



Maritime &  
Coastguard  
Agency

**APPROVED DOCTOR'S ANNUAL RETURN OF MEDICAL EXAMINATIONS OF  
SEAFARERS CONDUCTED FOR THE PERIOD:  
01 JANUARY – 31 DECEMBER 2025**

Required in accordance with Regulation 16(b) of the Merchant Shipping (Medical Examination) Regulations 2010

| Fitness Category | Result                    | Certificate Category | Validity Period                                              | Certificate Issued | Number Issued |
|------------------|---------------------------|----------------------|--------------------------------------------------------------|--------------------|---------------|
| <b>Cat 1</b>     | UNRESTRICTED              | Fit                  | 2 years                                                      | ENG 1              | <b>43263</b>  |
|                  | UNRESTRICTED TIME LIMITED | Fit (u18)            | Less than 2 years – non-clinical reasons e.g. under 18 years | ENG 1              | <b>483</b>    |
|                  | UNRESTRICTED TIME LIMITED | Fit (TL)             | Less than 2 years – clinical reasons                         | ENG 1              | <b>5432</b>   |
| <b>Cat 2</b>     | RESTRICTED                | R                    | 2 years                                                      | ENG 1 + ENG 3      | <b>1359</b>   |
|                  | RESTRICTED TIME LIMITED   | R (u18)              | Less than 2 years – non-clinical reasons e.g. under 18 years | ENG 1 + ENG 3      | <b>18</b>     |
|                  | RESTRICTED TIME LIMITED   | R (TL)               | Less than 2 years – clinical reasons                         | ENG 1 + ENG 3      | <b>1945</b>   |
| <b>Cat 3</b>     | TEMPORARILY UNFIT         | TU                   | Any                                                          | ENG 3              | <b>2859</b>   |
| <b>Cat 4</b>     | PERMANENTLY UNFIT         | PU                   | Permanent                                                    | ENG 3              | <b>87</b>     |
| <b>TOTAL</b>     |                           |                      |                                                              |                    | <b>55446</b>  |

| Ref No                             | Condition                                         | Fit | Fit (TL) | Fit (u18) | R  | R (TL) | R (u18) | TU | PU | Total |
|------------------------------------|---------------------------------------------------|-----|----------|-----------|----|--------|---------|----|----|-------|
| <b>1.0 INFECTIONS</b>              |                                                   |     |          |           |    |        |         |    |    |       |
| 1.1                                | Gastro intestinal infection                       | 0   | 1        | 0         | 0  | 3      | 0       | 1  | 0  | 5     |
| 1.2                                | Other infection                                   | 0   | 5        | 0         | 1  | 1      | 0       | 9  | 2  | 18    |
| 1.3                                | Pulmonary TB                                      | 1   | 1        | 0         | 0  | 1      | 0       | 4  | 0  | 7     |
| 1.4                                | Sexually transmissible diseases                   | 0   | 1        | 0         | 0  | 0      | 0       | 0  | 0  | 1     |
| 1.5                                | HIV +                                             | 2   | 17       | 0         | 1  | 4      | 0       | 7  | 0  | 31    |
| 1.6                                | Hepatitis A                                       | 0   | 1        | 0         | 0  | 0      | 0       | 0  | 0  | 1     |
| 1.7                                | Hepatitis B, C etc                                | 8   | 5        | 0         | 0  | 2      | 0       | 0  | 0  | 15    |
| <b>2.0 CANCERS</b>                 |                                                   |     |          |           |    |        |         |    |    |       |
| 2.1                                | Malignant neoplasms                               | 16  | 230      | 1         | 10 | 129    | 1       | 79 | 6  | 472   |
| <b>3.0 ENDOCRINE AND METABOLIC</b> |                                                   |     |          |           |    |        |         |    |    |       |
| 3.1                                | Endocrine disease                                 | 27  | 60       | 1         | 3  | 26     | 0       | 45 | 0  | 162   |
| 3.2                                | Diabetes – non insulin treated by diet            | 9   | 43       | 0         | 2  | 20     | 0       | 29 | 0  | 103   |
| 3.3                                | Diabetes – non insulin treated by oral medication | 105 | 354      | 0         | 10 | 139    | 0       | 77 | 1  | 686   |

