

# The National FAA Safety Team Presents

## Topic of the Month - October Aerospace Medicine and You

Presented to: Free State Flying Club and Friends  
By: Drew Myers, FAASTeam Rep  
Date: October 13<sup>th</sup>, 2022

**Produced by:  
The National FAA Safety Team (FAASTeam)**



Federal Aviation  
Administration



# Welcome

- **Drew Myers, AGI, AOPA Manager of Flying Clubs**
  - Safety officer – Free State Flying Club
  - FAASTeam representative, Baltimore FSDO
- **Our monthly in-and-out safety meeting using the FAASTeam Topic of the Month**
- **Sponsor Acknowledgment – FSFC, AOPA, FAASTeam, Baltimore FSDO**
- **WINGS Credit: Yes...but give me a day or two...**
- **Probably no time for questions, but shoot me an email:  
[drew.myers@aopa.org](mailto:drew.myers@aopa.org)**

FAA Safety Team | Safer Skies Through Education  
FAA FAASTeam



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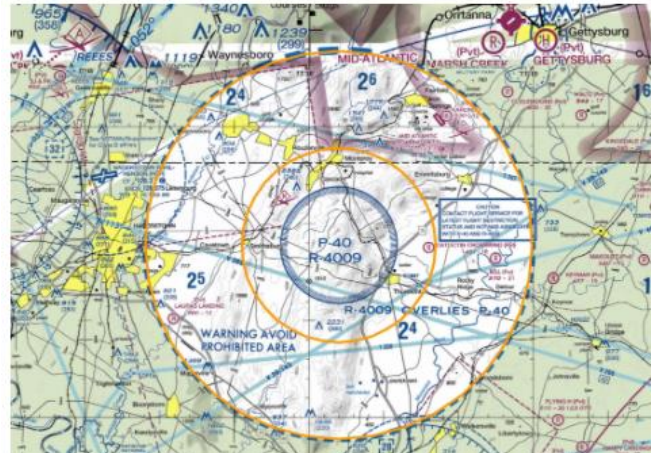
# Check NOTAMS!



VIP TFR OVER WILIMINGTON, DE BEGINNING  
TODAY SATURDAY, MARCH 6, 2021

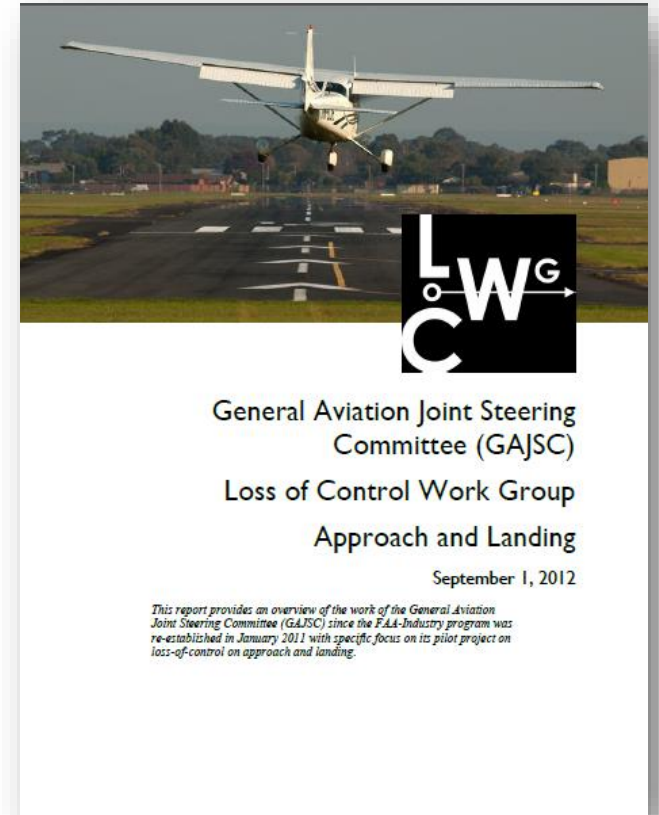


VIP TFR OVER HAGERSTOWN/THURMONT, MD  
BEGINNING FRIDAY, APRIL 2, 2021  
(((CHANGE IN DEPARTURE TIME)))



# Overview

- **General Aviation Joint Steering Committee (GAJSC) & FAA Accident Study Findings**
- **FAA Office of Aerospace Medicine**
- **Medical certification**
- **Flying and Medications**
- **Drug/Medication Combinations**
- **Tips**



# FAA Safety Briefing Magazine

- **January/February 2022 Issue**
  - Aerospace Medicine focus
    - Roles and responsibilities
  - Medical Certification
    - Basic Med
    - Speeding up the certification process
  - Prescription and OTC Medications
  - The Human Factor
  - And more .....



