

Third World Conference on Fear of Flying Montreal 4-6 June 2007

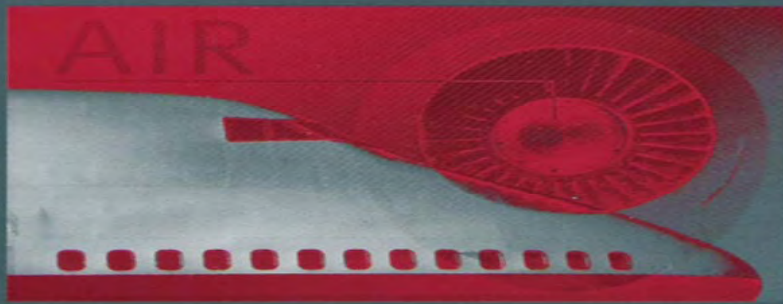
Contemporary aeromedical
considerations relevant to passengers:
**are MEDICATIONS and/or ALCOHOL
acceptable?**

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Greetings from the Aerospace Medical Association



TUBERCULOSIS *and* AIR TRAVEL:

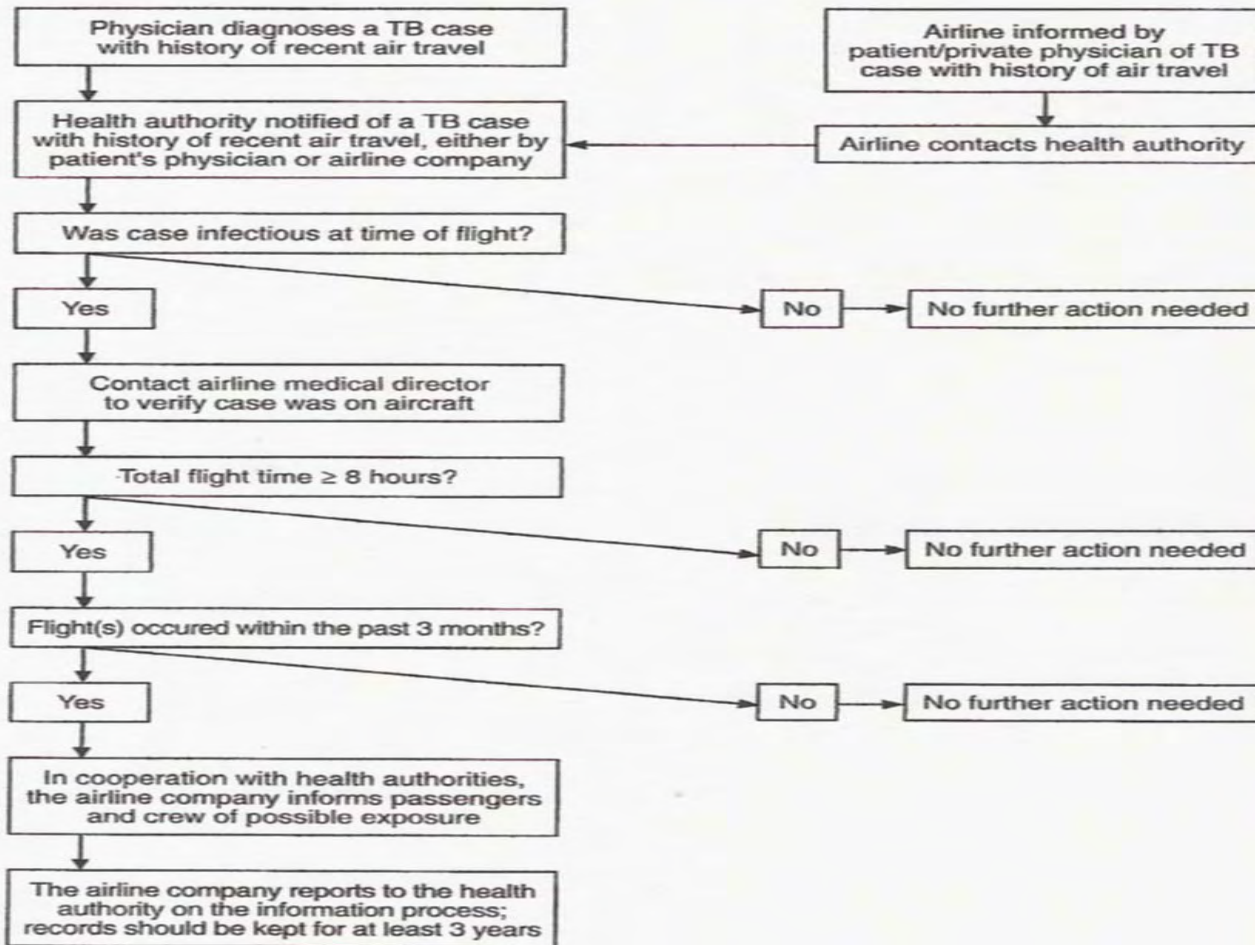


GUIDELINES
FOR
PREVENTION
AND
CONTROL



WORLD HEALTH ORGANIZATION

Figure 2 Flowchart summarizing the recommended procedures for deciding whether tracing and informing of passengers and crew are needed



A photograph of an airplane cockpit, viewed from the front. The cockpit is filled with various instruments, dials, and control panels. The text "FEAR of FLYING" is overlaid in yellow, centered on the image. The cockpit is illuminated with a blue light, and the sky is visible through the windshield.

FEAR of FLYING

Contemporary trends in aviation medicine applicable to aircraft occupants



Aircraft occupants: Flight crew, cabin crew, passengers (healthy and/or with problems potentially aggravated by flying).



Fear of Flying – WHO diagnostic criteria vs. aeromedical approach. Evolution of its understanding.



Fear of Flying

present day description as per
Clinical Aviation Medicine

- Generic term-diverse group of conditions
- Great anxiety in anticipation of flying
- Cannot board without the aid of tranquilizers or alcohol
- Desensitization programs have been available with different success levels
- Not all aviators are initially comfortable in flight.

Fear of Flying is an aeromedical term.

- In general, the Psychiatric literature does not use this term.
- WHO includes Fear of Flying in a special cluster of phobias section of Chapter V of the International Classification of Diseases.

Classical descriptions: crew members

- Military pilots
- Civilian pilots
- Cabin crew members
- Licence holders (above) indicate a real change in their motivation and adaptation. Experts suggest grounding them until causes are determined by a meticulous psychiatric history.

Classical descriptions: passengers

All: Evolution of understanding – Concerns about PTSD

**Example of evolution: hearing loss determination
by whispering voice testing
