

The National FAA Safety Team Presents



Federal Aviation
Administration

Topic of the Month—October 2023 Gaming the System

Presented to: Safety Minded Aviators, Everywhere...

By: Stephen Bateman, CFI. AOPA Flying Clubs

Date: 17th October 2023

Produced by:
The National FAA Safety Team (FAASTeam)



Welcome

- **Steve Bateman, CFI, AOPA Flying Clubs, FAASTeam Lead Rep
Portland FSDO**
- **Your monthly 33-minute dose of aviation safety**
- **WINGS Credit: Yes...!**
- **Probably no time for questions, but please send me email:**
steve.bateman@aopa.org
Tel: 301 695 2356



So...

- No recording...but even better...
- You can download the presentation!
 - This and earlier ToM presentations are available...
 - Sign-up now!
 - October edition 10/15/2023

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AOPA FOUNDATION

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FLYING CLUBS | RUSTY PILOTS | FLIGHT TRAINING | HIGH

Home > Flying Clubs > Club Connector Newsletter

FLYING CLUB CONNECTOR NEWSLETTER

Your source for the latest news on flying clubs all over the country. AOPA's research has shown us that flying club leaders are hungry to learn more about the practical experiences of other clubs. So, we have created this monthly e-newsletter.

[SUBSCRIBE](#)

ARTICLES BY TOPIC

NEWS FROM HQ	QUESTION OF THE MONTH	CLUB SPOTLIGHT
AIRCRAFT SPOTLIGHT	SAFETY	EVENT SPOTLIGHT

CLUB CONNECTOR ARTICLES

[NARROW RESULTS](#) ▾



Do YOU check NOTAMS before you fly?



5:37 AM Sun Sep 3

VFR & Category FPL

N761GG S33 S39

Aircraft Basic Perform...Profile

4,500'

Dist 25 nm ETE 0h20m ETA - Fuel 3.1 g Wind 3 kts head

5:25 AM PDT Internet Traffic

Map Info TFR

TFR ZSE 3/5032 TFR (2013-5032-1)
Sep 2, 8:10 PM - Sep 29, 8:00 PM PDT (FAA)
Active, Surface - 9,000' MSL

TO PROVIDE A SAFE ENVIRONMENT FOR FIRE FIGHTING ACFT OPS

Point-of-Contact Frequency: 118.075
Point-of-Contact Phone: 541-225-6400

IFDC 3/5032 ZSE OR..AIRSPACE 45NM E EUGENE, OR..TEMPORARY FLIGHT RESTRICTIONS WI AN AREA DEFINED AS 441800N1221630W (DSD256042.0) TO 442200N1220800W (DSD263036.4) TO 442200N1220000W (DSD265030.8) TO 440400N1220000W (DSD232032.1) TO 440430N1220300W (DSD234034.0) TO 440645N1220445W (DSD238034.5) TO 441000N1221630W (DSD245042.2) TO POINT OF ORIGIN SFC-9000FT TO PROVIDE A SAFE ENVIRONMENT FOR FIRE FIGHTING ACFT OPS. PURSUANT TO 14 CFR SECTION 91.137(A)(2) TEMPORARY FLIGHT RESTRICTIONS ARE IN EFFECT. EUGENE DISPATCH CENTER TEL 541-225-6400 OR FREQ 118.075/LOOKOUT FIRE IS IN CHARGE OF THE OPS. SEATTLE /ZSE/ ARTCC TEL 253-351-3698 IS THE FAA CDN FACILITY. 2309030310-2309300300EST

SEP 3 5:25 AM PDT -57m -47m -37m -27m -12m

Track Course Next Groundspeed GPS Altitude ETE Next Nearest Baro (KRDM)