| Ref No                                                 | Condition                                                                                                                | Fit | Fit (TL) | Fit (u18) | R  | R (TL) | R (u18) | TU  | PU | Total |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----|----------|-----------|----|--------|---------|-----|----|-------|
| 3.4                                                    | Diabetes – insulin using                                                                                                 | 1   | 10       | 0         | 9  | 179    | 0       | 33  | 1  | 233   |
| 3.5                                                    | Obesity / Abnormal body mass                                                                                             | 272 | 2026     | 2         | 29 | 380    | 1       | 390 | 5  | 3105  |
| <b>4.0 BLOOD DISORDERS</b>                             |                                                                                                                          |     |          |           |    |        |         |     |    |       |
| 4.1                                                    | Blood-forming organs                                                                                                     | 3   | 11       | 0         | 11 | 10     | 0       | 14  | 2  | 51    |
| 4.2                                                    | Anaemia                                                                                                                  | 1   | 14       | 0         | 3  | 1      | 0       | 7   | 0  | 26    |
| 4.3                                                    | Splenectomy (history of surgery)                                                                                         | 0   | 1        | 0         | 11 | 3      | 0       | 4   | 0  | 19    |
| <b>5.0 MENTAL, COGNITIVE AND BEHAVIOURAL DISORDERS</b> |                                                                                                                          |     |          |           |    |        |         |     |    |       |
| 5.1                                                    | Psychosis (acute)                                                                                                        | 0   | 1        | 0         | 0  | 14     | 0       | 12  | 3  | 30    |
| 5.2                                                    | Alcohol abuse                                                                                                            | 0   | 3        | 0         | 0  | 17     | 0       | 20  | 3  | 43    |
| 5.3                                                    | Drug dependence / persistent substance abuse                                                                             | 3   | 4        | 0         | 0  | 7      | 0       | 13  | 2  | 29    |
| 5.4 a                                                  | Mood / affective disorders (Severe anxiety state, depression, or any other mental disorder likely to impair performance) | 4   | 21       | 0         | 2  | 60     | 0       | 59  | 5  | 151   |
| 5.4 b                                                  | Mood / affective disorders (Minor or reactive symptoms of anxiety / depression)                                          | 60  | 711      | 2         | 9  | 182    | 0       | 237 | 1  | 1202  |
| 5.5                                                    | Disorders of personality – clinically recognised                                                                         | 2   | 3        | 0         | 0  | 1      | 0       | 3   | 1  | 10    |
| 5.6                                                    | Disorders of psychological development – autism, Aspergers syndrome                                                      | 4   | 15       | 1         | 0  | 5      | 1       | 18  | 0  | 44    |
| 5.7                                                    | Hyperkinetic disorders – Attention Deficit Hyperactivity Disorder                                                        | 31  | 109      | 1         | 5  | 27     | 1       | 87  | 2  | 263   |
| 5.8                                                    | Other mental health and cognitive disorders                                                                              | 1   | 32       | 0         | 3  | 16     | 1       | 33  | 1  | 87    |
| <b>6.0 DISEASES OF THE NERVOUS SYSTEM</b>              |                                                                                                                          |     |          |           |    |        |         |     |    |       |
| 6.1                                                    | Organic nervous disease e.g multiple sclerosis, Parkinson's disease                                                      | 3   | 15       | 0         | 4  | 17     | 0       | 22  | 2  | 63    |
| 6.2                                                    | Syncope and other disturbances of consciousness                                                                          | 3   | 4        | 0         | 2  | 11     | 1       | 19  | 0  | 40    |
| 6.3                                                    | Epilepsy – no provoking factors                                                                                          | 4   | 1        | 0         | 31 | 12     | 0       | 31  | 3  | 82    |
| 6.4                                                    | Epilepsy – provoked by alcohol, medication, head injury                                                                  | 0   | 2        | 0         | 6  | 3      | 0       | 7   | 0  | 18    |

