



REPUBLIC OF MAURITIUS

**DEPARTMENT OF CIVIL AVIATION**

Sir Seewoosagur Ramgoolam International Airport, Plaine Magnien

**Mauritius Civil Aviation  
Requirements**

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**MCAR-1  
PART D**

**AVIATION MEDICINE**

**Issue 2-Rev 00**

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## **Foreword**

These aviation medicine requirements have been published by the Authority pursuant to the provisions of Regulation 135 of the Civil Aviation Regulations 2007 as amended for the State of Mauritius. These requirements are prefixed with **MMED** standing for **Mauritius Medical** followed by the Part letter then the reference number, e.g. **MMED.A.001** which stands for 'Mauritius Medical requirement, Part A, 001.

To aid understanding acceptable means of compliance (AMC) and guidance material (GM) have been embodied into the text immediately after the requirement. AMC has been coloured *brown*, whilst GM is coloured *Green*.

The Approved Medical Examiner also called "Designated Approved Medical Examiner" will be guided also by a separate procedures document titled Designated Aviation Medical Examiner Manual

An operator may propose an 'alternative means of compliance' which will be reviewed and assessed by the Authority. If found acceptable will be included in this document for the use of all organisations.

This second issue of the aviation medicine requirements supersedes the issue 1 dated March 2008



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Ag Director of Civil Aviation

**DEPARTMENT OF CIVIL AVIATION**  
**MAURITIUS CIVIL AVIATION REQUIREMENTS: AVIATION MEDICINE**

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**PART A**

**GENERAL REQUIREMENTS**

**Section 1**

**General**

**MMED.A.001      Competent authority**

For the purpose of these requirements, the competent authority shall be the Department of Civil Aviation, known as the 'Authority' for:

- (a)    aero-medical centres (AeMC);
- (b)    for aero-medical examiners (AME);
- (c)    for general medical practitioners (GMP);
- (d)    for occupational health medical practitioners (OHMP) assessing the medical fitness of cabin crew.

**MMED.A.005      Scope**

This requirement establishes the need for:

- (a)    the issue, validity, revalidation and renewal of the medical certificate required for exercising the privileges of a pilot licence or of a student pilot; and an air traffic controller or of a student air traffic controller.
- (b)    the medical fitness of cabin crew;
- (c)    the certification of AMEs; and
- (d)    the qualification of GMPs and of occupational health medical practitioners (OHMP).

**MMED.A.010      Definitions**

For the purpose of these requirements, the following definitions apply:

**'Accredited medical conclusion'** means the conclusion reached by one or more medical experts acceptable to the licensing authority, on the basis of objective and non-discriminatory criteria, for the purposes of the case concerned, in consultation with flight operations or other experts as necessary;

**'Assessment'** means the conclusion on the medical fitness of a person based on the evaluation of the person's medical history and/or aero-medical examinations as required in this Part and further examinations as necessary, and/or medical tests such as, but not limited to, ECG, blood pressure measurement, blood testing, X-ray.

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**‘Colour safe’** means the ability of an applicant to readily distinguish the colours used in air navigation and correctly identify aviation coloured lights;

**‘Eye specialist’** means an ophthalmologist or a vision care specialist qualified in optometry and trained to recognise pathological conditions;

**‘Investigation’** means the assessment of a suspected pathological condition of an applicant by means of examinations and tests in order to verify the presence or absence of a medical condition;

**‘Licensing authority’** means the competent authority of the Contracting State that issued the licence, or to which a person applies for the issue of a licence, or, when a person has not yet applied for the issue of a licence, the competent authority in accordance with these requirements;

**‘Limitation’** means a condition placed on the medical certificate, licence or cabin crew medical report that shall be complied with whilst exercising the privileges of the licence, or cabin crew attestation;

**‘Refractive error’** means the deviation from emmetropia measured in dioptres in the most ametropic meridian, measured by standard methods.

**MMED.A.015 Medical confidentiality**

All persons involved in medical examination, assessment and certification shall ensure that medical confidentiality is respected at all times.

**AMC1 MMED.A.015**

*To ensure medical confidentiality, all medical reports and records should be securely held with accessibility restricted to personnel authorised by the medical assessor.*

**MMED.A.020 Decrease in medical fitness**

- (a) Licence holders shall not exercise the privileges of their licence and related ratings or certificates at any time when they:
  - (1) are aware of any decrease in their medical fitness which might render them unable to safely exercise those privileges;
  - (2) take or use any prescribed or non-prescribed medication which is likely to interfere with the safe exercise of the privileges of the applicable licence;
  - (3) receive any medical, surgical or other treatment that is likely to interfere with flight safety.

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- (b) In addition, licence holders shall, without undue delay, seek aero-medical advice when they:
- (1) have undergone a surgical operation or invasive procedure;
  - (2) have commenced the regular use of any medication;
  - (3) have suffered any significant personal injury involving incapacity to function as a member of the flight crew;
  - (4) have been suffering from any significant illness involving incapacity to function as a member of the flight crew;
  - (5) are pregnant;
  - (6) have been admitted to hospital or medical clinic;
  - (7) first require correcting lenses.
- (c) In these cases:
- (1) holders of class 1 and class 2 medical certificates shall seek the advice of an AeMC or AME. The AeMC or AME shall assess the medical fitness of the licence holder and decide whether they are fit to resume the exercise of their privileges;
  - (2) holders of LAPL medical certificates shall seek the advice of an AeMC or AME, or the GMP who signed the medical certificate.
- The AeMC, AME or GMP shall assess the medical fitness of the licence holders and decide whether they are fit to resume the exercise of their privileges.
- (d) Cabin crew members shall not perform duties on an aircraft and, where applicable, shall not exercise the privileges of their cabin crew attestation when they are aware of any decrease in their medical fitness, to the extent that this condition might render them unable to discharge their duties and responsibilities;
- (e) In addition, if in the medical conditions specified in (b) (1) to (b) (5), cabin crew members shall, without undue delay, seek the advice of an AME, AeMC, or OHMP as applicable. The AME, AeMC or OHMP shall assess the medical fitness of the cabin

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crew members and decide whether they are fit to resume their safety duties.

**AMC1 MMED.A.020**

*If in any doubt about their fitness to fly, use of medication or treatment:*

- (a) holders of class 1 or class 2 medical certificates should seek the advice of an AeMC or AME;*
- (b) holders of LAPL medical certificates should seek the advice of an AeMC, AME, or of the GMP who issued the holder's medical certificate;*
- (c) suspension of exercise of privileges: holders of a medical certificate should seek the advice of an AeMC or AME when they have been suffering from any illness involving incapacity to function as a member of the flight crew for a period of at least 21 days.*

**MMED.A.025      Obligations of AeMC, AME, GMP and OHMP**

- (a) When conducting medical examinations and assessments, AeMC, AME, GMP and OHMP shall:
  - (1) ensure that communication with the person can be established without language barriers;
  - (2) make the person aware of the consequences of providing incomplete, inaccurate or false statements on their medical history.
- (b) After completion of the aero-medical examinations and assessment, the AeMC, AME, GMP and OHMP shall:
  - (1) advise the person whether fit, unfit or referred to the Authority, AeMC or AME as applicable;
  - (2) inform the person of any limitation that may restrict flight training or the privileges of the licence, or cabin crew attestation as applicable;
  - (3) if the person has been assessed as unfit, inform them of their right of appeal; and
  - (4) in the case of pilots, submit without delay a signed, or electronically authenticated, full report to include the assessment result and a copy of the medical certificate to the Authority.

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- (c) AeMCs, AMEs, GMPs and OHMPs shall maintain records with details of medical examinations and assessments performed in accordance with these requirements and their results in accordance with national legislation.
- (d) When required for oversight activities, AeMCs, AMEs and GMPs shall submit to the medical assessor of the Authority upon request all aero-medical records and reports, and any other relevant information.

***AMC1 MMED.A.025***

- (a) The report required in MMED.A.025 (b) (4) should detail the results of the examination and the evaluation of the findings with regard to medical fitness.*
- (b) The report may be submitted in electronic format, but adequate identification of the examiner should be ensured.*
- (c) If the medical examination is carried out by two or more AMEs or GMPs, only one of them should be responsible for coordinating the results of the examination, evaluating the findings with regard to medical fitness, and signing the report.*

**Section 2**

**Requirements for medical certificates**

**MMED.A.030      Medical certificates**

- (a) A student pilot shall not fly solo unless that student pilot holds a medical certificate, as required for the relevant licence.
- (b) Applicants for and holders of a light aircraft pilot licence (LAPL) shall hold at least a LAPL medical certificate.
- (c) Applicants for and holders of a private pilot licence (PPL), a sailplane pilot licence (SPL), or a balloon pilot licence (BPL) shall hold at least a class 2 medical certificate.
- (d) Applicants for and holders of an SPL or a BPL involved in commercial sailplane or balloon flights shall hold at least a class 2 medical certificate.
- (e) If a night rating is added to a PPL or LAPL, the licence holder shall be colour safe.
- (f) Applicants for and holders of a commercial pilot licence (CPL), a multi-crew pilot licence (MPL), or an airline transport pilot licence (ATPL) shall hold a class 1 medical certificate.
- (g) If an instrument rating is added to a PPL, the licence holder shall undertake pure tone audiometry examinations in accordance with the periodicity and the standard required for class 1 medical certificate holders.
- (h) A licence holder shall not at any time hold more than one medical certificate issued in accordance with these requirements.

