

Children and diving, a guideline.

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Diving Hyperb Med Diving Hyperb Med 3469 dhmj 101282742 Diving Hyperb Med Diving and Hyperbaric Medicine 1833-3516 2209-1491 South Pacific Underwater Medicine Society and the European Underwater and Baromedical Society PMC8026229 PMC8026229.1 8026229 8026229 33325022 10.28920/dhm50.4.399-404 1 Guideline Children and diving, a guideline Buwalda Mattijn Medical and Educational Services, De Meent 51A, Odijk, The Netherlands * Querido Abraham L Praktijk Querido, Larenseweg 14, Hilversum, The Netherlands van Hulst Robert A Department of Anaesthesiology and Hyperbaric Medicine, Academic Medical Center, Amsterdam, The Netherlands Dr Mattijn Buwalda, Medical and Educational Services, De Meent 51A, Odijk, The Netherlands mattijnb@gmail.com Conflict of interest and funding: nil

20 12 2020 12 2020 50 4 375078 399 404 30 5 2020 28 8 2020 20 12 2021 20 12 2021 11 04 2021 30 03 2024 Copyright: © 2020 Diving and Hyperbaric Medicine Journal. This article is the copyright of the authors who grant Diving and Hyperbaric Medicine a non-exclusive licence to publish the article in electronic and other forms. 2020 Scuba diving is an increasingly popular recreational activity in children and adolescents. During the dive medical examination aspects of human physiology, anatomy, and psychology, that differ between adults and children, deserve our special attention. For example, lack of mental maturity, diminished Eustachian tube function and heat loss can pose problems during diving. It is important that children who wish to take up scuba diving are seen by a dive physician, with extra attention to Eustachian tube function. In children, asthma, bronchial hyperreactivity, pulmonary hypertension, and right-to-left shunts are contra-indications for scuba diving. Attention deficit hyperactivity disorder is a relative contra-indication. This article provides a review of the current literature and presents recommendations for recreational diving in children and adolescents. These recommendations are based solely on 'expert' opinion and were accepted by the Dutch Society of Diving and Hyperbaric Medicine in 2020.