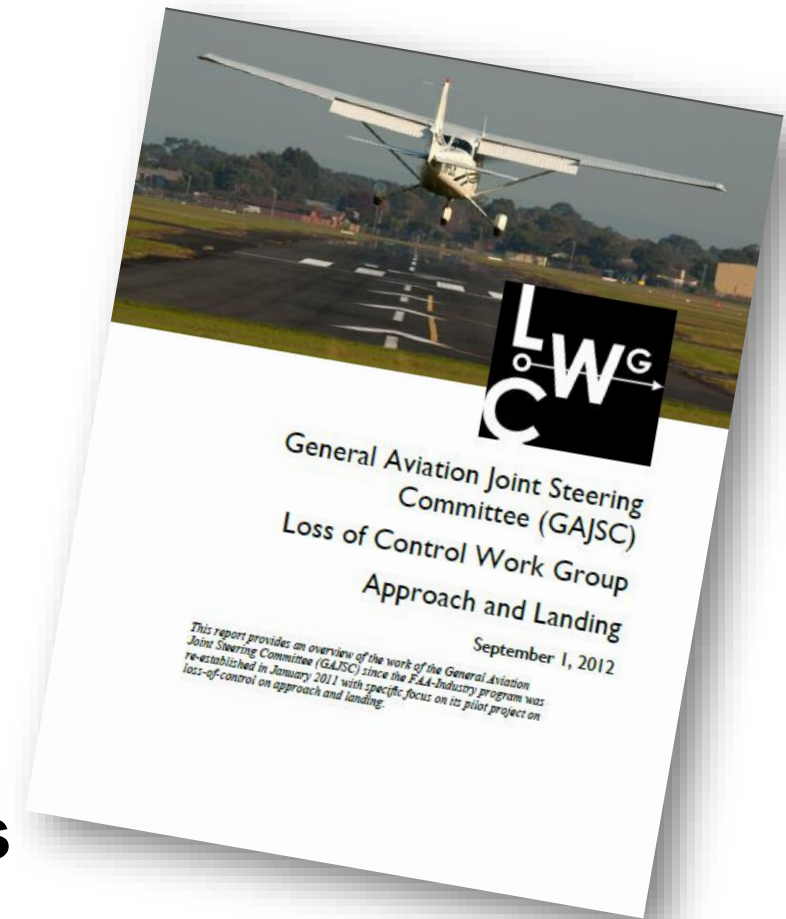
141°M 0 kts 2,925' 30.03

Airports Maps Plates Documents Imagery Flights ScratchPads More



Overview

- **General Aviation Joint Safety Committee (GAJSC) & FAA Accident Study Findings**
- **Medical certification and BasicMed**
- **Flying and medications**
- **Drug/medication combinations**
 - Drug – Drug
 - Drug – Food. Example: Grapefruit juice...
- **Why “gaming the system” will end in tears**



Medical Certification - Pilots

- **14CFR 61.23**
 - Establishes pilot medical certification requirements
- **FAA Office of Aerospace Medicine**
 - Federal Air Surgeon
- **Aerospace Medical Certification Division**
 - Processes Pilot & employee (air traffic controller) medical certifications
 - https://www.faa.gov/pilots/medical_certification



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)

Northwest Mountain

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- Idaho
- Montana
- Oregon
- Utah
- Washington
- Wyoming

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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**
- **Aeromedical Safety Library**



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



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More about CAMI

Office of Aerospace Medicine

Civil Aerospace Medical Institute (CAMI)

The FAA Civil Aerospace Medical Institute (CAMI) is the medical certification, research, education, and occupational health wing of the FAA's Office of Aerospace Medicine. The goal of our activities is to enhance aviation safety.

After America's first successful flight in 1903, the first aviation fatality could not be far off. Amazingly, five years would pass before the first fatal accident. But since then, safety has been an important concern. In 1926, the Civil Aeronautics Act marshaled the talents of the medical profession to certify that all aviators are physically fit to fly.

Thus, our principal concern at CAMI is the human element in flight - pilots, flight attendants, passengers, air traffic controllers - and the entire human support system that embraces civil aviation. We study the factors that influence human performance in the aerospace environment, find ways to understand them, and communicate that understanding to the aviation community.

The Institute's people - researchers, physicians, and other medical specialists, engineers, educators, pilots, technicians, and communicators - all merged as a team in 1961 at our centralized Oklahoma City facility. Since then, the CAMI team's synergistic products serve people everywhere as they safely and routinely achieve one of the oldest of human dreams:

Flight!

- [CAMI - A World Class Facility](#) (PDF)
- [CAMI Brochure](#) (PDF)
- [Aeromedical Safety Brochures](#)
- [Aerospace Medical and Human Factors Research](#)
- Aerospace Medical Education Programs
 - [Aviation Medical Examiner Education](#)
 - [Airman Education Programs](#)
- [Aerospace Medicine Technical Reports](#)
- [Information for Aviation Medical Examiner \(AME\)](#)
- [Civil Aerospace Medical Institute Library](#)
- [Federal Air Surgeon's Medical Bulletin](#)
- [Medical Certification](#)

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



18D005E21472



Space:

Definition of space

Gravity and microgravity

Galactic (solar and cosmic) radiation

Temperature

Environmental characteristics of the Moon

Environmental characteristics of Mars

SECTION I, 1.2 - SPACE

DEFINITION

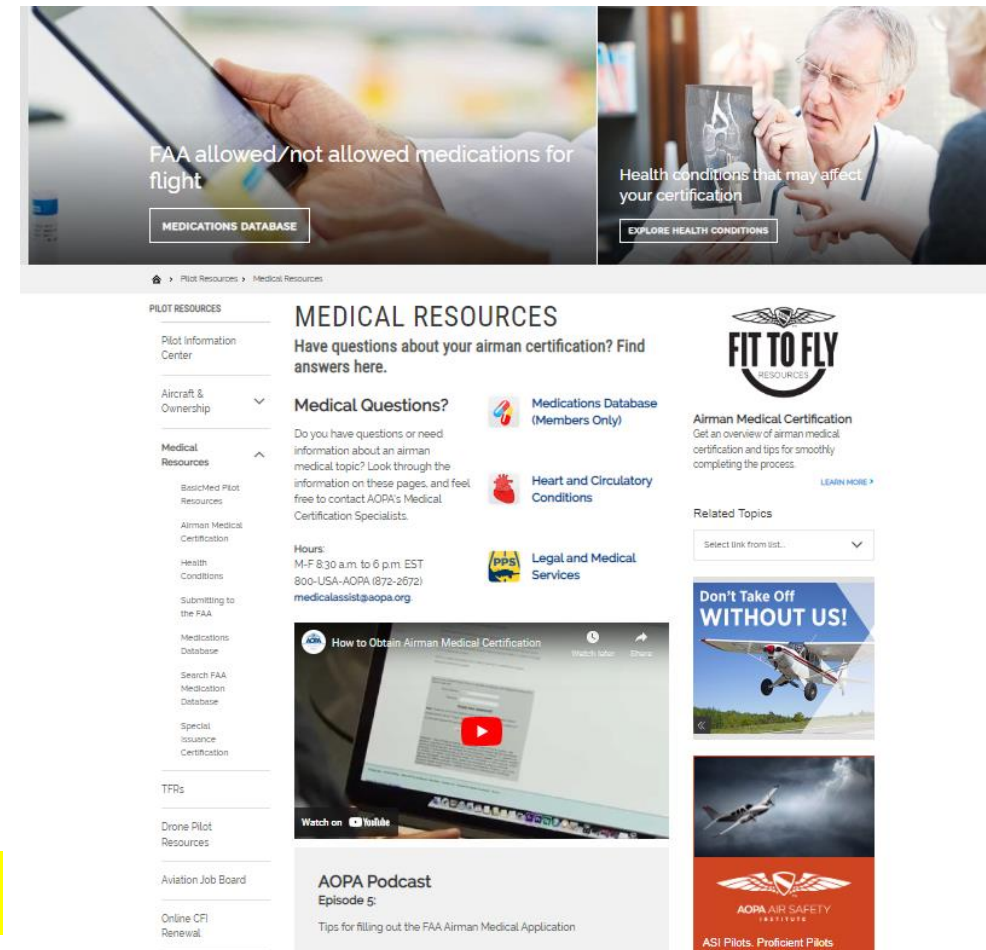
Space, beyond being the final frontier, is different things to different people. For pilots, space is beyond the atmosphere where they no longer have aerodynamic control and vehicles must be controlled in their position and altitude by thrusters. For a