***AMC1 MMED.A.030***

- (a) *A class 1 medical certificate includes the privileges and validities of class 2 and LAPL medical certificates.*
- (b) *A class 2 medical certificate includes the privileges and validities of a LAPL medical certificate.*

**MMED.A.035      Application for a medical certificate**

- (a) Applications for a medical certificate shall be made in a format established by the Authority.

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- (b) Applicants for a medical certificate shall provide the AeMC, AME or GMP as applicable, with:
- (1) proof of their identity;
  - (2) a signed declaration:
    - (i) of medical facts concerning their medical history;
    - (ii) as to whether they have previously undergone an examination for a medical certificate and, if so, by whom and with what result;
    - (iii) as to whether they have ever been assessed as unfit or had a medical certificate suspended or revoked.
- (c) When applying for a revalidation or renewal of the medical certificate, applicants shall present it to the AeMC, AME or GMP prior to the relevant examinations.

***AMC1 MMED.A.035***

*When applicants do not present a current or previous medical certificate to the AeMC, AME or GMP prior to the relevant examinations, the AeMC, AME or GMP should not issue the medical certificate unless relevant information is received from the Authority.*

**MMED.A.040 Issue, revalidation and renewal of medical certificates**

- (a) A medical certificate shall only be issued, revalidated or renewed once the required medical examinations have been completed and a fit assessment is made.
- (b) *Initial issue*
- (1) Class 1 medical certificates shall be issued by an AeMC.
  - (2) Class 2 medical certificates shall be issued by an AeMC or an AME.
  - (3) LAPL medical certificates shall be issued by an AeMC, an AME or, if permitted under the national law of the licensing authority, by a GMP.
- (c) *Revalidation and renewal*
- (1) Class 1 and class 2 medical certificates shall be revalidated or renewed by an AeMC or an AME.

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- (2) LAPL medical certificates shall be revalidated or renewed by an AeMC, an AME or, if permitted under the national law of the licensing authority, by a GMP.
  
- (d) The AeMC, AME or GMP shall only issue, revalidate or renew a medical certificate if:
  - (1) the applicant has provided them with a complete medical history and, if required by the AeMC, AME or GMP, results of medical examinations and tests conducted by the applicant's doctor or any medical specialists;
  - (2) they have conducted the aero-medical assessment based on the medical examinations and tests as required for the relevant medical certificate to verify that the applicant complies with all the relevant requirements of this Part.
  - (3) The AME, AeMC or, in the case of referral, the licensing authority may require the applicant to undergo additional medical examinations and investigations when clinically indicated.
  
- (e) The Authority may issue or re-issue a medical certificate, as applicable, if:
  - (1) a case is referred;
  - (2) it has identified that corrections to the information on the certificate are necessary.

**MMED.A.045      Validity, revalidation and renewal of medical certificates**

- (a) *Validity*
  - (1) Class 1 medical certificates shall be valid for a period of 12 months.
  - (2) The period of validity of class 1 medical certificates shall be reduced to 6 months for licence holders who:
    - (i) are engaged in single-pilot commercial air transport operations carrying passengers and have reached the age of 40;
    - (ii) have reached the age of 60.
  - (3) Class 2 medical certificates shall be valid for a period of:

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- (i) 60 months until the licence holder reaches the age of 40. A medical certificate issued prior to reaching the age of 40 shall cease to be valid after the licence holder reaches the age of 42;
  - (ii) 24 months between the age of 40 and 50. A medical certificate issued prior to reaching the age of 50 shall cease to be valid after the licence holder reaches the age of 51; and
  - (iii) 12 months after the age of 50.
- (4) LAPL medical certificates shall be valid for a period of:
- (i) 60 months until the licence holder reaches the age of 40. A medical certificate issued prior to reaching the age of 40 shall cease to be valid after the licence holder reaches the age of 42;
  - (ii) 24 months after the age of 40.
- (5) The validity period of a medical certificate, including any associated examination or special investigation, shall be:
- (i) determined by the age of the applicant at the date when the medical examination takes place; and
  - (ii) calculated from the date of the medical examination in the case of initial issue and renewal, and from the expiry date of the previous medical certificate in the case of revalidation.

(b) *Revalidation*

Examinations for the revalidation of a medical certificate may be undertaken up to 45 days prior to the expiry date of the medical certificate.

(c) *Renewal*

- (1) If the holder of a medical certificate does not comply with (b), a renewal examination shall be required.
- (2) In the case of class 1 and class 2 medical certificates:
  - (i) if the medical certificate has expired for more than 2 years, the AeMC or AME shall only conduct the renewal examination after assessment of the aero-medical records of the applicant;

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- (ii) if the medical certificate has expired for more than 5 years, the examination requirements for initial issue shall apply and the assessment shall be based on the revalidation requirements.
- (3) In the case of LAPL medical certificates, the AeMC, AME or GMP shall assess the medical history of the applicant and perform the aero-medical examination in accordance with MMED.B.095.

**AMC1 MED.A.045      *Validity, revalidation and renewal of medical certificates***

*The validity period of a medical certificate (including any associated examination or special investigation) is determined by the age of the applicant at the date of the medical examination.*

**MED.A.050      Referral**

- (a) If an applicant for a class 1 or class 2 medical certificate is referred to the Authority in accordance with MED. B.001, the AeMC or AME shall transfer the relevant medical documentation to the Authority.
- (b) If an applicant for a LAPL medical certificate is referred to an AME or AeMC in accordance with MED.B.001, the GMP shall transfer the relevant medical documentation to the AeMC or AME.

**PART B**

**REQUIREMENTS FOR PILOT MEDICAL CERTIFICATES**

**Section 1**

**General**

**MMED.B.001      Limitations to medical certificates**

(a)    *Limitations to class 1 and class 2 medical certificates*

- (1) If the applicant does not fully comply with the requirements for the relevant class of medical certificate but is considered to be not likely to jeopardise flight safety, the AeMC or AME shall:
  - (i)    in the case of applicants for a class 1 medical certificate, refer the decision on fitness of the applicant to the licensing authority as indicated in part B;
  - (ii)   in cases where a referral to the licensing authority is not indicated in part B, evaluate whether the applicant is able to perform his/her duties safely when complying with one or more limitations endorsed on the medical certificate, and issue the medical certificate with limitation(s) as necessary;
  - (iii)  in the case of applicants for a class 2 medical certificate, evaluate whether the applicant is able to perform his/her duties safely when complying with one or more limitations endorsed on the medical certificate, and issue the medical certificate with limitation(s) as necessary in consultation with the licensing authority;
  - (iv)   The AeMC or AME may revalidate or renew a medical certificate with the same limitation without referring the applicant to the licensing authority.

(b)    *Limitations to LAPL medical certificates*

- (1)    If a GMP, after due consideration of the applicant's medical history, concludes that the applicant does not fully meet the requirements for medical fitness, the GMP shall refer the applicant to an AeMC or AME, except those requiring a limitation related only to the use of corrective lenses.

