

## Medical conditions that preclude entry

If you have or have had any of the conditions listed below, it means that you do not meet the current medical standard required to enter RAF service:

### Eye disorders

- Eye disease, for example glaucoma, keratoconus, retinitis pigmentosa
- Double vision (including ophthalmic migraine)
- Visual field defects or blind spots
- Corneal grafts or recurrent corneal ulcers
- Cataract or cataract surgery
- Detached retina
- Vision only in one eye
- Squint surgery in the previous six months
- Any laser eye surgery in the previous 12 months, you must be at least 22 years of age at your application, the total pre operative refractive error was not outside the limits for selection i.e. +6 or -6 dioptre in either eye and the best spectacle corrected visual acuity was within selection standards. Further specialist assessment will also be required following the pre employment medical assessment to confirm ophthalmic fitness for recruit entry.
- Any eye disorder which causes a disability (including eye injury which reduces function)

### Ear, nose and throat disorders

- Current ear, nose, throat or sinus disease
- Significant impairment of hearing
- Presence of grommets
- Current perforated eardrum
- Recurrent nose bleeds (more than one per week)
- Persistent facial nerve palsy
- Meniere's disease
- Nasal deformity-sufficient to interfere with the use of face masks, breathing apparatus and other similar devices.
- Chronic rhinosinusitis (excluding seasonal hayfever)
- Nasal polyps

### Heart and cardiovascular disorders

- Established heart disease
- Certain congenital heart conditions such as repair of tetralogy of fallot, coarctation of the aorta
- Certain heart valve abnormalities
- High blood pressure (treated or untreated)
- Reynaud's disease
- Cardiomyopathy
- Hyperlipidaemia (treated or untreated)

### Respiratory disorders

Lung disease including:

- Chronic bronchitis
- Emphysema
- Bronchiectasis

- Cystic fibrosis
- Active tuberculosis
- Spontaneous pneumothorax which has not had definitive surgical treatment

If you suffer from asthma or have done in the past, you cannot be considered for flying branches in the RAF. For ground branches and trades, individuals with a past history of asthma, wheezing or inhaler use may be eligible for service following review of the past medical history by medical staff. If you currently have asthma symptoms or a current prescription or you use an inhaler for asthma or wheeze (regardless of cause), you are not eligible to apply for the Royal Air Force.

### **Abdominal and digestive disorders, including diet**

- Current symptoms of abdominal, digestive or liver disease
- Any history of Crohn's disease
- Any history of Ulcerative colitis
- Irritable bowel syndrome requiring medication or medical follow up within the last 2 years
- Loss of spleen for any reason (splenectomy)
- Chronic hepatitis of any cause
- Any untreated hernia
- Active pilonidal sinus or two surgical procedures as treatment
- Active haemorrhoids with a history of bleeding in the last 8 weeks
- Surgery for a peptic ulcer
- Surgery for a hiatus hernia
- Surgery to resolve reflux symptoms within the past twelve months
- Current or past history of chronic or recurrent oesophagitis
- Current orthodontic treatment including fixed or removable braces. The removal of braces in order to continue with a recruit application is not advised by the RAF specialist medical team as you may still be unable to continue with your recruit application as the treatment has not been completed.

### **Urogenital disorders**

- Urinary incontinence in the preceding 2 years
- Genital infections if requiring frequent medical intervention
- Kidney transplant
- Confirmed history of kidney, bladder or ureteric stones
- Non-specific groin/pelvic pain, recurrent testicular pain or undiagnosed loin pain
- Current kidney disease
- Polycystic kidney disease.
- Donation of a kidney in the past six months.

### **Nervous System disorders**

- Single seizure (fit) within the last ten years
- Petit mal with onset before the age of 10 and seizure free without treatment for 5 years
- Epilepsy of other causes with more than one seizure after the age of six
- Benign Rolandic epilepsy may be considered if symptom and treatment free for 5 years
- Multiple sclerosis
- Head injury where there is any evidence of persistent neurological, psychiatric or intellectual symptoms

- Hydrocephalus (with or without shunt)
- Severe or recurrent headache within the last 2 years
- Migraine or the use of preventative medication within the last 2 years
- Recurrent faints
- Peripheral nerve palsy or limb weakness

### **Endocrine disorders**

- Diabetes mellitus and Diabetes Insipidus
- Adrenal disorders
- Pituitary disorders
- Certain thyroid diseases