| Ref No                            | Condition                                                                                                                        | Fit | Fit (TL) | Fit (u18) | R  | R (TL) | R (u18) | TU  | PU | Total |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----|----------|-----------|----|--------|---------|-----|----|-------|
| 6.5                               | Risk of seizures from intra-cranial surgery (including treatment of vascular anomalies) or serious head injury with brain damage | 1   | 1        | 0         | 4  | 5      | 0       | 13  | 0  | 24    |
| 6.6                               | Migraine (frequent attacks causing incapacity)                                                                                   | 15  | 7        | 0         | 6  | 10     | 0       | 17  | 0  | 55    |
| 6.7                               | Meniere's disease (disabling)                                                                                                    | 0   | 2        | 0         | 0  | 1      | 0       | 0   | 0  | 3     |
| 6.8                               | Sleep apnoea                                                                                                                     | 6   | 79       | 0         | 5  | 36     | 0       | 31  | 0  | 157   |
| 6.9                               | Narcolepsy                                                                                                                       | 0   | 0        | 0         | 0  | 1      | 0       | 2   | 0  | 3     |
| <b>7.0 CARDIO-VASCULAR SYSTEM</b> |                                                                                                                                  |     |          |           |    |        |         |     |    |       |
| 7.1                               | Heart – congenital and valve disease                                                                                             | 13  | 46       | 0         | 6  | 53     | 0       | 81  | 3  | 202   |
| 7.2                               | Hypertension                                                                                                                     | 428 | 1057     | 0         | 32 | 181    | 0       | 375 | 2  | 2075  |
| 7.3                               | Cardiac event                                                                                                                    | 4   | 231      | 0         | 2  | 138    | 0       | 82  | 4  | 461   |
| 7.4                               | Cardiac arrhythmias and conduction defects                                                                                       | 16  | 48       | 0         | 31 | 88     | 0       | 111 | 2  | 296   |
| 7.5                               | Other heart disease                                                                                                              | 7   | 36       | 0         | 1  | 36     | 0       | 31  | 2  | 113   |
| 7.6                               | Ischaemic cerebrovascular disease                                                                                                | 0   | 24       | 0         | 6  | 55     | 0       | 30  | 0  | 115   |
| 7.7                               | Arterial – claudication                                                                                                          | 0   | 4        | 0         | 1  | 15     | 0       | 3   | 0  | 23    |
| 7.8                               | Varicose veins                                                                                                                   | 20  | 19       | 0         | 5  | 5      | 0       | 2   | 0  | 51    |
| 7.9                               | Deep vein thrombosis / pulmonary embolus                                                                                         | 2   | 3        | 0         | 14 | 19     | 0       | 16  | 0  | 54    |
| <b>8.0 RESPIRATORY SYSTEM</b>     |                                                                                                                                  |     |          |           |    |        |         |     |    |       |
| 8.1                               | Sinusitis / nasal obstruction                                                                                                    | 5   | 0        | 0         | 0  | 0      | 0       | 5   | 0  | 10    |
| 8.2                               | Throat infections                                                                                                                | 0   | 1        | 0         | 0  | 0      | 0       | 0   | 0  | 1     |
| 8.3                               | Chronic bronchitis and / or emphysema                                                                                            | 1   | 11       | 0         | 7  | 19     | 0       | 11  | 0  | 49    |
| 8.4                               | Asthma                                                                                                                           | 131 | 42       | 1         | 49 | 53     | 0       | 121 | 2  | 399   |
| 8.5                               | Pneumothorax                                                                                                                     | 2   | 0        | 0         | 0  | 0      | 0       | 8   | 0  | 10    |
| <b>9.0 DIGESTIVE SYSTEM</b>       |                                                                                                                                  |     |          |           |    |        |         |     |    |       |
| 9.1                               | Oral Health                                                                                                                      | 10  | 26       | 0         | 50 | 56     | 0       | 84  | 1  | 227   |
| 9.2                               | Peptic ulcer                                                                                                                     | 1   | 2        | 0         | 3  | 2      | 0       | 2   | 0  | 10    |
| 9.3                               | Non infectious enteritis, colitis, Crohn's disease, diverticulitis etc.                                                          | 14  | 56       | 0         | 31 | 112    | 1       | 74  | 1  | 289   |
| 9.4                               | Stoma (ileostomy, colostomy)                                                                                                     | 0   | 1        | 0         | 4  | 13     | 0       | 5   | 0  | 23    |
| 9.5                               | Cirrhosis of liver                                                                                                               | 0   | 0        | 0         | 0  | 3      | 0       | 0   | 2  | 5     |
| 9.6                               | Biliary tract disease, biliary colic                                                                                             | 2   | 7        | 0         | 0  | 10     | 0       | 9   | 0  | 28    |
| 9.7                               | Pancreatitis                                                                                                                     | 1   | 1        | 0         | 0  | 4      | 0       | 2   | 0  | 8     |