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More About Medical Certification

- **Call AOPA medical group first!!!**
 - Use your member benefits
 - <https://www.aopa.org/go-fly/medical-resources>
- **Medical Certificates**
- **Pilot Information Center**
- **Aviation Medical Examiner Locator**
- **Q&A**
- **MedXpress**
- **BasicMed: READ THE INSTRUCTIONS!**



FAA allowed/not allowed medications for flight

MEDICATIONS DATABASE

Health conditions that may affect your certification

EXPLORE HEALTH CONDITIONS

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

TFRs

Drone Pilot Resources

Aviation Job Board

Online CFI Renewal

MEDICAL RESOURCES

Have questions about your airman certification? Find answers here.

Medical Questions?

Do you have questions or need information about an airman medical topic? Look through the information on these pages, and feel free to contact AOPA's Medical Certification Specialists.

Hours:
M-F 8:30 a.m. to 6 p.m. EST
800-USA-AOPA (872-2672)
medicalassist@aopa.org

Medications Database (Members Only)

Heart and Circulatory Conditions

Legal and Medical Services

FIT TO FLY RESOURCES

Airman Medical Certification

Get an overview of airman medical certification and tips for smoothly completing the process.

LEARN MORE

Related Topics

Select link from list...

Don't Take Off WITHOUT US!

How to Obtain Airman Medical Certification

Watch on YouTube

AOPA Podcast

Episode 5:

Tips for filling out the FAA Airman Medical Application

AOPA AIR SAFETY INSTITUTE

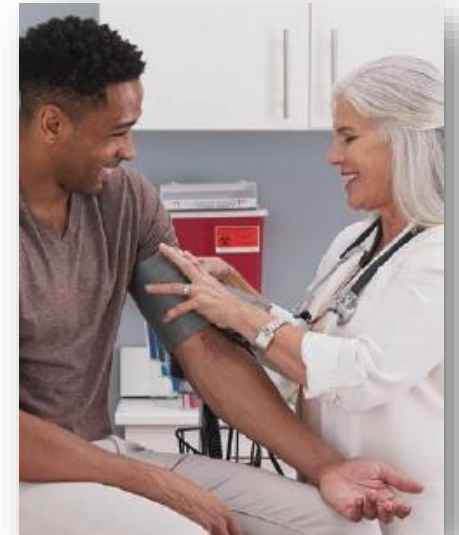
ASI Pilots. Proficient Pilots



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Pilot Maintenance

- **Annual/100-hour inspections**
 - Periodic (but regular) medical examinations
- **Detect and correct small problems**
 - Before they become big ones
- **Pre-flight and post-flight inspections**
 - IMSAFE checklist
 - SLAP checklist
- **Fit to fly?**
- **Hazardous Attitudes Assessment**
 - Admit it...
 - You broke the speed limit today...and you knew that you did...
 - Anti-authority? No...that rule is for other people...not me...



The Five Hazardous Attitudes

Think hard about how these affect *you* and how *you* face them down
(Hint: They introduce biases into our thinking and behaviors):

	Attitude	Symptom	Antidote
I	Invulnerable	It won't happen to me	It can happen to me
M	Macho	I can do this	Taking chances is foolish
A	Anti-Authority	Don't tell me what to do	Follow the rules - they are there for a reason
I	Impulsive	Got to do something...anything...	Slow down - follow your training
R	Resignation	I'm helpless - can't change the outcome	I can make a difference



The ~~Five~~ **Six** Hazardous Attitudes

Think hard about how these affect *you* and how *you* face them down
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I	Impulsive	Got to do something...anything...	Slow down - follow your training
R	Resignation	I'm helpless - can't change the outcome	I can make a difference

E	Entitlement	I have the right to do this	Flying is an equal privilege, get in line
---	-------------	-----------------------------	---



I'm Safe Checklist

I – Illness

M – Medication

S – Stress (and hyperness)

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: 'NOTE: 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.

Reality Check 1

- **We know how we want to appear**
 - ...and we are very good at rationalization
- **Share all relevant information**
 - Medical History
 - Medications & dosages
 - Concerns
- **Gaming the system**
 - **Some computer bot *will* find out**
 - **It will end in tears**



Know all there is to know...

