

22 January 2019

Dr Dougal Watson  
Civil Aviation Authority of New Zealand  
55 Featherston Street  
Pipitea, Wellington 6011

Dr Watson,

Thank you for your submission regarding approval of the PREDICT cardiovascular risk assessment tool.

As you are aware, cardiovascular risk assessments are required by Part 67 of the Civil Aviation Rules. Under the current General Direction for Examination Procedures, the 5-year risk of a cardiovascular event must be assessed in accordance with procedures prescribed by the New Zealand Guidelines Group.<sup>1</sup> Medical Examiners may use a different assessment tool if it is approved by me. You have requested approval of PREDICT.

PREDICT is an assessment tool based on 15 years of practical testing, and over 400,000 New Zealand patients have undergone a PREDICT assessment.<sup>2</sup> PREDICT was also used to develop the New Zealand Primary Prevention equations, which now form the basis of cardiovascular risk assessment in New Zealand. One of the many advantages of PREDICT is the ability to more accurately stratify applicants' cardiovascular risk and better identify applicants requiring exclusion of ischaemia by stress testing.

PREDICT will greatly enhance our Medical Examiners' ability to accurately assess cardiovascular risk. Many of our Medical Examiners are already familiar with PREDICT and are using it in their private practices.

In light of the foregoing, I am pleased to officially approve PREDICT as a cardiovascular risk assessment tool. Please amend the related CAA guidance material to communicate this decision.

Yours sincerely,



Graeme Harris  
Director of Civil Aviation

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<sup>1</sup> The current procedures are found in *The Assessment and Management of Cardiovascular Risk* (ISBN 0-476-00091-2), which can be downloaded from the New Zealand Guidelines Group at [www.nzgg.org.nz](http://www.nzgg.org.nz).

<sup>2</sup> Pylypchuk R, Wells S, Kerr A, et al. Cardiovascular risk prediction equations in 400 000 primary care patients in New Zealand: a derivation and validation study. *Lancet*, 2018; 391(10133):1897-907.