



Recommended Evaluation Data Excerpt from NVIC 04-08

Purpose: This document is an excerpt from the Medical and Physical Evaluations Guidelines for Merchant Mariner Credentials, contained in enclosure 3 of NVIC 04-08. It addresses evaluation data for specific endocrine disorder (including Diabetes) that *may* be requested upon evaluation of the physical examination report (CG-719K).

ENDOCRINE DISORDERS		
194	Diabetes Mellitus requiring Insulin or history of DKA	Internal Medicine consultation documenting interval history, blood pressure and weight, evaluation of fasting plasma glucose; and, two current HgA1C's (<8.0) separated by at least 90 days, the most recent no more than 90 days old, ophthalmology consultation, graded exercise test.
194	Diabetes requiring Oral Medication	Internal Medicine consultation documenting interval history, blood pressure and weight, evaluation of fasting plasma glucose; and, two current HgA1C's (<8.0) separated by at least 90 days, the most recent no more than 90 days old, ophthalmology consultation.
194	Addison's Disease	Endocrinology consultation with status to include names and dosage of medication(s) and side effects.
194	Cushing's Disease or Syndrome	Endocrinology consultation with status to include names and dosage of medication(s) and side effects.
194	Hypoglycemia, whether functional or a result of pancreatic tumor	Internal Medicine consultation documenting interval history and GTT to document response to glucose load (Blood glucose and symptoms).
198	Hyperthyroidism	Endocrinology or internal medicine consultation, ophthalmology consultation, and recent (within the previous 90 days) thyroid panel to include as a minimum TSH and Free T4.