Medical Certificate

[FAA MedXPress](#) (online FAA Form 8500-8 application)

FAA MedXPress is a web application pilots must use to submit their certification applicant information (Items 1 through 20) of the FAA Form 8500-8. Pilots need only a valid email address to create a MedXPress account to use FAA MedXPress. MedXPress is designed to expedite the processing of a pilot's request for certification and shorten the pilot's office visit with the AME.

- [How to obtain a Medical Certificate](#)
- [Request a Copy of Your Medical Certificate](#)
- [Locate an AME](#)
- Locate a HIMS (Human Intervention Motivation Study) AME: [MS Word](#), [PDF](#)

HIMS AMEs are trained in evaluating airmen for substance- or alcohol-related conditions or other mental conditions. HIMS AMEs can provide sponsorship and monitoring for such conditions when required by the FAA for medical certification purposes.

Pilot Information

- [Pilot Minute Micro-learning Series](#)
- [Questions and Answers](#)
 - [Deaf Pilot](#)
 - [Sport Pilot](#)
 - [BasicMed](#)
- [Over-the-Counter Medications](#)
- [Pilot Mental Fitness](#)
- [Aeromedical Safety Brochures](#)
- [Requesting Medical Records](#)

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



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BasicMed Requirements

- Cannot “just go” on BasicMed
- FAA medical certificate that was valid for at least one day after July 16, 2006 that was not subsequently denied, suspended, revoked or withdrawn
- If not, must obtain a 3rd class medical...then can do BM
- Current and valid U.S. driver’s license
- Comprehensive Medical Exam Checklist (CMEC)
- Physical exam by a state-licensed physician
- Online course
 - AOPA or Mayo Clinic



Reality Check 2

- **Don't try to game the system by applying for BasicMed while your traditional medical certificate is under review or a special issuance is in progress**
 - Any suspension, revocation, or withdrawal of a traditional medical certificate will void Basic Med.

VOID



Top Questions About BasicMed

- What needs to get done (CMEC and course/quiz)
- Renewal times (24-calendar months for the course, 4-years to the day with the doctor)
- Can't log into the system for the course (password resets)
- Can't find a doctor within 100 miles in the doctor finder
- ...and there are those who still don't know BM exists and what it is...
- Watch the video...<https://youtu.be/COE5-UjVgEE>



BasicMed Limitations

- **Aircraft**

- Max takeoff weight not more than 6,000 pounds
- Seats for 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 (unless authorized)
- No operations for compensation or hire
 - CFIs may receive compensation for instruction given
- May act as safety pilot



Getting started with BasicMed

- <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 the program, a list of two free online courses (Mayo Clinic and AOPA's), and sections for 'When can I fly under BasicMed?' and 'What do I need to do to fly under BasicMed?'. On the right side, there are 'Top Tasks' and 'Two BasicMed Online Courses Now Available' sections with icons.



Comprehensive Medical Exam Checklist

- **Section 1 - Airman**
 - Completes top section before physical exam
- **Section 2 – State-licensed Physician**
 - Completes the rest and signs the form

The image shows a sample of the FAA Comprehensive Medical Examination Checklist form, specifically Section 2: Individual Information. The form is titled "Comprehensive Medical Examination Checklist BASICMED SECTION 2: INDIVIDUAL INFORMATION (To be completed by the airman)". It includes fields for personal information, FAA certificate details, and medical history questions. The form is numbered 1 through 18, with some sections marked as "Omitted".

Key sections visible on the form include:

- 1-2 Omitted
- 3 Name: Last
- 4 SS # (optional)
- 5 Address/street, City, State/Country, Telephone, Zip Code
- 6 Date of birth, Color of hair, Country of Citizenship
- 7 Type of airman certificate(s) you hold: Airline Transport, ATC Specialist, Commercial, Flight Engineer, Flight Instructor, Flight Navigator, Private, Recreational, Student, Other
- 8 Color of eyes, 9 Sex
- 10 Occupation (optional)
- 11 Have your FAA Airman Medical Certificate ever been denied, suspended, revoked, or withdrawn? No Yes (If yes, list date)
- 12 Employer (optional)
- 13 Date of Last FAA Medical Application
- 14 Omitted
- 15 Omitted
- 16 Do You Currently Use Any Medication? (Prescription or over-the-counter) No Yes (If yes, list medication(s) and dosage used below.)
- 17 If additional space is needed, check this box and list information on an additional sheet of paper
- 17a 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.)
- 17b 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.
- 18 Additional comments or explanations (Give details in the space below)