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|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----|----------|-----------|----|--------|---------|-----|----|-------|
| 9.8                                   | Anal conditions: Piles (haemorrhoids) fissures, fistulae                                                                    | 2   | 5        | 0         | 3  | 5      | 0       | 6   | 0  | 21    |
| 9.9                                   | Hernias – inguinal and femoral                                                                                              | 3   | 7        | 0         | 23 | 23     | 0       | 38  | 0  | 94    |
| 9.10                                  | Hernias – umbilical                                                                                                         | 10  | 14       | 0         | 9  | 13     | 0       | 14  | 1  | 61    |
| 9.11                                  | Hernias – diaphragmatic (hiatus)                                                                                            | 3   | 1        | 0         | 0  | 1      | 0       | 1   | 0  | 6     |
| <b>10.0 GENITO-URINARY CONDITIONS</b> |                                                                                                                             |     |          |           |    |        |         |     |    |       |
| 10.1                                  | Proteinuria, haematuria, glycosuria, or other urinary abnormality                                                           | 24  | 80       | 0         | 2  | 23     | 0       | 152 | 4  | 285   |
| 10.2                                  | Acute nephritis                                                                                                             | 0   | 2        | 0         | 1  | 0      | 0       | 0   | 0  | 3     |
| 10.3                                  | Sub acute or chronic nephritis or nephrosis                                                                                 | 0   | 16       | 0         | 8  | 25     | 0       | 6   | 1  | 56    |
| 10.4                                  | Acute urinary infection                                                                                                     | 0   | 2        | 0         | 0  | 2      | 0       | 8   | 1  | 13    |
| 10.5                                  | Renal or ureteric calculus or renal colic                                                                                   | 11  | 21       | 0         | 22 | 56     | 0       | 77  | 3  | 190   |
| 10.6                                  | Prostatic enlargement / Urinary obstruction                                                                                 | 8   | 18       | 0         | 1  | 14     | 0       | 13  | 0  | 54    |
| 10.7                                  | Removal of kidney or one non-functioning kidney                                                                             | 1   | 4        | 0         | 1  | 16     | 0       | 9   | 0  | 31    |
| 10.8                                  | Incontinence of urine                                                                                                       | 0   | 1        | 0         | 1  | 0      | 0       | 1   | 0  | 3     |
| 10.9                                  | Heavy vaginal bleeding, severe menstrual pain, endometriosis, prolapse of genital organs or other gynaecological conditions | 9   | 8        | 0         | 3  | 4      | 0       | 13  | 0  | 37    |
| <b>11.0 PREGNANCY</b>                 |                                                                                                                             |     |          |           |    |        |         |     |    |       |
| 11.1                                  | Pregnancy                                                                                                                   | 0   | 6        | 0         | 0  | 7      | 0       | 3   | 0  | 16    |
| <b>12.0 SKIN</b>                      |                                                                                                                             |     |          |           |    |        |         |     |    |       |
| 12.1                                  | Skin infections                                                                                                             | 2   | 1        | 0         | 2  | 0      | 0       | 3   | 0  | 8     |
| 12.2                                  | Other skin diseases e.g. eczema, dermatitis, psoriasis                                                                      | 58  | 27       | 1         | 14 | 22     | 0       | 21  | 0  | 143   |
| <b>13.0 MUSCULO-SKELETAL</b>          |                                                                                                                             |     |          |           |    |        |         |     |    |       |
| 13.1                                  | Osteoarthritis, other joint diseases and subsequent joint replacement                                                       | 29  | 83       | 0         | 18 | 76     | 0       | 53  | 2  | 261   |
| 13.2                                  | Recurrent instability of shoulder or knee joints                                                                            | 1   | 10       | 0         | 0  | 3      | 0       | 16  | 1  | 31    |
| 13.3                                  | Limb prosthesis                                                                                                             | 1   | 1        | 0         | 1  | 1      | 0       | 0   | 0  | 4     |
| 13.4                                  | Back pain                                                                                                                   | 14  | 22       | 0         | 7  | 17     | 0       | 23  | 4  | 87    |
| <b>14.0 SENSORY / COMMUNICATIONS</b>  |                                                                                                                             |     |          |           |    |        |         |     |    |       |
| 14.1                                  | Speech defect                                                                                                               | 0   | 0        | 0         | 0  | 0      | 0       | 2   | 1  | 3     |

