

## Questions About Medical Standards

### **My BMI is over 27.5 but I am very muscular. Can I still pass?**

Police Medical Standards require a BMI of 27.5 or less. If your BMI is between 27.5 and 30, we will look at other information to determine if you can be cleared, which is a Sum of Skin Folds Test. This can be done at our designated assessor, Konekt. You should discuss this with your family doctor. If you do not meet the standards, your medical will not be accepted until you are within standard.

### **I had a childhood fracture/sprain etc. Do I need an Orthopaedic Report?**

Generally no, unless you have some deformity or impairment of function as a result. Your assessing doctor will help to determine if this is required. You may wish to provide a report from your usual GP about any minor injuries to help speed up your application.

### **I had a shoulder dislocation/ knee reconstruction/back surgery. Can I apply?**

Yes, but all major Orthopaedic injuries will require an Orthopaedic Report and clearance of your medical is not guaranteed.

### **I have low back pain. Can I apply?**

Yes. But you will require an Orthopaedic report and clearance is not guaranteed.

### **I had childhood asthma. Do I need a report from a Respiratory Specialist?**

Not necessarily. If you had childhood asthma and have required no treatment for a number of years a GP report will suffice. You will still need to undergo a bronchial provocation test that your GP can organise. We will require a copy of these results. Should these results be abnormal you will need a specialist report.

### **I take medication for asthma. Can I apply?**

Yes. If your asthma is well-controlled on medication you can still clear your medical. You will require a report from a respiratory specialist and a bronchial provocation test which your specialist or family doctor can organise. Your clearance would then be conditional on you continuing to take your medication.

### **Where can the additional tests eg for asthma be done?**

It is best that your GP organises any specialist reports that are required as they will be responsible for your ongoing care and will be the doctors to act on any information that is in that report.

### **I have Diabetes. Can I apply?**

Yes. However, you will need a report from your Endocrinologist. When working for Victoria Police you will need to be able to be without medication, food or water for up to 12 hours at a time. You need to demonstrate that you do not suffer from hypoglycaemic episodes, and you need to demonstrate good control by virtue of your HbA1C results, as defined by the Diabetes Australia guidelines. You should discuss this with your family doctor.

### **I have a mental health issue, can I apply?**

Yes you can. You will need to provide reports from your GP, psychiatrist and/or psychologist. You may be required to undergo further assessment. Mental health issues are assessed on an individual basis and clearance of your medical is not guaranteed.

**I have Epilepsy. Can I apply?**

Yes. However, Victoria Police medical standards for epilepsy are the same as those are required for commercial vehicle drivers. You will need a report from your treating Neurologist confirming that you are stable on medication and that you have not had a seizure for ten years. Your clearance will be conditional on continuing your medication.

**I have Crohn's Disease/Ulcerative Colitis. Can I apply?**

Yes. Each case will be assessed individually based on reports from your treating specialist to determine if you can be medically cleared. At present colostomies and ileostomies cannot be accepted.

**I am over forty years of age and I take medication for my cholesterol. Can I apply?**

Yes, but all applicants who are over 40 years of age, or have a history of heart troubles will need to have tests done to assess heart disease risk. These include blood tests and ECG which can be organised by your family doctor. If your level of risk is elevated, or you have a heart condition, further investigations and specialist reports may be required.

**What is required for Hepatitis B?**

You are required to either prove immunity to Hepatitis B, or prove that you have recently commenced your vaccination course. Proof of immunity requires a copy of the laboratory results for Hepatitis B s Ab showing that your levels are greater than 10. Where you have low level immunity, you may be asked to have a booster shot. The vaccination course includes three injections. Generally we require written proof that you have had your first one or two shots very recently. If you have had all three shots and your last shot was over one month ago, you need to have the blood test for immunity.

**I take warfarin tablets to thin my blood. Can I apply?**

Generally no. Police medical standards do not permit blood thinning medications such as warfarin and clexane. You may apply once you have completed treatment and no longer require this medication. Aspirin is permissible.

**Do I have to buy polycarbonate glasses even though I don't know whether I have cleared or not?**

You will have to purchase polycarbonate glasses to clear your medical. However, if you have submitted other medical reports eg a report from a Specialist, it is reasonable to wait until you are cleared from this perspective before purchasing the glasses.

**I am colour blind. Can I apply?**

Yes. However, many police functions relate to naming and identifying the colours of vehicles and clothing. There are different types of colour blindness. Depending on the nature of your colour blindness, your colour vision will be assessed, if necessary you may undergo a practical colour identification test. Clearance is not guaranteed.

**I wear glasses. Can I apply?**

Yes, but your eyesight must meet certain minimum standards.

Unaided visual acuity must be at least 6/36 (without error) in the worse eye and at least 6/18 (without error) in the better eye – if due to a refractive error. Corrected distance vision of at least 6/9 in either eye and 6/6 when both eyes are used together.