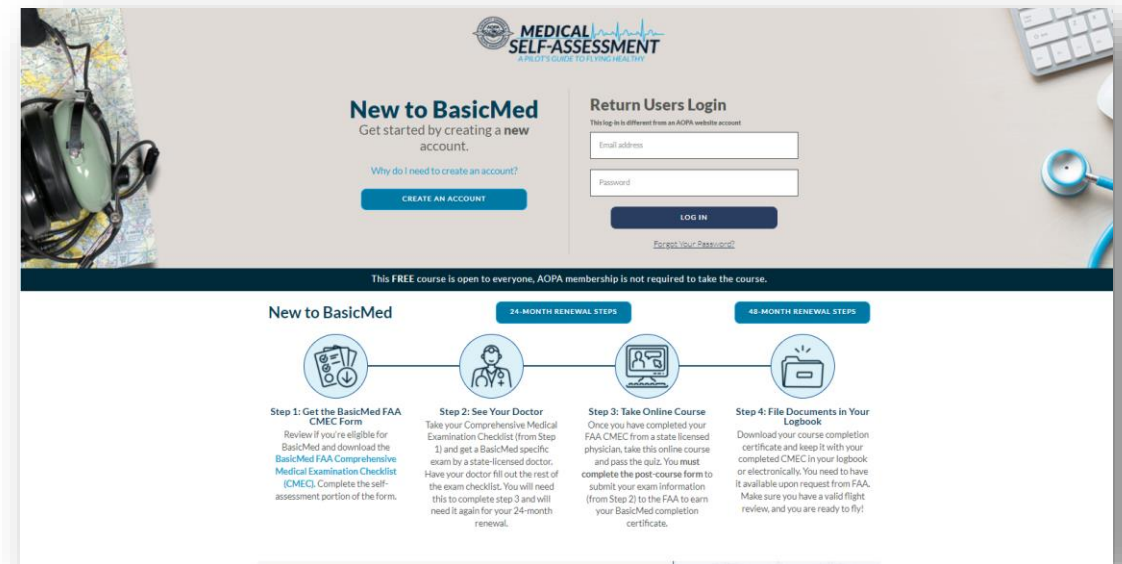
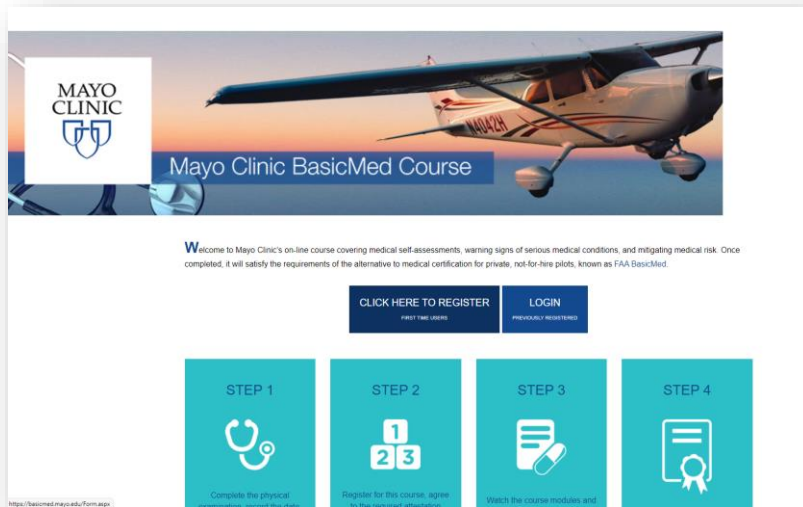
At the bottom of the form, there is a table for medical conditions:

	No	Yes
a. Frequent or severe headaches:		
b. Dizziness or fainting spells:		
c. Unconsciousness for any reason:		
d. Eye or vision trouble (except for glasses):		
e. Hay fever or allergy:		
f. Asthma or lung disease:		
g. Heart or vascular trouble:		
h. High or low blood pressure:		
i. Stomach, liver, or intestinal trouble:		
j. Kidney stone or blood in urine:		
k. Diabetes:		
l. Neurological disorders (epilepsy, seizures, stroke, paralysis, etc.):		



Online Course

- Physical exam: 48 months...to the day
 - Course refresher: 24 months...to the month
- AOPA: <https://www.aopa.org/advocacy/pilots/medical/basicmed>
 - Mayo Clinic: <https://basicmed.mayo.edu/>



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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 were flying under CFR Part 91
- **Extent of Impairment - if any - is Undetermined**
 - But “cause for concern”

42% !!!

90% !!!



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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 consulted?**
 - Would *YOU* consult your AME...?
 - Family doctor...?
- **Drug interactions...later...**



What's the Problem?

- **65% of MD visits result in a prescription**
 - We live in an over-medicated society
- **40% of the US population has 4 or more prescriptions**
- **Possibly combined with OTC medications**
- **Possibly combined with illegal drugs and/or booze**
- **Adverse reactions increase *dramatically* with 4 or more medication cocktails**
- **What's a pilot to do?**



What's the Solution?

- **Disclose and discuss all medicine you're taking with your Aviation Medical Examiner**
- **Understand dosage and effects of each medication including dietary supplements**
- **Understand effects of interactions**
 - Prescription **AND** OTC medications
- **“Oh, it's all right, it a natural product”**
 - Yeah, so is opium and cannabis...
- **Scary...right?**
 - You might not be able to fly...
 - But you'll live to sneeze another day!



Do not issue = AME Responsibility
Do not fly = Our Responsibility



<https://tinyurl.com/l43gpcu>

A screenshot of the Federal Aviation Administration (FAA) website. The top navigation bar includes the FAA logo, the text 'Federal Aviation Administration', and links for 'FAA Home', 'Jobs', 'News', 'About FAA', and 'A-Z'. A search bar is located on the right. Below the navigation bar, a secondary menu lists categories: 'Aircraft', 'Airports', 'Air Traffic', 'Data & Research', 'Licenses & Certificates', and 'Regulations & Policies'. The main content area features a left-hand sidebar with a list of links: 'Guide for Aviation Medical Examiners', '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 Dependence/Abuse'. The main content area displays the 'Guide for Aviation Medical Examiners' page, with a breadcrumb trail: 'FAA Home > Offices > Aviation Safety > Offices > Aerospace Medicine > Aviation Medical Examiners > Pharmaceuticals'. The page title is 'Guide for Aviation Medical Examiners' and the sub-section is 'Pharmaceuticals (Therapeutic Medications) Do Not Issue - Do Not Fly'. The text 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.'



