WELCOME....
to the 2014 ICAO Session in....
SAN DIEGO!
Before we start....

Thanks
The Role of Preventive Medicine in Regulatory Aviation Medicine

Overview.
Dr Anthony Evans

A medical examiner’s view
Dr Anthony Wagstaff – Institute of Aviation Medicine, Oslo

A pilot’s view
Dr Carlos Salicrup – IFALPA

An airline’s view
Dr Tim Stevenson – Virgin Atlantic

A regulator’s view
Dr David Salisbury – Transport Canada
Dr Jarnail Singh – CAA Singapore

Discussion – everyone!
6.3.1.2.1  **Recommendation.** — *In alternate years, for Class 1 applicants under 40 years of age, the Licensing Authority should, at its discretion, allow medical examiners to omit certain routine examination items related to the assessment of physical fitness, whilst increasing the emphasis on health education and prevention of ill health.*
What increased preventive medicine might entail for the medical examiner

- To a young pilot (who may have normal body weight) – discuss exercise and nutrition
- To a pilot who drinks alcohol (who may not drink excessively) – discuss safe alcohol levels
- To a smoker – advise him to stop smoking
- To a pilot who is bereaved – discuss possible counselling options

Pilots “take it or leave it”. Voluntary.

The intention is not that:
- The subject be used to threaten certificate withdrawal
- The examiner provides prevention “treatment”
- Additional tests be introduced (cholesterol etc)

At present most authorities do not require any preventive medicine advice to be given (although there may be some informal suggestion that they do)
The Theory....
Pilot Health and Age (average)

Health

Less healthy

Healthy

“Significant risk” line

Age

20

65
Pilot Health and Age (average)

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<th>Health</th>
<th>Age</th>
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<td>Healthy</td>
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“Significant risk” line

Total at risk = 39

20 65
Pilot Health and Age (average)

Problems detected at examination (13)

Total at risk = 39

“Significant risk” line

Healthy

Less healthy

Age

20

65
Pilot Health and Age (average)

Problems detected at examination (13)
Problems not detected at examination (26)
Pilot Health and Age (current)

Problems detected at examination (13)
Total “at risk” = 39

Problems not detected at examination (26)
Pilot Health and Age (with prevention)

Problems not detected at examination (13)
Problems detected at examination (7)
Total “at risk” = 20
If we successfully introduce preventive strategies....

- The amount of pathology in the pilot (ATCO etc) community should decrease
- **Flight safety** should be improved
  - Also, less time off work, reduced retraining costs, more pilots complete a full career
- Minimal additional costs
% of serious medical problems identified at routine medical examination?

- 39 LTU assessments (UK, 1999)
  - 27 (69%) contacted CAA to advise of illness
  - 8 were identified on resting ECG
  - 4 were identified by physical examination
Possible new ICAO Standard

“States shall require medical examiners to provide appropriate preventive medicine advice to applicants at periodic medical examinations”
A medical examiner’s view

Dr Anthony Wagstaff
Institute of Aviation Medicine, Oslo