



International Civil Aviation Organization

FRMS Symposium

Medical Aspects

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Designated Medical Examiners

- New guidance provided in (draft) Manual of Civil Aviation Medicine
<http://www.icao.int/icaonet/dcs/8984/index.html>
- Fatigue included as topic in updated training requirements for DMEs

Hypnotics (sleeping tablets) - 1

- Should be considered by regulators as acceptable for fatigue mitigation:
 - In a minority of individuals
 - After other counter-measures considered
- Must be used only under supervision of a doctor who understands:
 - Safety implications
 - Operational environment

Hypnotics (sleeping tablets) - 2

- Should be mentioned in operator advice to aircrew:
 - Avoid over the counter purchases
 - Use only under supervision of aviation medicine specialist

(View of regulatory authority needs to be known)
- Melatonin is not recommended
 - Unless prescription quality, and under supervision as for hypnotics

Sleep apnoea (stopping breathing for many seconds when asleep)



- Increases fatigue and can impact physical health
- Increasingly recognized as important to flight safety
- Can usually be successfully treated (with no implications to medical fitness)
 - Important to follow treatment regime

Role of DMEs

- Usually involved in fatigue mitigation for individuals
- With knowledge of operational environment can also provide input into implementation of FRMS



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