Do not issue medications (...and conditions)

- Angina meds – dilation of arteries
- Anticholinergics - block involuntary muscle movements
- Cancer treatments – chemotherapy, radiation therapy
- Controlled substances – altered mental state
- Some diabetic meds – blood sugar, dizziness
- Dopamine agonists – affect mood and movement
- Centrally acting hypertensives – lower blood pressure
- Selected psychiatric or psychotropic meds – altered mental state
- Malaria and seizure meds
- High-dose steroids
- Smoking and weight loss meds



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



Read The Instructions!

- OTC Medication Labeling
- Labeling Standards
 - Directed to medication users
 - In non-technical language
- Read before you take it and before you fly!
- Don't let a post-mortem determine that you shouldn't have been flying

WHAT'S ON THE NEW LABEL

All nonprescription, over-the-counter (OTC) medicine labels have detailed usage and warning information so consumers can properly choose and use the products.

Below is an example of what the new OTC medicine label looks like.

ACTIVE INGREDIENT
Therapeutic substance in product; amount of active ingredient per unit

USES
Symptoms or diseases the product will treat or prevent

WARNINGS
When not to use the product; conditions that may require advice from a doctor before taking the product; possible interactions or side effects; when to stop taking the product and when to contact a doctor; if you are pregnant or breastfeeding, seek guidance from a health care professional; keep product out of children's reach

INACTIVE INGREDIENTS
Substances such as colors or flavors

PURPOSE
Product action or category (such as an antihistamine, antacid, or cough suppressant)

DIRECTIONS
Specific age categories, how much to take, how often and how long to take

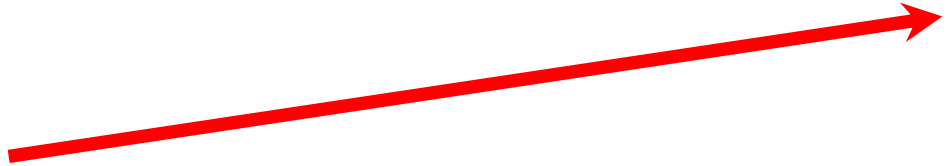
OTHER INFORMATION
How to store the product properly and required information about certain ingredients (such as the amount of calcium, potassium, or sodium the product contains)

The new Drug Facts labeling requirements do not apply to dietary supplements, which are regulated as food products, and are labeled with a Supplement Facts panel.

OTC Medication Labeling

- **Read the label**

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



Drug Facts	
Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg.....	Purpose Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
Warnings 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	
When using this product ■ 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.	
Directions	
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

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



Prescription Medications

- **May recommend not operating “machines” ...so...**
 - 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



Medications Database


- Know before you pop that pill...
- Use this at the doctor's office...
 - Tell doctor you are a pilot
 - Might be an allowed alternative

• <https://www.aopa.org/go-fly/medical-resources/medications-database>

Home > Pilot Resources > Medical Resources > Medications Database

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.



[SEARCH MEDICATION DATABASE](#)

FAA policy for pilots who hold first, second, and third class medical certificates

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
- TFRs
- Drone Pilot Resources
- Aviation Job Board



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Drug Interactions with...

- What else we are taking
- What we eat and drink



Consult your AME!

- <https://www.fda.gov/media/76562/download>



Interactions

- **Drug-drug** interactions occur when two or more drugs react with each other.
- **Drug-food/beverage** interactions result from drugs reacting with foods or beverages. For example, mixing alcohol with some drugs may cause you to feel tired or slow your reactions
- **Drug-condition** interactions may occur when an existing medical condition makes certain drugs potentially harmful



Drug-Drug Interactions

- **Antihistamines with hypertension drugs**
- **Drugs, food, or beverages that contain caffeine**
- **Pain relievers**
 - Acetaminophen (Tylenol, Paracetamol) , aspirin, ibuprofen, etc.
 - Aleve, Advil, Motrin...
- **Antacids**
 - Tum, Tum, Tum, Tum-Tum
 - Alka-Seltzer



Combining Medications

- **Prescriptions with prescriptions**
 - Does the prescribing provider know you fly?
 - Does your AME know about all the medications you take and conditions you have?
- **Prescriptions with OTC**
 - Consult your AME and/or Regional Flight Surgeon
 - ...and/or consult your Pharmacist



Drug-food interactions

- **Empty or full stomach**
- **Alcohol impacts**
- **Certain foods**
 - Grapefruit and grapefruit juice
 - Can interact with some cholesterol and hypertension drugs
 - <https://www.fda.gov/consumers/consumer-updates/grapefruit-juice-and-some-drugs-dont-mix>
 - Mushrooms
- **Pain relievers**
 - Acetaminophen (Tylenol, Paracetamol) , aspirin, ibuprofen, etc.
- **Antacids**



Just Don't...

- Smoke
- Vape
- Sniff
- Chew



For more information

- **NTSB Safety Alert SA_037**



NTSB
SAFETY ALERT

National Transportation Safety Board

★ **Pilots: Understand Impairment Risk** ★

**Over-the-Counter and Prescription Drugs
Can Cause Impairment**

The problem

- Toxicology tests of pilots involved in fatal aviation accidents increasingly show evidence that a wide variety of over-the-counter (OTC) and prescription drugs have been used, including drugs that are potentially impairing.
- Pilots may be using OTC or prescription drugs without realizing that they can cause impairment.
- Pilot impairment reduces the safety of flight and increases accident risk.
- Pilot impairment due to the effects of drugs is preventable.