# FAA Office of Aerospace Medicine

- **Headquarters – Washington DC**
  - Federal Air Surgeon – Dr. Susan Northrup
- **Aerospace Medical Certification Division**
  - Pilot & employee medical certification
- **Civil Aerospace Medical Institute (CAMI)**
  - Medical and human factors research and education
- **Drug Abatement Division**
  - Aviation industry drug & alcohol testing
- **Regional Medical Divisions**
  - [Bit.ly/RFScontacts](https://bit.ly/RFScontacts)



# More about Medical Certification

- **Medical certificates**
- **Pilot Information**
- **Aviation Medical Examiner Locator**
- **Q&A**
- **MedXpress**
- **BasicMed**



# More about CAMI

- **Aerospace Medical & Human Factors Research**
- **Aerospace Medical Education Training Programs**
  - Aviation Medicine
  - Aviation Medical Examiners (AMEs)
  - Airman Education Programs
- **Aeromedical Safety Brochures**



<https://bit.ly/3HV28BW>

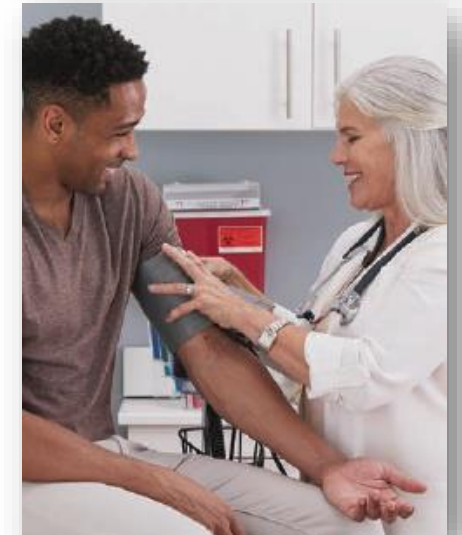


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# Pilot Maintenance

- **Annual/100 hour inspections**
  - Periodic medical examinations
- **Preflight and Post-flight Inspections**
  - I'm SAFE Checklist
- **Detect and correct small problems**
  - Before they become big ones



# I'm Safe Checklist

**I – Illness**

**M – Medication**

**S – Stress**

**A – Alcohol**

**F – Fatigue**

**E – Eating & Emotion**



# Getting started with medical certification

- <https://medxpress.faa.gov>

A screenshot of the FAA MedXPress login page. The browser address bar shows 'https://medxpress.faa.gov/MedXpress/Login.aspx'. The page features the Federal Aviation Administration logo and the text 'Federal Aviation Administration'. Navigation links for 'Log In' and 'Contact Us' are in the top right. A secondary navigation bar contains 'Account' and 'Help'. The main heading is 'FAA MedXPress' with a sub-heading 'Release 4.0'. A paragraph explains the system's purpose: 'The FAA MedXPress system allows anyone requesting an FAA Medical Clearance or Medical Certificate to electronically complete an application. Information entered into MedXPress is available to your FAA-designated Aviation Medical Examiner (AME) for review at the time of your medical examination.' A 'NOTE' states: 'A medical examination by an AME is required to complete the medical clearance/certification process.' The login form includes an 'Existing User' section with 'Email Address' and 'Password' input fields, a 'Forgot Your Password?' link, and a 'Login' button. Below this is an 'Are You a New User?' section with a 'Request an Account' button.