### **Skin disorders**

- Active eczema or dermatitis on any part of the body
- Active psoriasis which affects more than 5% of the body surface
- Severe acne with or without treatment
- Photosensitivity not controlled by sunscreens
- Severe excessive sweating with or without medical treatment

### **Female reproductive disorders**

- Prolonged history of breast pain (chronic)
- Prolonged history of pelvic pain or inflammatory disease (chronic)
- Endometriosis
- Abnormal cervical smear result within the last 12 months
- Current pregnancy or child birth within the last 3 months

### **Male reproductive disorders**

- Prolonged history of scrotal pain (chronic)
- Current or unsuccessful treatment for urethral abnormalities
- Current prostatitis or pelvic pain

### **Musculoskeletal disorders**

- Most spinal abnormalities
- Most spinal operations
- Any spinal fracture
- Any history of back pain lasting longer than 6 weeks or 3 or more shorter episodes in the previous 12 months
- Joint disease causing pain or limitation of joint movement
- Hypermobility (laxity) of the joints
- Bone or joint operations within the last 12 months
- Replacement of any large joint
- Anterior cruciate ligament reconstruction
- Recurrent joint dislocations
- Severe deformity following fractures
- Loss of a limb
- Foot abnormalities (e.g. club foot, bunions or hammer toe)
- Complete loss of either big toe

- Complete loss of either thumb
- Chronic arthritis of any cause and similar conditions
- Fractures within the last 12 months, except fractures of the digits / clavicles
- Any abnormality that interferes with the ability to undertake military training

### **Blood disorders**

- G6PDD
- Sickle cell disease
- Congenital spherocytosis
- Haemoglobinopathy (except trait).
- Any history or current bleeding disorder or abnormality of blood clotting.

### **Infections**

- Human immunodeficiency virus (HIV) or Acquired Immune Deficiency Syndrome (AIDS)
- Carriers of hepatitis viruses

### **Malignancy (cancer)**

Most cancers are considered to place an applicant below the medical entry standard. Exceptions: some cancers in childhood or early adult life that have been successfully treated and are regarded as cured. Consideration of this category will be undertaken by the RAF medical staff.

### **Conditions resulting from exposure to extremes of temperature**

- Heat illness requiring medical intervention e.g. hospital admission
- Frostbite or non-freezing cold injury

### **Psychiatric disorders**

- Current psychiatric illness
- Depressive disorders with or without treatment of any form in the last 3 years or 2 or more episodes in the last 4 years, or 3 episodes at any time.
- Anxiety symptoms within the last 12 months, if more than 1 will require assessment by the RAF medical staff
- Psychosis
- Schizophrenia
- Obsessive-compulsive disorder
- Autistic spectrum disorders including Asperger's
- Attention Deficit Hyperactivity Disorder (ADHD) unless free of symptoms and not requiring treatment for at least three years
- Personality disorder
- More than one episode of deliberate self-harm of any type
- Post-traumatic stress disorder (PTSD)
- History of alcohol dependence or harmful use
- Drug or substance dependence or harmful use
- Anorexia and bulimia

- Gender dysphoria if untreated is a bar to entry; treated gender dysphoria may be acceptable depending upon the current medical and surgical treatment stage and will be assessed on a case by case basis

### **Other conditions and diseases**

- All Congenital, chromosomal and genetic disorders
- Severe allergic reactions and/or anaphylaxis
- A need to carry adrenaline injections (EPIPEN, etc)
- Confirmed food allergy
- Any history of a Type 1 allergic reaction regardless of cause
- Latex allergy
- Specific vaccine allergy (including tetanus allergy)
- Gluten sensitivity (Coeliac disease),
- Any confirmed food intolerance which results in symptoms
- Chronic fatigue syndrome or associated disorders

This list is provided for guidance only. If you have a medical condition that is not included, you are invited to contact your local Armed Forces Careers Office staff. Please note, AFCO staffs are not medically qualified, but your enquiry will be passed to the RAF Recruiting and Selection, Department of Occupational Medicine specialist medical team for guidance on your eligibility/suitability for entry. You should be aware that as part of the recruiting and selection process, all applicants will undergo a full pre employment medical by one of the contracted Medical Examiners. This assessment is to confirm your final medical fitness for military employment and your selected Branch/Trade.

I have read and understood the list of exclusions  (tick required before can progress)