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- (2) If an applicant for a LAPL medical certificate has been referred, the AeMC or AME shall give due consideration to MED.B.095, evaluate whether the applicant is able to perform their duties safely when complying with one or more limitations endorsed on the medical certificate and issue the medical certificate with limitation(s) as necessary. The AeMC or AME shall always consider the need to restrict the pilot from carrying passengers (OPL).
  - (3) The GMP may revalidate or renew a LAPL medical certificate with the same limitation without referring the applicant to an AeMC or AME.
- (c) When assessing whether a limitation is necessary, particular consideration shall be given to:
- (1) whether accredited medical conclusion indicates that in special circumstances the applicant's failure to meet any requirement, whether numerical or otherwise, is such that exercise of the privileges of the licence applied for is not likely to jeopardise flight safety;
  - (2) the applicant's ability, skill and experience relevant to the operation to be performed.
- (d) *Operational limitation codes*
- (1) Operational multi-pilot limitation (OML – Class 1 only)
    - (i) When the holder of a CPL, ATPL or MPL does not fully meet the requirements for a class 1 medical certificate and has been referred to the licensing authority, it shall assess whether the medical certificate may be issued with an OML 'valid only as or with qualified co-pilot'.
    - (ii) The holder of a medical certificate with an OML shall only operate an aircraft in multi-pilot operations when the other pilot is fully qualified on the relevant type of aircraft, is not subject to an OML and has not attained the age of 60 years.
    - (iii) The OML for class 1 medical certificates shall only be imposed and removed by the licensing authority.
  - (2) Operational Safety Pilot Limitation (OSL – Class 2, LAPL only)

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- (i) The holder of a medical certificate with an OSL limitation shall only operate an aircraft if another pilot fully qualified to act as pilot-in-command on the relevant class or type of aircraft is carried on board, the aircraft is fitted with dual controls and the other pilot occupies a seat at the controls.
  - (ii) The OSL for class 2 medical certificates may be imposed or removed by an AeMC or AME in consultation with the licensing authority only.
- (3) Operational Passenger Limitation (OPL - Class 2 and LAPL only)
- (i) The holder of a medical certificate with an OPL limitation shall only operate an aircraft without passengers on board.
- (e) Any other limitation may be imposed on the holder of a medical certificate if required to ensure flight safety.
  - (f) Any limitation imposed on the holder of a medical certificate shall be specified therein.

**AMC1 MMED.B.001**

- (a) *An AeMC or AME may refer the decision on fitness of the applicant to the licensing authority in borderline cases or where fitness is in doubt.*
- (b) *In cases where a fit assessment can only be considered with a limitation, the AeMC, AME or the licensing authority should evaluate the medical condition of the applicant in consultation with flight operations and other experts, if necessary.*
- (c) *Limitation codes:*

	<b>Code</b>	<b>Limitation</b>
1	TML	<i>restriction of the period of validity of the medical certificate</i>
2	VDL	<i>correction for defective distant vision</i>
3	VML	<i>correction for defective distant, intermediate and near vision</i>
4	VNL	<i>correction for defective near vision</i>
5	CCL	<i>correction by means of contact lenses only</i>
6	VCL	<i>valid by day only</i>
7	HAL	<i>valid only when hearing aids are worn</i>
8	APL	<i>valid only with approved prosthesis</i>
9	OCL	<i>valid only as co-pilot</i>
10	OPL	<i>valid only without passengers (PPL and LAPL only)</i>
11	SSL	<i>special restriction as specified</i>

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12	OAL	<i>restricted to demonstrated aircraft type</i>
13	AHL	<i>valid only with approved hand controls</i>
14	SIC	<i>specific regular medical examination(s) - contact licensing authority</i>
15	RXO	<i>specialist ophthalmological examinations</i>

*(d) Entry of limitations*

- (1) Limitations 1 to 4 may be imposed by an AME or an AeMC.*
- (2) Limitations 5 to 15 should only be imposed:*
  - (i) for class 1 medical certificates by the licensing authority;*
  - (ii) for class 2 medical certificates by the AME or AeMC in consultation with the licensing authority;*
  - (iii) for LAPL medical certificates by an AME or AeMC.*

*(e) Removal of limitations*

- (1) For class 1 medical certificates, all limitations should only be removed by the licensing authority.*
- (2) For class 2 medical certificates, limitations may be removed by the licensing authority or by an AeMC or AME in consultation with the licensing authority.*
- (3) For LAPL medical certificates, limitations may be removed by an AeMC or AME.*

**GM1 MMED.B.001**

**TML Time limitation**

*The period of validity of the medical certificate is limited to the duration as shown on the medical certificate. This period of validity commences on the date of the medical examination. Any period of validity remaining on the previous medical certificate is no longer valid. The pilot should present him/herself for re-examination when advised and should follow any medical recommendations.*

**VDL Wear corrective lenses and carry a spare set of spectacles**

*Correction for defective distant vision: whilst exercising the privileges of the licence, the pilot should wear spectacles or contact lenses that correct for defective distant vision as examined and approved by the AME. Contact lenses may not be worn until cleared to do so by the AME. If contact lenses are worn, a spare set of spectacles, approved by the AME, should be carried.*

**VML Wear multifocal spectacles and carry a spare set of spectacles**

*Correction for defective distant, intermediate and near vision: whilst exercising the privileges of the licence, the pilot should wear spectacles that correct for defective distant, intermediate and near vision as examined and approved by the AME. Contact lenses or full frame spectacles, when either correct for near vision only, may not be worn.*

**VNL Have available corrective spectacles and carry a spare set of spectacles**

*Correction for defective near vision: whilst exercising the privileges of the licence, the pilot should have readily available spectacles that correct for defective near vision as examined and approved by the AME. Contact lenses or full frame spectacles, when either correct for near vision only, may not be worn.*

**VCL Valid by day only**

*The limitation allows private pilots with varying degrees of colour deficiency to exercise the privileges of their licence by daytime only. Applicable to class 2 medical certificates only.*

**OML Valid only as or with qualified co-pilot**

*This applies to crew members who do not meet the medical requirements for single crew operations, but are fit for multi-crew operations. Applicable to class 1 medical certificates only.*

**OCL Valid only as co-pilot**

*This limitation is a further extension of the OML limitation and is applied when, for some well-defined medical reason, the pilot is assessed as safe to operate in a co-pilot role but not in command. Applicable to class 1 medical certificates only.*

**OPL Valid only without passengers**

*This limitation may be considered when a pilot with a musculoskeletal problem, or some other medical condition, may involve an increased element of risk to flight safety which might be acceptable to the pilot but which is not acceptable for the carriage of passengers. Applicable to class 2 and LAPL medical certificates only.*

**OSL Valid only with safety pilot and in aircraft with dual controls**

*The safety pilot is qualified as PIC on the class/type of aircraft and rated for the flight conditions. He/she occupies a control seat, is aware of the type(s) of possible incapacity that the pilot whose medical certificate has been issued*

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*with this limitation may suffer and is prepared to take over the aircraft controls during flight. Applicable to class 2 and LAPL medical certificates only.*

***OAL Restricted to demonstrated aircraft type***

*This limitation may apply to a pilot who has a limb deficiency or some other anatomical problem which had been shown by a medical flight test or flight simulator testing to be acceptable but to require a restriction to a specific type of aircraft.*

***SIC Specific regular medical examination(s) contact Authority***

*This limitation requires the AME to contact the licensing authority before embarking upon renewal or recertification medical assessment. It is likely to concern a medical history of which the AME should be aware prior to undertaking the assessment.*

***RXO Specialist ophthalmological examinations***

*Specialist ophthalmological examinations are required for a significant reason. The limitation may be applied by an AME but should only be removed by the Authority.*

**Section 2**

**Medical requirements for class 1 and class 2 medical certificates**

**MMED.B.005      General**

- (a) Applicants for a medical certificate shall be free from any:
- (1) abnormality, congenital or acquired;
  - (2) active, latent, acute or chronic disease or disability;
  - (3) wound, injury or sequelae from operation;
  - (4) effect or side effect of any prescribed or non-prescribed therapeutic, diagnostic or preventive medication taken; that would entail a degree of functional incapacity which is likely to interfere with the safe exercise of the privileges of the applicable licence or could render the applicant likely to become suddenly unable to exercise the privileges of the licence safely.

**MMED.B.010      Cardiovascular System**

- (a) *Examination*
- (1) A standard 12-lead resting electrocardiogram (ECG) and report shall be completed on clinical indication, and:
    - (i) for a class 1 medical certificate, at the examination for the first issue of a medical certificate, then every 5 years until age 30, every 2 years until age 40, annually until age 50, and at all revalidation or renewal examinations thereafter;
    - (ii) for a class 2 medical certificate, at the first examination after age 40 and then every 2 years after age 50.
  - (2) Extended cardiovascular assessment shall be required when clinically indicated.
  - (3) For a class 1 medical certificate, an extended cardiovascular assessment shall be completed at the first revalidation or renewal examination after age 65 and every 4 years thereafter.
  - (4) For a class 1 medical certificate, estimation of serum lipids, including cholesterol, shall be required at the examination

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for the first issue of a medical certificate, and at the first examination after having reached the age of 40.