# Schedule an examination

Federal Aviation Administration  
Designee Management System Home Page

### Designee Locator Search

Search

Designee Types:\*

Select Search Criteria

Select one of the options: \*  Location Search  Designee Search

City:

County:

State:

Country:

Postal Code:

Designation Type

First Class AME

Employee Examiner

HIMS

<https://bit.ly/3Mxmjtj>



# BasicMed at 5-years

- **FAA medical certificate issued after July 16, 2006**
- **Current and valid U.S. Driver's License**
- **Comprehensive Medical Exam Checklist (CMEC)**
- **Physical Exam**
  - By state-licensed physician.
- **Online Course**
  - AOPA
  - Mayo Clinic



# BasicMed Limitations

- **Aircraft**
  - Max Takeoff Weight not more than 6,000 pounds
  - No more than six occupants
- **Operations**
  - No more than five passengers
  - No higher than 18,000 MSL or above 250 KIAS
  - No flights outside the United States
  - No operations for compensation or hire
    - CFIs may receive compensation for instruction given.



# Getting started with basic med

- <http://faa.gov/go/basicmed>



A screenshot of the Federal Aviation Administration's BasicMed webpage. The page features the FAA logo and navigation menu at the top. The main content area includes a 'BasicMed' heading, an information box explaining that BasicMed is an alternate way for pilots to fly without a traditional FAA medical certificate, and a list of two free online courses: 'Mayo Clinic BasicMed Online Training Course' and 'AOPA's BasicMed Medical Self-Assessment: A Pilot's Guide to Flying Healthy'. Below this, there is a section titled 'When can I fly under BasicMed?' and another titled 'What do I need to do to fly under BasicMed?'. On the right side, there are 'Top Tasks' such as 'Search airmen certificate information' and 'Read English proficiency requirements', along with a 'Two BasicMed Online Courses Now Available' banner and a 'Medical Checklist' icon.



# Comprehensive Medical Exam Checklist

- **Section 1 - Airman**
  - Complete before physical exam
- **Section 2 – State-licensed Physician**

Comprehensive Medical Examination Checklist  
BASICIMED SECTION 2: INDIVIDUAL INFORMATION  
(To be completed by the airman)

Form approved OMB No. 2120-0770  
Expires: 05/31/2023

4-2 Omitted  
3 Name: Last  
5 Address/Street First Middle 4 SS # (optional)  
6 City State/Country Telephone  
7 Date of birth: Color of hair: Country of Citizenship: Zip Code  
8 Color of eyes: 9 Sex:  
10 Type of airman certificate(s) you hold:  Airline Transport  ATC Specialist  Commercial  Flight Engineer  Flight Navigator  Private  Recreational  Student  None  
11 Occupational (optional):  Other  
12 Employer (optional):  
13 Have your FAA Airman Medical Certificate ever been denied, suspended, revoked, or withdrawn?  No  Yes  
14 Omitted  
15 Omitted  
16 Date of Last FAA Medical Application: If yes, give date: M/YYYY or N/A No Prior Application (if no prior application, STOP. You cannot use BasicMed)  
17 Do you currently use any medication? (Prescription or over-the-counter)  No  Yes (If yes, list medication(s) and dosage used below.)  
If additional space is needed, check this box  and list information on an additional sheet of paper  
17b Do you ever use near vision contact lenses while flying?  No  Yes Answer "Yes" if you wear a contact in one eye only to correct for near vision or if you have one contact that adjusts for near vision and one in the other eye that adjusts for distant vision.  
18 Medical History: Mark "Yes" if you have or had any of the following conditions at ANY TIME in your life. Explain when it occurred, the severity, how it was treated, and if you are currently taking any medication or having treatment for the condition or have to see a physician for the condition. Discuss any "Yes" responses with the physician doing this exam.  
Additional comments or explanations (Give details in the space below)  
a. Frequent or severe headaches: No Yes  
b. Dizziness or fainting spells: No Yes  
c. Unconsciousness for any reason: No Yes  
d. Eye or vision trouble (except for glasses): No Yes  
e. Hay fever or allergy: No Yes  
f. Asthma or lung disease: No Yes  
g. Heart or vascular trouble: No Yes  
h. High or low blood pressure: No Yes  
i. Stomach, liver, or intestinal trouble: No Yes  
j. Kidney stone or blood in urine: No Yes  
k. Diabetes: No Yes  
l. Neurological disorders (epilepsy, seizures, stroke, paralysis, etc.): No Yes