(air passing through struts)**



Question?

Who whispers in modern aircraft?



The Humanization of Air Travel

- Air travel used to be pleasant.
- Passengers were looking forward to plane rides.
- The minimal discomfort was fully compensated by reaching destination faster than with any other form of transportation.

Aeromedical practice

Major shifts – Contemporary trends

- From “Ground the unfit” to “Keep them flying”.
- From Medical Requirements for Operational Safety to:
 - Health and Safety are interrelated.
 - Major achievement in International Quarters:
 - ICAO’s Assembly A35-12: “Protection of the health of passengers and crews and prevention of the spread of communicable disease through international travel”. It should be taken as a first step in the right direction.

Previous ICAO actions

- 1944 – Chicago Convention
- Facilitation programme
- 1959 – Council (C 36/13) “...due consideration will be given to any passenger aspects”
- 1992 – A29-15 Smoking restrictions
- 2000 – Legal work on unruly passengers
- 2004 – Health as a condition of safe travel and prevention of spread of disease

Other (non-ICAO) relevant activities over the recent years

- AsMA's useful tips for airline travel
- ECAC/EU Dialogue with the European Air Transport Industry leading to the Airline Passenger Service Commitment
- Science and technology – Fifth Report on Air Travel and Health – HOUSE of LORDS
- AsMA's Position on DVT and other passenger related issues
- IATA – DVT preempted by SARS

MEDICATIONS - ALCOHOL

- Prescribed
- Over the counter
- Underlying disease
- Allergies
- Idiosyncrasies
- Undesirable side effects
- Aviation related synergism

Most common medications for Fear of Flying (including anxieties and depression)

- Anxiolytics
- Sedatives
- Alcohol!!!
- SSRI (Substantial debate going on)

Fear of Flying

- Definition
- Epidemiology
- Assessment of the subject
- Diagnosis
- Treatment
- Prevention

Fear of Flying

- World Health Organization
- ICD Revision 2007
- Chapter V
- Mental & behavioral disorders
- Neurotic, stress related and somatoform disorders
- Phobic anxiety disorders
- Agoraphobia

Formation flying helps substantially; let's work together! Many thanks
Canadian Geese!!