(b) *Cardiovascular System – General*

- (1) Applicants shall not suffer from any cardiovascular disorder which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (2) Applicants for a class 1 medical certificate with any of the following conditions shall be assessed as unfit:
  - (i) aneurysm of the thoracic or supra-renal abdominal aorta, before or after surgery;
  - (ii) significant functional abnormality of any of the heart valves;
  - (iii) heart or heart/lung transplantation.
- (3) Applicants for a class 1 medical certificate with an established history or diagnosis of any of the following conditions shall be referred to the licensing authority:
  - (i) peripheral arterial disease before or after surgery;
  - (ii) aneurysm of the abdominal aorta, before or after surgery;
  - (iii) functionally insignificant cardiac valvular abnormalities;
  - (iv) after cardiac valve surgery;
  - (v) abnormality of the pericardium, myocardium or endocardium;
  - (vi) congenital abnormality of the heart, before or after corrective surgery;
  - (vii) recurrent vasovagal syncope;
  - (viii) arterial or venous thrombosis;
  - (ix) pulmonary embolism;
  - (x) cardiovascular condition requiring systemic anticoagulant therapy.

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- (4) Applicants for a class 2 medical certificate with an established diagnosis of one of the conditions specified in (2) and (3) above shall be evaluated by a cardiologist and in consultation with the licensing authority before a fit assessment can be considered.

(c) *Blood Pressure*

- (1) The blood pressure shall be recorded at each examination.
- (2) The applicant's blood pressure shall be within normal limits.
- (3) Applicants for a class 1 medical certificate:
- (i) with symptomatic hypotension; or
  - (ii) whose blood pressure at examination consistently exceeds 160 mmHg systolic and/or 95 mmHg diastolic, with or without treatment shall be assessed as unfit.
- (4) The initiation of medication for the control of blood pressure shall require a period of temporary suspension of the medical certificate to establish the absence of significant side effects.

(d) *Coronary Artery Disease*

- (1) Applicants for a class 1 medical certificate with:
- (i) suspected myocardial ischaemia;
  - (ii) asymptomatic minor coronary artery disease requiring no anti-anginal treatment; shall be referred to the Authority and undergo cardiological evaluation to exclude myocardial ischaemia before a fit assessment can be considered.
- (2) Applicants for a class 2 medical certificate with any of the conditions detailed in (1) shall undergo cardiological evaluation before a fit assessment can be considered.
- (3) Applicants with any of the following conditions shall be assessed as unfit:
- (i) myocardial ischaemia;

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- (ii) symptomatic coronary artery disease;
  - (iii) symptoms of coronary artery disease controlled by medication.
- (4) Applicants for the initial issue of a class 1 medical certificate with a history or diagnosis of any of the following conditions shall be assessed as unfit:
- (i) myocardial ischaemia;
  - (ii) myocardial infarction;
  - (iii) revascularisation for coronary artery disease.
- (5) Applicants for a class 2 medical certificate who are asymptomatic following myocardial infarction or surgery for coronary artery disease shall undergo satisfactory cardiological evaluation before a fit assessment can be considered in consultation with the Authority. Applicants for the revalidation of a class 1 medical certificate shall be referred to the Authority.
- (e) *Rhythm/Conduction Disturbances*
- (1) Applicants for a class 1 medical certificate shall be referred to the licensing authority when they have any significant disturbance of cardiac conduction or rhythm, including any of the following:
- (i) disturbance of supraventricular rhythm, including intermittent or established sinoatrial dysfunction, atrial fibrillation and/or flutter and asymptomatic sinus pauses;
  - (ii) complete left bundle branch block;
  - (iii) Mobitz type 2 atrioventricular block;
  - (iv) broad and/or narrow complex tachycardia;
  - (v) ventricular pre-excitation;
  - (vi) asymptomatic QT prolongation;
  - (vii) Brugada pattern on electrocardiography.
- (2) Applicants for a class 2 medical certificate with any of the conditions detailed in (1) shall undergo satisfactory

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cardiological evaluation before a fit assessment in consultation with the licensing authority can be considered.

- (3) Applicants with any of the following:
- (i) incomplete bundle branch block;
  - (ii) complete right bundle branch block;
  - (iii) stable left axis deviation;
  - (iv) asymptomatic sinus bradycardia;
  - (v) asymptomatic sinus tachycardia;
  - (vi) asymptomatic isolated uniform supra-ventricular or ventricular ectopic complexes;
  - (vii) first degree atrioventricular block;
  - (viii) Mobitz type 1 atrioventricular block; may be assessed as fit in the absence of any other abnormality and subject to satisfactory cardiological evaluation.
- (4) Applicants with a history of:
- (i) ablation therapy;
  - (ii) pacemaker implantation; shall undergo satisfactory cardiovascular evaluation before a fit assessment can be considered. Applicants for a class 1 medical certificate shall be referred to the Authority. Applicants for a class 2 medical certificate shall be assessed in consultation with the Authority.
- (5) Applicants with any of the following conditions shall be assessed as unfit:
- (i) symptomatic sinoatrial disease;
  - (ii) complete atrioventricular block;
  - (iii) symptomatic QT prolongation;
  - (iv) an automatic implantable defibrillating system;

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(v) a ventricular anti-tachycardia pacemaker.

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(a) *Examination*

*Exercise electrocardiography*

*An exercise ECG when required as part of a cardiovascular assessment should be symptom limited and completed to a minimum of Bruce Stage IV or equivalent.*

(b) *General*

(1) *Cardiovascular risk factor assessment*

(i) *Serum lipid estimation is case finding and significant abnormalities should require review, investigation and supervision by the AeMC or AME in consultation with the Authority.*

(ii) *An accumulation of risk factors (smoking, family history, lipid abnormalities, hypertension, etc.) should require cardiovascular evaluation by the AeMC or AME in consultation with the Authority.*

(2) *Cardiovascular assessment*

(i) *Reporting of resting and exercise electrocardiograms should be by the AME or an accredited specialist.*

(ii) *The extended cardiovascular assessment should be undertaken at an AeMC or may be delegated to a cardiologist.*

(c) *Peripheral arterial disease there is no significant functional impairment, a fit assessment may be considered by the licensing authority, provided:*

(1) *applicants without symptoms of coronary artery disease have reduced any vascular risk factors to an appropriate level;*

(2) *applicants should be on acceptable secondary prevention treatment;*

(3) *exercise electrocardiography is satisfactory. Further tests may be required which should show no evidence of*

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*myocardial ischaemia or significant coronary artery stenosis.*

*(d) Aortic aneurysm*

- (1) Applicants with an aneurysm of the infra-renal abdominal aorta may be assessed as fit with a multi-pilot limitation by the licensing authority. Follow-up by ultra-sound scans or other imaging techniques, as necessary, should be determined by the licensing authority.*
- (2) Applicants may be assessed as fit by the licensing authority after surgery for an infra-renal aortic aneurysm with a multi-pilot limitation at revalidation if the blood pressure and cardiovascular assessment are satisfactory. Regular cardiological review should be required.*

*(e) Cardiac valvular abnormalities*

- (1) Applicants with previously unrecognised cardiac murmurs should undergo evaluation by a cardiologist and assessment by the licensing authority. If considered significant, further investigation should include at least 2D Doppler echocardiography or equivalent imaging.*
- (2) Applicants with minor cardiac valvular abnormalities may be assessed as fit by the licensing authority. Applicants with significant abnormality of any of the heart valves should be assessed as unfit.*
- (3) Aortic valve disease*
  - (i) Applicants with a bicuspid aortic valve may be assessed as fit if no other cardiac or aortic abnormality is demonstrated. Follow-up with echocardiography, as necessary, should be determined by the Authority.*
  - (ii) Applicants with aortic stenosis require licensing authority review. Left ventricular function should be intact. A history of systemic embolism or significant dilatation of the thoracic aorta is disqualifying. Those with a mean pressure gradient of up to 20 mmHg may be assessed as fit. Those with mean pressure gradient above 20 mmHg but not greater than 40 mmHg may be assessed as fit with a multi-pilot limitation. A mean pressure gradient up to 50 mmHg may be acceptable. Follow-up with 2D Doppler echocardiography, as necessary, should be*

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*determined by the licensing authority. Alternative measurement techniques with equivalent ranges may be used.*

*(iii) Applicants with trivial aortic regurgitation may be assessed as fit. A greater degree of aortic regurgitation should require a multi-pilot limitation. There should be no demonstrable abnormality of the ascending aorta on 2D Doppler echocardiography. Follow-up, as necessary, should be determined by the Authority.*

*(4) Mitral valve disease*

*(i) Asymptomatic applicants with an isolated mid-systolic click due to mitral leaflet prolapse may be assessed as fit.*

*(ii) Applicants with rheumatic mitral stenosis should normally be assessed as unfit.*

*(iii) Applicants with uncomplicated minor regurgitation may be assessed as fit. Periodic cardiological review should be determined by the licensing authority.*

*(iv) Applicants with uncomplicated moderate mitral regurgitation may be considered as fit with a multi-pilot limitation if the 2D Doppler echocardiogram demonstrates satisfactory left ventricular dimensions and satisfactory myocardial function is confirmed by exercise electrocardiography. Periodic cardiological review should be required, as determined by the licensing authority.*

