, military, or geographic restrictions are essential.

Section II: National Security Requirements

All applicants who accept an invitation to interview at the School of Medicine must complete forms to undergo a security investigation, which is a criterion for entrance to the School. This requirement applies to all commissioned officers entering the uniformed services and ensures that the military denies admission to individuals who might compromise national security. Individuals who enter the medical school but fail to meet security standards are disenrolled. Although security standards are rigorous, applicants should not be unduly intimidated by them. Only in rare cases have the standards presented an obstacle for individuals who were otherwise qualified for entry to the School of Medicine.

Once applicants are scheduled for an interview at the School, they receive instructions via email for downloading and completing the electronic personnel security questionnaire. The applicant must complete the forms as instructed and submit them to the security office after arriving on campus for interview day. Service members on active duty who have current security clearances must provide verification.

When an applicant receives an unconditional offer of acceptance from the School, the security questionnaire is sent electronically to the Defense Security Service (DSS) to begin the investigation.

A potential student who fails (or refuses) to complete the security questionnaire in its entirety, intentionally fails (or refuses) to sign it, makes entries on it that provide reason to believe that his or her acceptance might not be in the best interest of national security, or otherwise fails (or refuses) to answer any pertinent questions in the course of the official investigation is denied admission to the School.