

Dear Colleague,

Welcome to our first 2020 newsletter. This contains important information.

Validity of the GME

You will be aware of the 90 days validity period of the GME and the need to repeat that examination if the assessment is completed after the original GME has expired. In the course of an AMC undertaken by CAA, applicants are reminded of the fact when information is requested.

We will appreciate if MEs can inform applicants of this time limitation, even if there is a slight chance of the assessment not being completed within 90 days of the GME.

There have been occurrences where an applicant has complained of not being sufficiently informed of this fact up front.

Medical Manual Erratum

We are aware of some minor errors, mainly typos in the medical manual. These will be corrected as we update relevant chapters. A more serious error has just been notified, affecting the cardiovascular system chapter 3.1.2.3 12-Lead ECG interpretation. The paragraph regarding bradycardia should read: *Sinus bradycardia not below 45 bpm under the age of 50, and not below 50 bpm at age 50 or more, provided the heart rate increases with exercise in the Medical Examiner's office; the Medical Examiner should submit both pre exercise and post exercise heart rate, preferably by way of an ECG;*

General Directions – Examination Procedures:

This document is currently under revision. This is to accommodate current best medical practice and formally endorse the use of HbA1c, non-fasting lipids and other outdated requirements.

Suggestions by MEs are welcome until 29 February 2020.

CAA – CME meeting

The CAA Aviation Medicine Team will provide a one day CME on **Friday 11 September 2020** to be held in Christchurch. This is on the day before the AMSNZ meeting. Venue to be confirmed.

Here is a non-exhaustive list of education meetings

2020 Education Meetings	Date	Location
AMSVIC Aviation Medicine Meeting & Wanaka Air Show	10-12 April	Queenstown/Wanaka
Aerospace Medical Association Annual scientific meeting	21 May	Atlanta
NZ CAA - CME	11 Sept	Christchurch Day before AMSNZ
Aviation Medicine Society of NZ (AMSNZ)	12 Sept	Christchurch
Australian Society of Aerospace Medicine (ASAM) Conference	17-20 Sept	Hobart
International Congress of Aerospace Medicine (ICASM)	24-26 Sept	Paris

Vaping

Vaping is a new phenomenon, the full side effects of which are still unknown. While not considered to be smoking from a CV risk assessment view point, this practice is of concern to CAA. There have been reports of rapidly developing respiratory failure and death; Vaping is used not only for nicotine inhalation but also to consume cannabinoids and potentially a range of other recreational drugs (DMT, Spice, Flakka, ketamine, LSD, GHB, etc¹). MEs should specifically inquire about vaping and what substances are being inhaled, and confirm the answer to Q1.44 regarding substance use.

The Aviation Medicine Team – staff changes

We welcome Sarah Carlisle and Jackie Stewart who are our two new permanent advisors.

Finally we wish you the best for 2020 and look forward to working together in the new year.

With best regards from The Aviation team

1. ⁱ

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html