Related accidents

- On May 5, 2012, a Cessna 177B impacted terrain after experiencing an aerodynamic stall about 300 feet above the ground during a go-around. The investigation found no preaccident anomalies with the aircraft. Postaccident toxicology testing of the fatally injured pilot showed that the pilot had taken diphenhydramine, an OTC sedating antihistamine commonly marketed under the names Benadryl and Unisom. The drug's effects and pilot impairment were contributing factors in the accident. ([ERA12FA319](#))
- On March 30, 2011, a Cessna 310R impacted terrain while conducting a nonprecision approach to a mountain top airport that was obscured by clouds and fog. The investigation found no preaccident anomalies with the aircraft. Toxicological testing of the fatally injured pilot found significant amounts of doxylamine, a sedating antihistamine, in combination with other drugs that suggested use of an OTC cold medicine such as a Nyquil or an Aldex product. The drug's effects and pilot impairment were contributing factors in the accident. ([ERA11FA218](#))
- On July 7, 2010, a Eurocopter AS-360-B2 helicopter flying during the day in good visibility impacted trees and terrain. The investigation found no preaccident anomalies with the aircraft. Toxicological testing of the fatally injured pilot showed



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Resources

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



Proficiency and Peace of Mind

- Fly regularly with your CFI
- “Revert to training” ...only works if...?
 - a) You've seen it before
 - b) You've done it recently
- **Practice, practice...**
 - Get in your head
 - ...and keep it there...
- **Document in *WINGS***



Have you earned your *WINGS*?

- **Proficient pilots are:**
 - Confident
 - Capable
 - Safe
- ***WINGS*** will keep you on top of your game
- **Cheaper insurance, stay alive to enjoy it!**



WIN – Wings Industry Network

- Making it easier to navigate faasafety.gov
- More info here: <https://www.wingsindustry.com/ez-wings>
- From any browser:
 - <http://www.ezwings.net/>
- **Get/give credits for every instructional flight**



Login FAA WINGS

Request Credit

Validate Requested Credit

Give Credit



FAA Pilot Proficiency Program



Your Choice, Your Consequences

- **At the end of the day, you, the PIC, must make all No-Go/Go decisions, including medical**
- **Gaming the system will, inevitably, end in tears**
- **You will live, or not, with the consequences**



Summary

- Let the prescribing doctor know that you are a pilot
- 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
- Ask about adverse effects associated with drug combinations
- In between doctor visits you are self assessing condition before each flight
- If doing BasicMed...***READ THE INSTRUCTIONS!***
- If you are confused, call the AOPA Pilot Information Center
- ***Ground yourself when you're not fit to fly***



Homework-1: Pilot Body Maintenance

- **Check/make appointments for:**
 - Annual physical
 - Next dentist visit
 - Regular eye exam
 - Age-specific preventative care:
 - Colon
 - Prostate
 - Smears
 - Mammograms
 - ...



Homework-2: Know before you go



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About Jobs News

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Aircraft Air Traffic Airports Pilots & Airmen Data & Research Regulations Space Drones

Home / Guide for Aviation Medical Examiners

Overview

AMCS Login

Application Process >

Decision Considerations >

Pharmaceuticals (Meds)

Special Issuances >

Substances Dependencies/Abuse

Synopsis of Medical Standards

Guide for Aviation Medical Examiners

The Guide provides pertinent information and guidance needed to perform the duties and responsibilities of an Aviation Medical Examiner.

NOTE: Updates to the AME Guide are posted on the last Wednesday of each month, usually before 9:00 a.m. CT. For specific dates, see the [2023 update schedule](#).

AME ALERT

NEW CONTENT:

Current revision date – September 27, 2023

- Weight Loss Management - [Disposition](#), [Pharmaceutical](#), [CACI](#), [Status Report](#)
- Polycystic Ovarian Syndrome (PCOS) – [Disposition](#), [CACI](#)
- Prediabetes – [Disposition](#), [AASI](#), [Status Report](#)
- [Diabetes Mellitus](#) and [Diabetes Insipidus](#) (expanded disposition)

REVISED CONTENT:

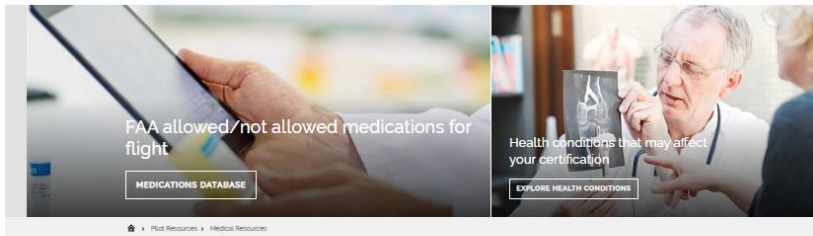
- [Prediabetes CACI](#)
- [Non-Valvular AFib/Aflutter Recertification Status Report](#)
- [COVID-19 Medication](#) – FDA Emergency Use Authorization changes
- ADHD – [Pathway Chart](#), [Standard Track General information](#) and [Standard Track Report Requirements](#) – evaluations can only be done by FAA HIMS-trained Neuropsychologists.
- Color Vision – [Pilots](#) and [ATCS](#) Waggoner Computerized Color Vision Test (identifies what is tested in each section)

https://www.faa.gov/ame_guide



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Homework-3: Know your AOPA member benefits



Medical Resources section of the AOPA website. It includes a sidebar with navigation links like 'Pilot Information Center', 'Aircraft & Ownership', and 'Medical Resources'. The main content area features 'MEDICAL RESOURCES' with a 'Have questions about your airman certification?' section, a 'FIT TO FLY' logo, and an 'AOPA Podcast' section with an episode titled 'Tips for filling out the FAA Airman Medical Application'.