| Ref No                       | Condition                                                   | Fit | Fit (TL) | Fit (u18) | R   | R (TL) | R (u18) | TU  | PU | Total |
|------------------------------|-------------------------------------------------------------|-----|----------|-----------|-----|--------|---------|-----|----|-------|
| 14.2                         | Otitis – externa and media                                  | 3   | 0        | 0         | 0   | 1      | 0       | 3   | 0  | 7     |
| 14.3                         | Hearing                                                     | 113 | 66       | 1         | 95  | 68     | 0       | 170 | 3  | 516   |
| 14.4                         | Eyesight – Visual acuity                                    | 102 | 31       | 0         | 112 | 49     | 2       | 314 | 23 | 633   |
|                              | Eyesight - Colour Vision                                    | 132 | 7        | 2         | 497 | 96     | 9       | 64  | 5  | 812   |
|                              | Eyesight - Other sight problems                             | 14  | 40       | 0         | 28  | 37     | 0       | 48  | 0  | 167   |
| <b>15.0 GENERAL</b>          |                                                             |     |          |           |     |        |         |     |    |       |
| 15.1                         | Prescribed medication                                       | 24  | 121      | 0         | 57  | 144    | 0       | 42  | 2  | 390   |
| 15.2                         | Transplants – kidney, heart, lung, liver                    | 0   | 2        | 0         | 2   | 17     | 0       | 2   | 1  | 24    |
| 15.3                         | Progressive conditions which are currently within standards | 3   | 6        | 0         | 0   | 6      | 0       | 1   | 0  | 16    |
| 15.4                         | Allergies (other than allergic dermatitis and asthma)       | 46  | 11       | 0         | 184 | 41     | 3       | 104 | 17 | 406   |
| 15.5                         | Conditions not specifically listed                          | 95  | 211      | 1         | 21  | 51     | 1       | 84  | 2  | 466   |
| <b>16.0 PHYSICAL FITNESS</b> |                                                             |     |          |           |     |        |         |     |    |       |
| 16.0                         | Physical fitness (see Appendix 2 of MSN 1886)               | 3   | 53       | 0         | 1   | 9      | 0       | 60  | 4  | 130   |