

APPENDIX J

Midshipman's Name:

Alpha Code/SSN:

MIDSHIPMEN MOTION SICKNESS QUESTIONNAIRE

Background: There has been significant interest in properly assessing midshipmen's adaptability to shipboard life in relation to motion sickness. Each year a number of midshipmen report being unable to function at sea because of sickness. In some cases, concern about commissioning options arises, but with only the midship-men's subjective account of his or her experience and no objective documentation of the impact of the problem on performance, of the midshipman's capacity to adapt and get over the problem, or of the severity of the motion provocation leading to the sickness, we've been unable to feel confident of our decisions about suitability for commissioning in the various warfare communities. Also, in the past we've not had any information at all until the medical examination was conducted for commissioning. The information we're asking you to provide here will enable us to intervene earlier in some cases with remediation and career counseling and will help both our midshipmen and our medical staff in developing appropriate decisions about suitability for the various commissioning options

Ship Class/Hull Number: _____ / _____ Days Underway: _____

Degree of apparent: _____ None Mild Mod. Sev. N/A

Sickness:

Performance Degradation:

Provocation:
(ship's motion/sea state)
(compare to typical for this ship)

Sickness among other midshipmen:

Sickness among seasoned crewmembers:

None Poor Mod. Good N/A

Adaptation:
(tendency to get well/"sea legs")

Benefit from Medication (Pill/Patch):
(use "N/A" if no medication used)

Comments:

Signature and Title of Observer
(CO, XO, MTO, HM)

If you have questions or would like to discuss either this specific midshipman, or general concerns, please feel free to contact the midshipman's individual unit, or in the case of Academy midshipmen, call or write to Senior Medical Officer, U. S. Naval Academy, 117 Decatur Road, Annapolis, MD 21402; (410) 293-4381 (DSN 281-4381).