*(v) Applicants with evidence of volume overloading of the left ventricle demonstrated by increased left ventricular end-diastolic diameter or evidence of systolic impairment should be assessed as unfit.*

*(f) Valvular surgery*

*Applicants with cardiac valve replacement/repair should be assessed as unfit. A fit assessment may be considered by the licensing authority.*

*(1) Aortic valvotomy should be disqualifying.*

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- (2) *Mitral leaflet repair for prolapse is compatible with a fit assessment, provided post-operative investigations reveal satisfactory left ventricular function without systolic or diastolic dilation and no more than minor mitral regurgitation.*
- (3) *Asymptomatic applicants with a tissue valve or with a mechanical valve who, at least 6 months following surgery, are taking no cardioactive medication may be considered for a fit assessment with a multi-pilot limitation by the licensing authority. Investigations which demonstrate normal valvular and ventricular configuration and function should have been completed as demonstrated by:*
- (i) *a satisfactory symptom limited exercise ECG. Myocardial perfusion imaging/stress echocardiography should be required if the exercise ECG is abnormal or any coronary artery disease has been demonstrated;*
- (ii) *a 2D Doppler echocardiogram showing no significant selective chamber enlargement, a tissue valve with minimal structural alteration and a normal Doppler blood flow, and no structural or functional abnormality of the other heart valves. Left ventricular fractional shortening should be normal. Follow-up with exercise ECG and 2D echocardiography, as necessary, should be determined by the licensing authority.*
- (4) *Where anticoagulation is needed after valvular surgery, a fit assessment with a multi-pilot limitation may be considered after review by the licensing authority. The review should show that the anticoagulation is stable. Anticoagulation should be considered stable if, within the last 6 months, at least 5 INR values are documented, of which at least 4 are within the INR target range.*
- (g) *Thromboembolic disorders*
- Arterial or venous thrombosis or pulmonary embolism are disqualifying whilst anticoagulation is being used as treatment. After 6 months of stable anticoagulation as prophylaxis, a fit assessment with multi-pilot limitation may be considered after review by the licensing authority. Anticoagulation should be considered stable if, within the*

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*last 6 months, at least 5 INR values are documented, of which at least 4 are within the INR target range. Pulmonary embolus should require full evaluation. Following cessation of anti-coagulant therapy, for any indication, applicants should require review by the licensing authority.*

*(h) Other cardiac disorders*

*(1) Applicants with a primary or secondary abnormality of the pericardium, myocardium or endocardium should be assessed as unfit. A fit assessment may be considered by the licensing authority following complete resolution and satisfactory cardiological evaluation which may include 2D Doppler echocardiography, exercise ECG and/or myocardial perfusion imaging/stress echocardiography and 24-hour ambulatory ECG. Coronary angiography may be indicated. Frequent review and a multi-pilot limitation may be required after fit assessment.*

*(2) Applicants with a congenital abnormality of the heart, including those who have undergone surgical correction, should be assessed as unfit. Applicants with minor abnormalities that are functionally unimportant may be assessed as fit by the licensing authority following cardiological assessment. No cardioactive medication is acceptable. Investigations may include 2D Doppler echocardiography, exercise ECG and 24-hour ambulatory ECG. Regular cardiological review should be required.*

*(i) Syncope*

*(1) Applicants with a history of recurrent vasovagal syncope should be assessed as unfit. A fit assessment may be considered by the licensing authority after a 6-month period without recurrence provided cardiological evaluation is satisfactory. Such evaluation should include:*

*(i) a satisfactory symptom limited 12 lead exercise ECG to Bruce Stage IV or equivalent. If the exercise ECG is abnormal, myocardial perfusion imaging/stress echocardiography should be required;*

*(ii) a 2D Doppler echocardiogram showing neither significant selective chamber enlargement nor structural or functional abnormality of the heart, valves or myocardium;*



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- (2) *In suspected asymptomatic coronary artery disease, exercise electrocardiography should be required. Further tests may be required, which should show no evidence of myocardial ischaemia or significant coronary artery stenosis.*
- (3) *Evidence of exercise-induced myocardial ischaemia should be disqualifying.*
- (4) *After an ischaemic cardiac event, including revascularisation, applicants without symptoms should have reduced any vascular risk factors to an appropriate level. Medication, when used to control cardiac symptoms, is not acceptable. All applicants should be on acceptable secondary prevention treatment.*
  - (i) *A coronary angiogram obtained around the time of, or during, the ischaemic myocardial event and a complete, detailed clinical report of the ischaemic event and of any operative procedures should be available to the licensing authority:*
    - (A) *there should be no stenosis more than 50 % in any major untreated vessel, in any vein or artery graft or at the site of an angioplasty/stent, except in a vessel subtending a myocardial infarction. More than two stenoses between 30 % and 50 % within the vascular tree should not be acceptable;*
    - (B) *the whole coronary vascular tree should be assessed as satisfactory by a cardiologist, and particular attention should be paid to multiple stenoses and/or multiple revascularisations;*
    - (C) *an untreated stenosis greater than 30 % in the left main or proximal left anterior descending coronary artery should not be acceptable.*
  - (ii) *At least 6 months from the ischaemic myocardial event, including revascularisation, the following investigations should be completed (equivalent tests may be substituted):*
    - (A) *an exercise ECG showing neither evidence of myocardial ischaemia nor rhythm or conduction disturbance;*



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- (i) *exercise ECG to the Bruce protocol or equivalent. Bruce stage 4 should be achieved and no significant abnormality of rhythm or conduction, or evidence of myocardial ischaemia should be demonstrated. Withdrawal of cardioactive medication prior to the test should normally be required;*
- (ii) *24-hour ambulatory ECG which should demonstrate no significant rhythm or conduction disturbance;*
- (iii) *2D Doppler echocardiogram which should show no significant selective chamber enlargement or significant structural or functional abnormality, and a left ventricular ejection fraction of at least 50 %.*

*Further evaluation may include (equivalent tests may be substituted):*

- (iv) *24-hour ECG recording repeated as necessary;*
  - (v) *electrophysiological study;*
  - (vi) *myocardial perfusion imaging;*
  - (vii) *cardiac magnetic resonance imaging (MRI);*
  - (viii) *coronary angiogram.*
- (2) *Applicants with frequent or complex forms of supra ventricular or ventricular ectopic complexes require full cardiological evaluation.*

(3) *Ablation*

*Applicants who have undergone ablation therapy should be assessed as unfit. A fit assessment may be considered by the licensing authority following successful catheter ablation and should require a multi-pilot limitation for at least one year, unless an electrophysiological study, undertaken at a minimum of 2 months after the ablation, demonstrates satisfactory results. For those whose long-term outcome cannot be assured by invasive or non-invasive testing, an additional period with a multi-pilot limitation and/or observation may be necessary.*

(4) *Supraventricular arrhythmias*

*Applicants with significant disturbance of supraventricular rhythm, including sinoatrial dysfunction, whether*

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*intermittent or established, should be assessed as unfit. A fit assessment may be considered by the licensing authority if cardiological evaluation is satisfactory.*

*(i) Atrial fibrillation/flutter*

*(A) For initial applicants, a fit assessment should be limited to those with a single episode of arrhythmia which is considered by the licensing authority to be unlikely to recur.*

*(B) For revalidation, applicants may be assessed as fit if cardiological evaluation is satisfactory.*

*(ii) Applicants with asymptomatic sinus pauses up to 2.5 seconds on resting electrocardiography may be assessed as fit if exercise electrocardiography, echocardiography and 24-hour ambulatory ECG are satisfactory.*

*(iii) Symptomatic sino-atrial disease should be disqualifying.*

*(5) Mobitz type 2 atrio-ventricular block*

*Applicants with Mobitz type 2 AV block should require full cardiological evaluation and may be assessed as fit in the absence of distal conducting tissue disease.*

*(6) Complete right bundle branch block*

*Applicants with complete right bundle branch block should require cardiological evaluation on first presentation and subsequently:*

*(i) for initial applicants under age 40, a fit assessment may be considered by the licensing authority. Initial applicants over age 40 should demonstrate a period of stability of 12 months;*

*(ii) for revalidation, a fit assessment may be considered if the applicant is under age 40. A multi-pilot limitation should be applied for 12 months for those over age 40.*