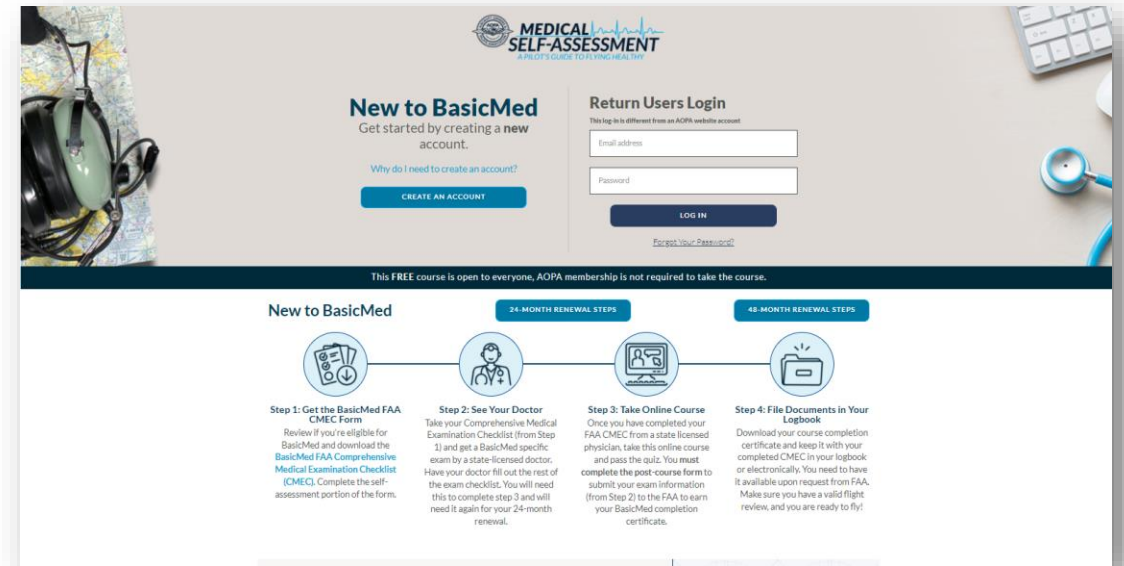
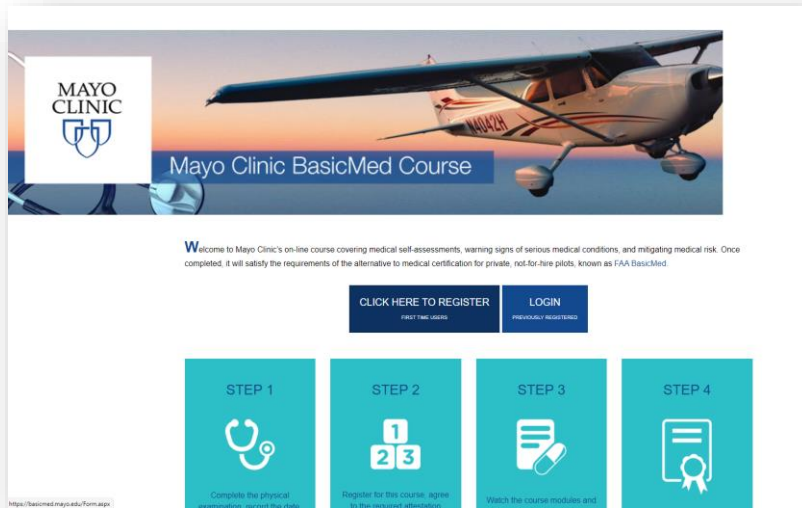
FAA 8700-2 Comprehensive Medical Examination Checklist (04-17) 5





# Online Course

- AOPA
- Mayo Clinic



- Course refresher – 24 months
- Physical exam – 48 months



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# CAMI Toxicology Study

- **January/February 2022 Issue**
  - 570 out of 1,353 pilots tested positive for medications/drugs.
  - 511 of the 570 (90%), were flying under CFR Part 91.
- **Extent of Impairment – Undetermined**
  - But cause for concern



# What's the Problem

- **Not easy to determine extent of impairment**
  - Different medication effects for different people
  - Post-mortem redistribution and sample type
- **Don't know about pilot's condition**
  - Pre-existing medical condition requiring medication
- **AME not consulted?**
- **Drug interactions**



# Federal Drug Labeling Standards

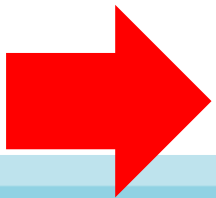
Provide information for:

