



# National Veterans Summer Sports Clinic

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Dear Provider,

You are being asked to medically clear your patient to participate in the National Veterans Summer Sports Clinic (NVSSC). The NVSSC is a National VA event that promotes the value of rehabilitation utilizing a variety of summer leisure activities and adaptive sports. This clinic offers adaptive sailing, kayaking, cycling, surfing and other adaptive activities. Some of the activities can be quite vigorous and we are asking that you be mindful of this when determining whether your patient is medically fit to participate. You should take into account how much exercise/activity they do on a regular basis.

Please review the following when considering your patient's participation:

- **Cardiac disease** – if your patient has a history of CAD or CHF they may not be able to keep up with the activities during the week. If you feel they are stable enough to participate, please include information on the most recent cardiac stress test and/or echocardiogram. Patients with low EF and high risk of sudden cardiac death will not be medically cleared by our staff.
- **Diabetes** – These patients must have good diabetes control prior to coming to San Diego for the event. Please include the most recent hemoglobin A1c (preferably within the last 3 months). We will not accept patients with a HbA1c > 8.5.
- **Mental health** – Outdoor physical activity can be very beneficial for our veterans with mental health issues. However, coming to a new environment and participating in this strenuous event can be stressful for people. Please make sure your patient is mentally and behaviorally stable in order to participate.
- **Substance abuse** – We require documentation of at least 6 months sobriety from drugs and/or alcohol in order to participate.
- **Wounds** – Any patient with open, non-healing wounds should not attend the NVSSC. During the week these patients have exposure to salt water and sand which can make managing a chronic wound very difficult.
- **Weight limits** – Most of our venues have weight limits related to the equipment we use. If your patient needs assistance with transfers, then the weight limit is 250lbs. For independent patients the weight limit is 300 pounds.
- **Pending surgery** – If your patient is planning surgery prior to the event consider whether they will be completely recovered in time to participate.

If at any time the medical condition of your patient changes so that they would not be safe to participate, please contact the NVSSC office ASAP at 858-642-6426. If you have any questions regarding your patient's medical clearance you can contact the NVSSC Medical Director at 858-518-5056.

Regards,

Michal "Kalli" Hose, MD  
Medical Director, National Veterans Summer Sports Clinic