*(7) Complete left bundle branch block*

*A fit assessment may be considered by the licensing authority:*

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- (i) Initial applicants should demonstrate a 3-year period of stability.*
  - (ii) For revalidation, after a 3-year period with a multi-pilot limitation applied, a fit assessment without multi-pilot limitation may be considered.*
  - (iii) Investigation of the coronary arteries is necessary for applicants over age 40.*
- (8) Ventricular pre-excitation*  
*A fit assessment may be considered by the licensing authority:*
  - (i) Asymptomatic initial applicants with pre-excitation may be assessed as fit if an electrophysiological study, including adequate drug-induced autonomic stimulation reveals no inducible re-entry tachycardia and the existence of multiple pathways is excluded.*
  - (ii) Asymptomatic applicants with pre-excitation may be assessed as fit at revalidation with a multi-pilot limitation.*
- (9) Pacemaker*  
*Applicants with a subendocardial pacemaker should be assessed as unfit. A fit assessment may be considered at revalidation by the licensing authority no sooner than 3 months after insertion and should require:*
  - (i) no other disqualifying condition;*
  - (ii) a bipolar lead system, programmed in bipolar mode without automatic mode change of the device;*
  - (iii) that the applicant is not pacemaker dependent;*
  - (iv) regular follow-up, including a pacemaker check; and*
  - (v) a multi-pilot limitation.*
- (10) QT prolongation*  
*Prolongation of the QT interval on the ECG associated with symptoms should be disqualifying. Asymptomatic applicants require cardiological evaluation for a fit assessment and a multi-pilot limitation may be required.*

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**MMED.B.015      Respiratory System**

- (a) Applicants with significant impairment of pulmonary function shall be assessed as unfit. A fit assessment may be considered once pulmonary function has recovered and is satisfactory.
- (b) For a class 1 medical certificate, applicants are required to undertake pulmonary function tests at the initial examination and on clinical indication.
- (c) For a class 2 medical certificate, applicants are required to undertake pulmonary function tests on clinical indication.
- (d) Applicants with a history or established diagnosis of:
  - (1) asthma requiring medication;
  - (2) active inflammatory disease of the respiratory system;
  - (3) active sarcoidosis;
  - (4) pneumothorax;
  - (5) sleep apnoea syndrome;
  - (6) major thoracic surgery;
  - (7) pneumonectomy; shall undergo respiratory evaluation with a satisfactory result before a fit assessment can be considered. Applicants with an established diagnosis of the conditions specified in (3) and (5) shall undergo satisfactory cardiological evaluation before a fit assessment can be considered.
- (e) Aero-medical assessment:
  - (1) applicants for a class 1 medical certificate with any of the conditions detailed in (d) above shall be referred to the licensing authority;
  - (2) applicants for a class 2 medical certificate with any of the conditions detailed in (d) above shall be assessed in consultation with the licensing authority.
- (f) Applicants for a class 1 medical certificate who have undergone a total pneumonectomy shall be assessed as unfit.

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**AMC1 MMED.B.015**

(a) *Examination*

(1) *Spirometry*

*Spirometric examination is required for initial examination. An FEV1/FVC ratio less than 70 % at initial examination should require evaluation by a specialist in respiratory disease.*

(2) *Chest radiography*

*Posterior/anterior chest radiography may be required at initial, revalidation or renewal examinations when indicated on clinical or epidemiological grounds.*

(b) *Chronic obstructive airways disease*

*Applicants with chronic obstructive airways disease should be assessed as unfit. Applicants with only minor impairment of their pulmonary function may be assessed as fit.*

(c) *Asthma*

*Applicants with asthma requiring medication or experiencing recurrent attacks of asthma may be assessed as fit if the asthma is considered stable with satisfactory pulmonary function tests and medication is compatible with flight safety. Systemic steroids are disqualifying.*

(d) *Inflammatory disease*

*For applicants with active inflammatory disease of the respiratory system a fit assessment may be considered when the condition has resolved without sequelae and no medication is required.*

(e) *Sarcoidosis*

(1) *Applicants with active sarcoidosis should be assessed as unfit. Investigation should be undertaken with respect to the possibility of systemic, particularly cardiac, involvement. A fit assessment may be considered if no medication is required, and the disease is investigated and shown to be limited to hilar lymphadenopathy and inactive.*

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- (2) *Applicants with cardiac sarcoid should be assessed as unfit.*
- (f) *Pneumothorax*
- (1) *Applicants with a spontaneous pneumothorax should be assessed as unfit. A fit assessment may be considered if respiratory evaluation is satisfactory:*
- (i) *1 year following full recovery from a single spontaneous pneumothorax;*
- (ii) *at revalidation, 6 weeks following full recovery from a single spontaneous pneumothorax, with a multi-pilot limitation;*
- (iii) *following surgical intervention in the case of a recurrent pneumothorax provided there is satisfactory recovery.*
- (2) *A recurrent spontaneous pneumothorax that has not been surgically treated is disqualifying.*
- (3) *A fit assessment following full recovery from a traumatic pneumothorax as a result of an accident or injury may be acceptable once full absorption of the pneumothorax is demonstrated.*
- (g) *Thoracic surgery*
- (1) *Applicants requiring major thoracic surgery should be assessed as unfit for a minimum of 3 months following operation or until such time as the effects of the operation are no longer likely to interfere with the safe exercise of the privileges of the applicable licence(s).*
- (2) *A fit assessment following lesser chest surgery may be considered by the licensing authority after satisfactory recovery and full respiratory evaluation.*
- (h) *Sleep apnoea syndrome/sleep disorder.*
- Applicants with unsatisfactorily treated sleep apnoea syndrome should be assessed as unfit.*

**MED.B.020            Digestive System**

- (a) Applicants shall not possess any functional or structural disease of the gastro-intestinal tract or its adnexa which is likely

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to interfere with the safe exercise of the privileges of the applicable licence(s).

- (b) Applicants with any sequelae of disease or surgical intervention in any part of the digestive tract or its adnexa likely to cause incapacitation in flight, in particular any obstruction due to stricture or compression shall be assessed as unfit.
- (c) Applicants shall be free from herniae that might give rise to incapacitating symptoms.
- (d) Applicants with disorders of the gastro-intestinal system including:
  - (1) recurrent dyspeptic disorder requiring medication;
  - (2) pancreatitis;
  - (3) symptomatic gallstones;
  - (4) an established diagnosis or history of chronic inflammatory bowel disease;
  - (5) after surgical operation on the digestive tract or its adnexa, including surgery involving total or partial excision or a diversion of any of these organs; shall be assessed as unfit. A fit assessment may be considered after successful treatment or full recovery after surgery and subject to satisfactory gastroenterological evaluation.
- (e) Aero-medical assessment:
  - (1) applicants for a class 1 medical certificate with the diagnosis of the conditions specified in (2), (4) and (5) shall be referred to the Authority;
  - (2) fitness of class 2 applicants with pancreatitis shall be determined in consultation with the Authority.

***AMC1 MMED.B.020***

*(a) Oesophageal varices*

*Applicants with oesophageal varices should be assessed as unfit.*

*(b) Pancreatitis*

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*Applicants with pancreatitis should be assessed as unfit pending assessment. A fit assessment may be considered if the cause (e.g. gallstone, other obstruction, medication) is removed.*

*(c) Gallstones*

*(1) Applicants with a single asymptomatic large gallstone discovered incidentally may be assessed as fit if not likely to cause incapacitation in flight.*

*(2) An applicant with asymptomatic multiple gallstones may be assessed as fit with a multi-pilot limitation.*

*(d) Inflammatory bowel disease*

*Applicants with an established diagnosis or history of chronic inflammatory bowel disease should be assessed as fit if the inflammatory bowel disease is in established remission and stable and that systemic steroids are not required for its control.*

*(e) Peptic ulceration*

*Applicants with peptic ulceration should be assessed as unfit pending full recovery and demonstrated healing.*

*(f) Abdominal surgery*

*(1) Abdominal surgery is disqualifying for a minimum of 3 months. An earlier fit assessment may be considered if recovery is complete, the applicant is asymptomatic and there is only a minimal risk of secondary complication or recurrence.*

*(2) Applicants who have undergone a surgical operation on the digestive tract or its adnexa, involving a total or partial excision or a diversion of any of these organs, should be assessed as unfit for a minimum period of 3 months or until such time as the effects of the operation are no longer likely to interfere with the safe exercise of the privileges of the applicable licence(s).*

**MMED.B.025      Metabolic and Endocrine Systems**

- (a) Applicants shall not possess any functional or structural metabolic, nutritional or endocrine disorder which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).

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- (b) Applicants with metabolic, nutritional or endocrine dysfunction may be assessed as fit subject to demonstrated stability of the condition and satisfactory aero-medical evaluation.
- (c) *Diabetes mellitus*
  - (1) Applicants with diabetes mellitus requiring insulin shall be assessed as unfit.
  - (2) Applicants with diabetes mellitus not requiring insulin shall be assessed as unfit unless it can be demonstrated that blood sugar control has been achieved.
- (d) Aero-medical assessment:
  - (1) applicants for a class 1 medical certificate requiring medication other than insulin for blood sugar control shall be referred to the Authority;
  - (2) fitness of class 2 applicants requiring medication other than insulin for blood sugar control shall be determined in consultation with the Authority.