Patients

Healthcare professionals

Both

It Depends





# OTC Medication Labeling

- **Read the label**

- Active Ingredient(s)
- Purpose
- Uses
- Warnings
- Directions

<b>Drug Facts</b>	
<b>Active ingredient (in each tablet)</b> Chlorpheniramine maleate 2 mg.....	<b>Purpose</b> Antihistamine
<b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
<b>Warnings</b> Ask a doctor before use if you have ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
<b>When using this product</b> ■ drowsiness may occur ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
<b>Directions</b>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

<b>Drug Facts (continued)</b>
<b>Other information</b> ■ store at 20-25° C (68-77° F) ■ protect from excessive moisture
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch



# Sleep Aids & Cough Medications

- **Both likely to contain antihistamines which may cause drowsiness or sedation**
  - “Hang Over” effect
  - Side effects may last several days
- **Short term use only**



# How long must I wait?

- **FAA recommends waiting five times the dosage interval.**
  - Particularly true for any medication causing drowsiness.
- **Four times per day = 6-hour intervals**
  - $5 \times 6 = 30$  hours





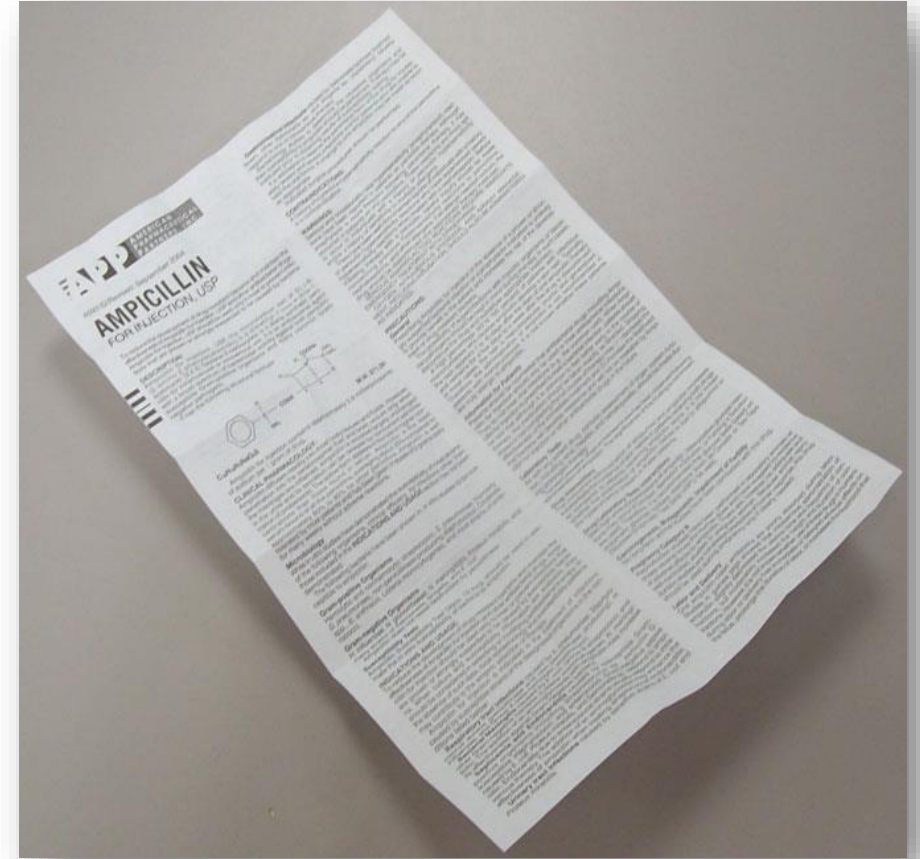
# Prescription Medications

- **May recommend not operating a motor vehicle**
  - Includes cars, airplanes, boats, etc.
- **May be prescribed individually**
  - Perhaps by different Healthcare Providers
  - Interactions may not be addressed or unknown
- **Prescription drug labeling**
  - Directed to Healthcare Provider



# Prescription Drug Labeling

- **Known by several names including:**
  - “prescribing information” or
  - “package insert”
- **Intended for Healthcare providers, but available to anyone**
  - May be several pages long in very small print
  - Very technical language



# AOPA Resources – Members Only

- A member benefit that allows you to look up OTC and prescription meds to determine if they are safe for pilots to use