AIRMAN MEDICAL CERTIFICATION: Understanding Airman Medical Standards. This page includes a navigation menu on the left with categories like 'PILOT RESOURCES', 'Aircraft & Ownership', and 'Medical Resources'. The main content features a video titled 'How to Obtain Airman Medical Certification' and a table of contents with links to 'OVERVIEW', 'FIRST, SECOND, AND THIRD CLASS CERTIFICATES', 'COMPARISON OF CLASSES OF MEDICAL STANDARDS', 'SPECIAL ISSUANCE MEDICAL CERTIFICATION', 'CERTIFICATION TIPS', 'DURATION OF MEDICAL CERTIFICATE', 'FAR 61.53 - SELF-GROUND FOR MEDICAL DEFICIENCY', and 'HOSPITAL RECORDS FOR REVIEW'.

Training & Safety > Students > presolo > special > Pilot's Guide to Medical Certification

PILOT'S GUIDE TO MEDICAL CERTIFICATION

When pilots complete an application for a new medical certificate, many find themselves on the receiving end of a letter from the FAA that arrives months after the medical examination. The content of the letter may be confusing and just a little intimidating, and it's then that we might begin to wonder just how the FAA medical certification process really works.

<https://www.aopa.org/training-and-safety/students/presolo/special/pilots-guide-to-medical-certification>

<https://www.aopa.org/go-fly/medical-resources>

<https://www.aopa.org/go-fly/medical-resources/airman-medical-certification>



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Homework-4: BasicMed

- Watch the video
- Read the instructions!!!!

BasicMed

AOPA worked hard for years on behalf of its members to bring about third class medical reform that the FAA refers to as BasicMed. AOPA has developed a suite of online resources for pilots and physicians to help you make the most of the reforms and enjoy your freedom to fly.

Nearly 80,000 pilots have qualified to fly safely under BasicMed since its inception in 2017. The following countries authorize BasicMed privileges: United States, Mexico, The Bahamas, The Dominican Republic, Puerto Rico, the U.S. Virgin Islands, American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Republic of the Marshall Islands, and the Republic of Palau.

Here's how you can join them.



CHECK YOUR BASICMED ELIGIBILITY AND GET THE NEXT STEPS—WHETHER NEW OR RENEWING

I am new to Basic Med

I need to renew BasicMed

Getting Started With BasicMed Process



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Homework-5-: SLAP

After every flight, **SLAP** yourself and create actions for the next flight:

S: How were my **Skills** today?

L: What did I **Learn** today?

A: How was my **ADM** today?

P: How was my **Planning** today?



Homework-6: Resources

- **Spend some quality time with these resources:**
- <https://www.aopa.org/training-and-safety/air-safety-institute>
- [Safety to Go](#)
- [faasafety.gov](https://www.faa.gov/air_traffic_safety/faasafety)
- [Pilot Minute](#)
- [57 Seconds To Safer Flying](#)
- [FAA Safety Briefing Magazine](#)
- [From the Flight Deck](#)

Subscribe to [Aviation Safety](#)

<https://www.aviationsafetymagazine.com>



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Homework-7 Bonus for Extra Points...

- **Get to know CAMI**

- [CAMI - A World Class Facility \(PDF\)](#)
- [CAMI Brochure \(PDF\)](#)
- [Aeromedical Safety Brochures](#)
- [Aerospace Medical and Human Factors Research](#)
- Aerospace Medical Education Programs
 - [Aviation Medical Examiner Education](#)
 - [Airman Education Programs](#)
- [Aerospace Medicine Technical Reports](#)
- [Information for Aviation Medical Examiner \(AME\)](#)
- [Civil Aerospace Medical Institute Library](#)
- [Federal Air Surgeon's Medical Bulletin](#)
- [Medical Certification](#)



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



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 - October edition 10/15/2023

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FLYING CLUBS | RUSTY PILOTS | FLIGHT TRAINING | HIGH PERFORMANCE

Home > Flying Clubs > Club Connector Newsletter

FLYING CLUB CONNECTOR NEWSLETTER

Your source for the latest news on flying clubs all over the country. AOPA's research has shown us that flying club leaders are hungry to learn more about the practical experiences of other clubs. So, we have created this monthly e-newsletter.

[SUBSCRIBE](#)

ARTICLES BY TOPIC

NEWS FROM HQ	QUESTION OF THE MONTH	CLUB SPOTLIGHT
AIRCRAFT SPOTLIGHT	SAFETY	EVENT SPOTLIGHT

CLUB CONNECTOR ARTICLES

[NARROW RESULTS](#) ▾



Next Month...

The National FAA Safety Team Presents

Topic of the Month – November 2023
Normalization of Deviation

Presented to: Safety Minded Aviators, Everywhere...
By: Stephen Bateman, CFI, AOPA Flying Clubs
Date: 21st November 2023

Produced by:
The National FAA Safety Team (FAASTeam)



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Thank you for attending!

You are vital members of our GA safety community!