***AMC1 MMED.B.025***

- (a) *Metabolic, nutritional or endocrine dysfunction*

*Applicants with metabolic, nutritional or endocrine dysfunction may be assessed as fit if the condition is asymptomatic, clinically compensated and stable with or without replacement therapy, and regularly reviewed by an appropriate specialist.*

- (b) *Obesity*

*Applicants with a Body Mass Index  $\geq$  35 may be assessed as fit only if the excess weight is not likely to interfere with the safe exercise of the applicable licence(s) and a satisfactory cardiovascular risk review has been undertaken.*

- (c) *Addison's disease*

*Addison's disease is disqualifying. A fit assessment may be considered, provided that cortisone is carried and available for use whilst exercising the privileges of the licence(s). Applicants may be assessed as fit with a multi-pilot limitation.*

- (d) *Gout*

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*Applicants with acute gout should be assessed as unfit. A fit assessment may be considered once asymptomatic, after cessation of treatment or the condition is stabilised on anti-hyperuricaemic therapy.*

*(e) Thyroid dysfunction*

*Applicants with hyperthyroidism or hypothyroidism should be assessed as unfit. A fit assessment may be considered when a stable euthyroid state is attained.*

*(f) Abnormal glucose metabolism*

*Glycosuria and abnormal blood glucose levels require investigation. A fit assessment may be considered if normal glucose tolerance is demonstrated (low renal threshold) or impaired glucose tolerance without diabetic pathology is fully controlled by diet and regularly reviewed.*

*(g) Diabetes mellitus*

*Subject to good control of blood sugar with no hypoglycaemic episodes:*

- (1) applicants with diabetes mellitus not requiring medication may be assessed as fit;*
- (2) the use of antidiabetic medications that are not likely to cause hypoglycaemia may be acceptable for a fit assessment with a multi-pilot limitation.*

**MMED.B.030 Haematology**

- (a) Applicants shall not possess any haematological disease which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) For a class 1 medical certificate, haemoglobin shall be tested at each examination for the issue of a medical certificate.
- (c) Applicants with a haematological condition, such as:
  - (1) coagulation, haemorrhagic or thrombotic disorder;
  - (2) chronic leukaemia; may be assessed as fit subject to satisfactory aeromedical evaluation.
- (d) Aero-medical assessment:

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- (1) applicants for a class 1 medical certificate with one of the conditions specified in (c) above shall be referred to the licensing authority;
  - (2) fitness of class 2 applicants with one of the conditions specified in (c) above shall be determined in consultation with the licensing authority.
- (e) Class 1 applicants with one of the haematological conditions specified below shall be referred to the licensing authority:
- (1) abnormal haemoglobin, including, but not limited to anaemia, polycythaemia or haemoglobinopathy;
  - (2) significant lymphatic enlargement;
  - (3) enlargement of the spleen.

***AMC1 MMED.B.030***

*(a) Abnormal haemoglobin*

*Applicants with abnormal haemoglobin should be investigated.*

*(b) Anaemia*

*(1) Applicants with anaemia demonstrated by a reduced haemoglobin level or haematocrit less than 32 % should be assessed as unfit and require investigation. A fit assessment may be considered in cases where the primary cause has been treated (e.g. iron or B12 deficiency) and the haemoglobin or haematocrit has stabilised at a satisfactory level.*

*(2) Anaemia which is unamenable to treatment is disqualifying.*

*(c) Polycythaemia*

*Applicants with polycythaemia should be assessed as unfit and require investigation. A fit assessment with a multi-pilot limitation may be considered if the condition is stable and no associated pathology is demonstrated.*

*(d) Haemoglobinopathy*

*(1) Applicants with a haemoglobinopathy should be assessed as unfit. A fit assessment may be considered where minor*

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*thalassaemia or other haemoglobinopathy is diagnosed without a history of crises and where full functional capability is demonstrated. The haemoglobin level should be satisfactory.*

*(2) Applicants with sickle cell disease should be assessed as unfit.*

*(e) Coagulation disorders*

*Applicants with a coagulation disorder should be assessed as unfit. A fit assessment may be considered if there is no history of significant bleeding episodes.*

*(f) Haemorrhagic disorders*

*Applicants with a haemorrhagic disorder require investigation. A fit assessment with a multi-pilot limitation may be considered if there is no history of significant bleeding.*

*(g) Thrombo-embolic disorders*

*(1) Applicants with a thrombotic disorder require investigation. A fit assessment with a multi-pilot limitation may be considered if there is no history of significant clotting episodes.*

*(2) An arterial embolus is disqualifying.*

*(h) Disorders of the lymphatic system*

*Applicants with significant localised and generalised enlargement of the lymphatic glands and diseases of the blood should be assessed as unfit and require investigation. A fit assessment may be considered in cases of an acute infectious process which is fully recovered or Hodgkin's lymphoma or other lymphoid malignancy which has been treated and is in full remission.*

*(i) Leukaemia*

*(1) Applicants with acute leukaemia should be assessed as unfit. Once in established remission, applicants may be assessed as fit.*

*(2) Applicants with chronic leukaemia should be assessed as unfit. After a period of demonstrated stability a fit assessment may be considered.*

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(3) *Applicants with a history of leukaemia should have no history of central nervous system involvement and no continuing side-effects from treatment of flight safety importance. Haemoglobin and platelet levels should be satisfactory. Regular follow-up is required.*

(j) *Splenomegaly*

*Applicants with splenomegaly should be assessed as unfit and require investigation. A fit assessment may be considered when the enlargement is minimal, stable and no associated pathology is demonstrated, or if the enlargement is minimal and associated with another acceptable condition.*

**MMED.B.035      Genitourinary System**

- (a) Applicants shall not possess any functional or structural disease of the renal or genito-urinary system or its adnexa which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) Urinalysis shall form part of every aero-medical examination. The urine shall contain no abnormal element considered to be of pathological significance.
- (c) Applicants with any sequela of disease or surgical procedures on the kidneys or the urinary tract likely to cause incapacitation, in particular any obstruction due to stricture or compression shall be assessed as unfit.
- (d) Applicants with a genitourinary disorder, such as:
  - (1) renal disease;
  - (2) one or more urinary calculi, or a history of renal colic; may be assessed as fit subject to satisfactory renal/urological evaluation.
- (e) Applicants who have undergone a major surgical operation in the urinary apparatus involving a total or partial excision or a diversion of its organs shall be assessed as unfit and be re-assessed after full recovery before a fit assessment can be considered. In the case of applicants for a class 1 medical certificate, the re-assessment shall be made by the Authority.

**AMC1 MMED.B.035**

(a) *Abnormal urinalysis*

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*Investigation is required if there is any abnormal finding on urinalysis.*

*(b) Renal disease*

*(1) Applicants presenting with any signs of renal disease should be assessed as unfit. A fit assessment may be considered if blood pressure is satisfactory and renal function is acceptable.*

*(2) The requirement for dialysis is disqualifying.*

*(c) Urinary calculi*

*(1) Applicants with an asymptomatic calculus or a history of renal colic require investigation.*

*(2) Applicants presenting with one or more urinary calculi should be assessed as unfit and require investigation.*

*(3) A fit assessment with a multi-pilot limitation may be considered whilst awaiting assessment or treatment.*

*(4) A fit assessment without multi-pilot limitation may be considered after successful treatment for a calculus.*

*(5) With residual calculi, a fit assessment with a multi-pilot limitation may be considered.*

*(d) Renal/urological surgery*

*(1) Applicants who have undergone a major surgical operation on the urinary tract or the urinary apparatus involving a total or partial excision or a diversion of any of its organs should be assessed as unfit for a minimum period of 3 months or until such time as the effects of the operation are no longer likely to cause incapacity in flight. After other urological surgery, a fit assessment may be considered if the applicant is completely asymptomatic and there is minimal risk of secondary complication or recurrence.*

*(2) An applicant with compensated nephrectomy without hypertension or uraemia may be considered for a fit assessment.*

*(3) Applicants who have undergone renal transplantation may be considered for a fit assessment if it is fully compensated and tolerated with only minimal immuno-*

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*suppressive therapy after at least 12 months. Applicants may be assessed as fit with a multi-pilot limitation.*

- (4) *Applicants who have undergone total cystectomy may be considered for a fit assessment if there is satisfactory urinary function, no infection and no recurrence of primary pathology. Applicants may be assessed as fit with a multi-pilot limitation.*

**MMED.B.040 Infectious Disease**

- (a) Applicants shall have no established medical history or clinical diagnosis of any infectious disease which is likely to interfere with the safe exercise of the privileges of the applicable licence held.
- (b) Applicants who are HIV positive may be assessed as fit subject to satisfactory aero-medical evaluation. Applicants for a class 1 medical certificate shall be referred to the Authority.