UPGRADE

AOPA CREDIT CARD

DONATE

MY

MEMBERSHIP

TRAVEL

PILOT RESOURCES

NEWS & MEDIA

TRAINING & S

Home > Pilot Resources > Medical Resources > Medications Database

## PILOT RESOURCES

Pilot Information Center

Aircraft & Ownership

Medical Resources

BasicMed Pilot Resources

Airman Medical Certification

Health Conditions

Submitting to the FAA

Medications Database

Search FAA Medication Database

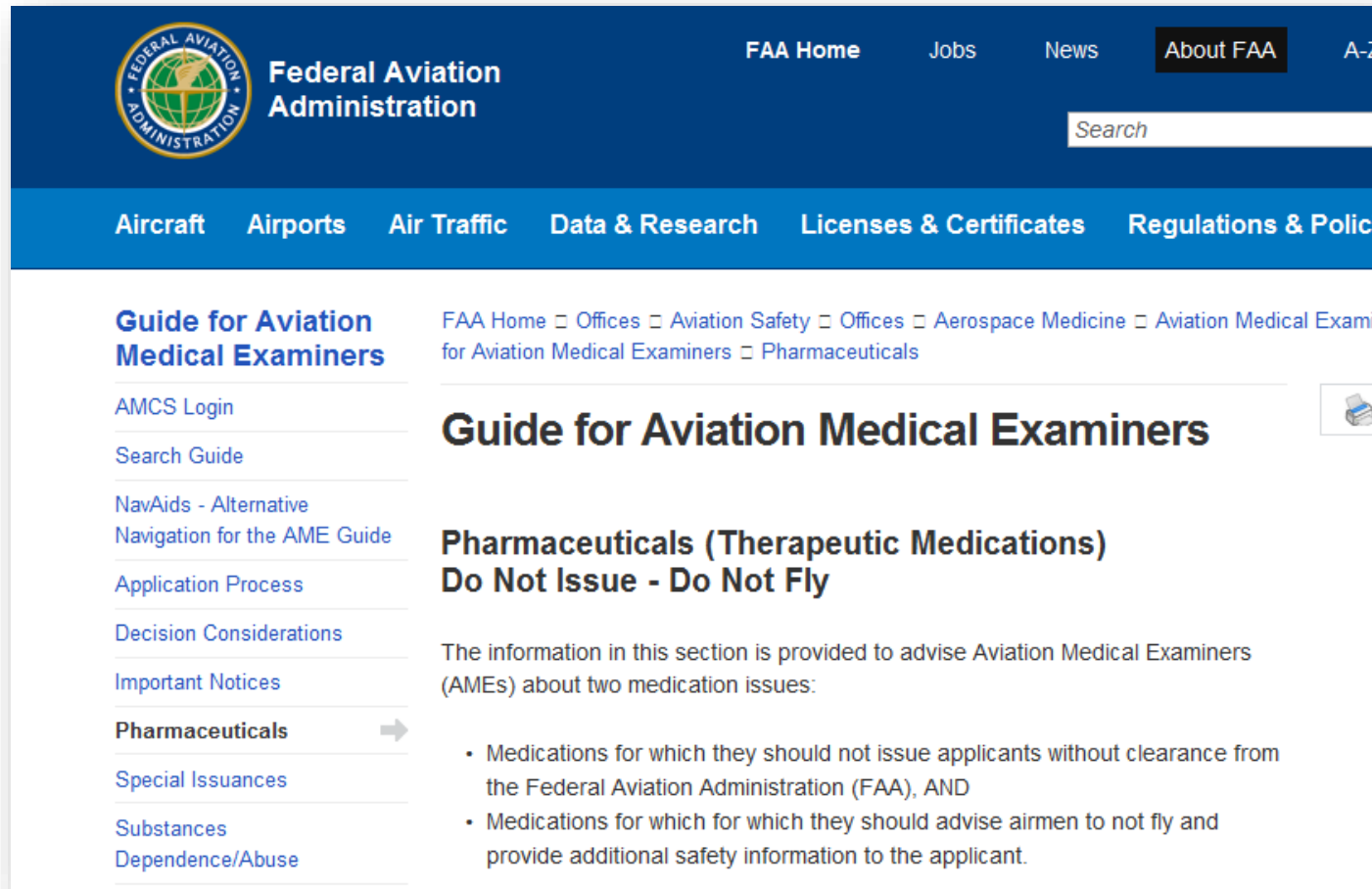
Special Issuance Certification

## MEDICATIONS DATABASE

AOPA offers a list of FAA allowed/disallowed medications for pilots who hold FAA-issued medical certificates. Under BasicMed, your physician will discuss the medications you are taking and their potential to interfere with the safe operation of an aircraft. Please read more below.



