Nautical Medicine Referral Packet

Form NM-1: Surgical Deferral & Maritime Referral

COASTAL REGIONAL HEALTH SYSTEM · Department of Nautical Medicine · Office of Elective Buoyancy · *Form NM-1, Rev. 10/2026*

SECTION A: PATIENT INFORMATION

Patient Name: _____ DOB: _____ MRN: _____

Referring Surgeon: _____ NPI: _____

SECTION B: REASON FOR DEFERRAL (check all that apply)

- ☐ BMI exceeds surgical threshold
- ☐ Active tobacco use
- ☐ Patient declines weight loss
- ☐ Patient declines smoking cessation
- ☐ Patient asked "but what if I really want it?"
- ☐ Surgeon would rather be sailing

SECTION C: CLINICAL RECLASSIFICATION

Finding	Surgical Classification	Maritime Classification
Adipose tissue	Risk factor	PFD, USCG Type V (body-integrated)
Chronic cough	Pulmonary risk	Sound-producing device, fog conditions
Cigarette, lit	Contraindication	Visual distress signal (daytime)
Tar deposits	COPD indicator	Period-accurate rigging maintenance

SECTION D: PRESCRIPTION

- ☐ Sloop, 2x weekly

- ☐ Catamaran PRN for stability
- ☐ Regatta participation
- ☐ Trans-Atlantic crossing (refractory cases)

Refills: Unlimited, wind permitting

Contraindication: Patient insufficiently buoyant. Return to surgical pathway. **Note:** Surgery is safer than flying but less safe than driving. Sailing was not studied, which we find very encouraging.

Surgeon Signature / Date: _____ Captain Signature / Date: _____

WHITE: Chart · YELLOW: Patient · PINK: Harbormaster

Brochure: So Your Surgeon Said No

Discovering Your Natural Buoyancy

<svg viewBox="0 0 200 140" width="320">

Being told you're "too high-risk for surgery" can feel discouraging. But what the operating room calls *risk factors*, the open ocean calls **assets**.

You Were Built for This

<svg viewBox="0 0 200 120" width="320">Natural Buoyancy™

Every extra pound you've worked so hard to keep now works hard to keep *you* afloat. Doctors call it BMI. Sailors call it **Bonus Marine Insurance**.

Smokers: You're Already Equipped

<svg viewBox="0 0 200 120" width="320">SOS

Most sailors spend hundreds on flares and foghorns. You carry yours in your shirt pocket. Lost at sea? Light up.

Frequently Asked Questions

Will sailing fix my gallbladder? No. But you'll be too busy trimming the jib to notice.

Is this covered by insurance? Ask your provider to code it as a very large walker.

What if I lose weight while sailing? Congratulations, you're now eligible for surgery. Please return to shore.

> "My surgeon turned me down for a tummy tuck. Now I'm the most stable thing at the regatta." — R.B., Annapolis

> "I didn't quit smoking. I just started smoking at sea. The Coast Guard thanked me." — Anonymous

Ask your surgeon if sailing is right for you.

Not reviewed by any medical board, maritime authority, or reasonable person. Side effects may include sunburn, rope burn, and inner peace.

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