# Do not issue - Do not fly



The screenshot displays the FAA website's navigation and content. At the top, the FAA logo and name are on the left, and navigation links for 'FAA Home', 'Jobs', 'News', 'About FAA', and 'A-Z' are on the right. A search bar is also present. Below the header, a secondary navigation bar lists categories: 'Aircraft', 'Airports', 'Air Traffic', 'Data & Research', 'Licenses & Certificates', and 'Regulations & Policies'. The main content area is titled 'Guide for Aviation Medical Examiners' and includes a breadcrumb trail: 'FAA Home > Offices > Aviation Safety > Offices > Aerospace Medicine > Aviation Medical Examiners > Pharmaceuticals'. A left-hand sidebar contains a list of links: 'AMCS Login', 'Search Guide', 'NavAids - Alternative Navigation for the AME Guide', 'Application Process', 'Decision Considerations', 'Important Notices', 'Pharmaceuticals' (highlighted with a right-pointing arrow), 'Special Issuances', 'Substances', and 'Dependence/Abuse'. The main content area features the heading 'Guide for Aviation Medical Examiners' and a sub-heading 'Pharmaceuticals (Therapeutic Medications) Do Not Issue - Do Not Fly'. Below this, a paragraph states: 'The information in this section is provided to advise Aviation Medical Examiners (AMEs) about two medication issues:'. A bulleted list follows: '• Medications for which they should not issue applicants without clearance from the Federal Aviation Administration (FAA), AND' and '• Medications for which for which they should advise airmen to not fly and provide additional safety information to the applicant.'





# FAA Clarifies Marijuana and CBD Policy

- Positive tests of THC disqualify certain certifications even if it is a trace from CBD products.
- Cannabis remains illegal at the Federal level and US DOT continues to test for THC presence.
- Commercial CBD products, not approved by the FDA, may be mislabeled and contain detectible levels of THC.
- CBD oil is not accepted as an affirmative defense against a positive drug test.



# Tips

- Consult your AME before flying while using prescription and/or OTC Drugs.
- Make sure your AME knows about all the drugs you take and the medical conditions requiring their use.
- Let your prescribing doctor know that you are a pilot
- Ask about adverse effects associated with drug combinations.
- In between doctor visits you're self assessing your condition before each flight. Ground yourself when you're not fit to fly.



# Resources

- **FAA Safety Briefing Magazine**
  - January/February 2022 Issue
- <https://www.faa.gov/sites/faa.gov/files/2022-01/JanFeb2022.pdf>





# Have you earned your *WINGS*?

- **Proficient Pilots are:**
  - Confident
  - Capable
  - Safe
- ***WINGS*** will keep you on top of your game



<http://www.mywingsinitiative.org/>



**The Paul and Fran Burger \$10,000 WINGS Sweepstakes**

The **WINGS** Sweepstakes mission is to reduce the nation's accident and incident rate by increasing pilot participation in the **WINGS** FAASTeam Pilot Proficiency Program. The **WINGS** program has courses based on real world accident and incident causes so flight instructors, pilots and student pilots get training that can truly make a difference.

Studies indicate that pilots who complete **WINGS** phases are safer aviators. Please join us in saving lives.

**Captain Sully endorses the WINGS Pilot Proficiency Program**

[View the video](#)

learn about the program and its many benefits.

**The 2020 Sweepstakes awards 10 cash prizes! Prize levels include:**

Four (4) \$1,500  
Four (4) \$750  
Two (2) \$500



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# Proficiency and Peace of Mind

- Fly regularly with your CFI
- Perfect Practice
- Document in *WINGS*



# Safety Management Systems (SMS) Coming to General Aviation



<https://www.faa.gov/about/initiatives/gasafetyoutreach>



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# Thank you for attending

- You are vital members of our GA safety community



# The National FAA Safety Team Presents

## Topic of the Month - October Pilots and Medications

Presented to: <Audience>  
By: <Presenter>  
Date: < >

**Produced by:  
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