**AMC1 MMED.B.040**

- (a) *Infectious disease General*

*In cases of infectious disease, consideration should be given to a history of, or clinical signs indicating, underlying impairment of the immune system.*

- (b) *Tuberculosis*

*Applicants with active tuberculosis should be assessed as unfit. A fit assessment may be considered following completion of therapy.*

- (c) *Syphilis*

*Acute syphilis is disqualifying. A fit assessment may be considered in the case of those fully treated and recovered from the primary and secondary stages.*

- (d) *HIV infection*

(1) *HIV positivity is disqualifying. A fit assessment with a multi-pilot limitation may be considered for individuals with stable, non-progressive disease. Frequent review is required.*

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*(2) The occurrence of AIDS or AIDS-related complex is disqualifying.*

*(e) Infectious hepatitis*

*Infectious hepatitis is disqualifying. A fit assessment may be considered after full recovery.*

**MMED.B.045     Obstetrics and Gynaecology**

(a) Applicants shall not possess any functional or structural obstetric or gynaecological condition which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).

(b) Applicants who have undergone a major gynaecological operation shall be assessed as unfit until full recovery.

(c) *Pregnancy*

(1) In the case of pregnancy, if the AeMC or AME considers that the licence holder is fit to exercise her privileges, he/she shall limit the validity period of the medical certificate to the end of the 26th week of gestation. After this point, the certificate shall be suspended. The suspension shall be lifted after full recovery following the end of the pregnancy.

(2) Holders of class 1 medical certificates shall only exercise the privileges of their licences until the 26th week of gestation with an OML. Notwithstanding MED.B.001 in this case, the OML may be imposed and removed by the AeMC or AME.

***AMC1 MMED.B.045***

*(a) Gynaecological surgery*

*An applicant who has undergone a major gynaecological operation should be assessed as unfit for a period of 3 months or until such time as the effects of the operation are not likely to interfere with the safe exercise of the privileges of the licence(s) if the holder is completely asymptomatic and there is only a minimal risk of secondary complication or recurrence.*

*(b) Severe menstrual disturbances*

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*An applicant with a history of severe menstrual disturbances unamenable to treatment should be assessed as unfit.*

*(c) Pregnancy*

*(1) A pregnant licence holder may be assessed as fit with a multi-pilot limitation during the first 26 weeks of gestation, following review of the obstetric evaluation by the AeMC or AME who should inform the licensing authority.*

*(2) The AeMC or AME should provide written advice to the applicant and the supervising physician regarding potentially significant complications of pregnancy.*

**MMED.B.050 Musculoskeletal System**

- (a) Applicants shall not possess any abnormality of the bones, joints, muscles or tendons, congenital or acquired which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) An applicant shall have sufficient sitting height, arm and leg length and muscular strength for the safe exercise of the privileges of the applicable licence(s).
- (c) An applicant shall have satisfactory functional use of the musculoskeletal system to enable the safe exercise of the privileges of the applicable licence(s). Fitness of the applicants shall be determined in consultation with the Authority.

**AMC1 MMED.B.050**

- (a) *An applicant with any significant sequela from disease, injury or congenital abnormality affecting the bones, joints, muscles or tendons with or without surgery requires full evaluation prior to a fit assessment.*
- (b) *In cases of limb deficiency, a fit assessment may be considered following a satisfactory medical flight test or simulator testing.*
- (c) *An applicant with inflammatory, infiltrative, traumatic or degenerative disease of the musculoskeletal system may be assessed as fit provided the condition is in remission and the applicant is taking no disqualifying medication and has satisfactorily completed a medical flight or simulator flight test. A limitation to specified aircraft type(s) may be required.*
- (d) *Abnormal physique, including obesity, or muscular weakness may require medical flight or flight simulator testing. Particular attention should be paid to emergency procedures and*

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*evacuation. A limitation to specified aircraft type(s) may be required.*

**MMED.B.055      Psychiatry**

- (a) Applicants shall have no established medical history or clinical diagnosis of any psychiatric disease or disability, condition or disorder, acute or chronic, congenital or acquired, which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) Applicants with a mental or behavioural disorder due to alcohol or other use or abuse of psychotropic substances shall be assessed as unfit pending recovery and freedom from substance use and subject to satisfactory psychiatric evaluation after successful treatment. Applicants for a class 1 medical certificate shall be referred to the licensing authority. Fitness of class 2 applicants shall be determined in consultation with the licensing authority.
- (c) Applicants with a psychiatric condition such as:
  - (1) mood disorder;
  - (2) neurotic disorder;
  - (3) personality disorder;
  - (4) mental or behavioural disorder; shall undergo satisfactory psychiatric evaluation before a fit assessment can be made.
- (d) Applicants with a history of a single or repeated acts of deliberate self-harm shall be assessed as unfit. Applicants shall undergo satisfactory psychiatric evaluation before a fit assessment can be considered.
- (e) Aero-medical assessment:
  - (1) applicants for a class 1 medical certificate with one of the conditions detailed in (b), (c) or (d) above shall be referred to the licensing authority;
  - (2) fitness of class 2 applicants with one of the conditions detailed in (b), (c) or (d) above shall be determined in consultation with the licensing authority.
- (f) Applicants with an established history or clinical diagnosis of schizophrenia, schizotypal or delusional disorder shall be assessed as unfit.

**AMC1 MMED.B.055**

- (a) *Psychotic disorder*  
*A history, or the occurrence, of a functional psychotic disorder is disqualifying unless a cause can be unequivocally identified as one which is transient, has ceased and will not recur.*
- (b) *Organic mental disorder*  
*An organic mental disorder is disqualifying. Once the cause has been treated, an applicant may be assessed as fit following satisfactory psychiatric review.*
- (c) *Psychotropic substances*  
*Use or abuse of psychotropic substances likely to affect flight safety is disqualifying.*
- (d) *Schizophrenia, schizotypal or delusional disorder*  
*Applicants with an established schizophrenia, schizotypal or delusional disorder should only be considered for a fit assessment if the licensing authority concludes that the original diagnosis was inappropriate or inaccurate or, in the case of a single episode of delirium, provided that the applicant has suffered no permanent impairment.*
- (e) *Mood disorder*  
*An established mood disorder is disqualifying. After full recovery and after full consideration of an individual case a fit assessment may be considered, depending on the characteristics and gravity of the mood disorder. If a stable maintenance psychotropic medication is confirmed, a fit assessment should require a multi-pilot limitation.*
- (f) *Neurotic, stress-related or somatoform disorder*  
*Where there is suspicion or established evidence that an applicant has a neurotic, stress-related or somatoform disorder, the applicant should be referred for psychiatric opinion and advice.*
- (g) *Personality or behavioural disorder*  
*Where there is suspicion or established evidence that an applicant has a personality or behavioural disorder, the applicant should be referred for psychiatric opinion and advice.*

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*(h) Disorders due to alcohol or other substance use*

*(1) Mental or behavioural disorders due to alcohol or other substance use, with or without dependency, are disqualifying.*

*(2) A fit assessment may be considered after a period of two years documented sobriety or freedom from substance use. At revalidation or renewal a fit assessment may be considered earlier with a multi-pilot limitation. Depending on the individual case, treatment and review may include:*

*(i) in-patient treatment of some weeks followed by:*

*(A) review by a psychiatric specialist; and*

*(B) ongoing review including blood testing and peer reports, which may be required indefinitely.*

*(i) Deliberate self-harm*

*A single self-destructive action or repeated acts of deliberate self-harm are disqualifying. A fit assessment may be considered after full consideration of an individual case and may require psychiatric or psychological review. Neuropsychological assessment may also be required.*

**MMED.B.060 Psychology**

(a) Applicants shall have no established psychological deficiencies, which are likely to interfere with the safe exercise of the privileges of the applicable licence(s).

(b) A psychological evaluation may be required as part of, or complementary to, a specialist psychiatric or neurological examination.

**AMC1 MMED.B.060**

*(a) Where there is suspicion or established evidence that an applicant has a psychological disorder, the applicant should be referred for psychological opinion and advice.*

*(b) Established evidence should be verifiable information from an identifiable source which evokes doubts concerning the mental fitness or personality of a particular individual. Sources for this information can be accidents or incidents, problems in training or*

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*proficiency checks, delinquency or knowledge relevant to the safe exercise of the privileges of the applicable licence.*

- (c) The psychological evaluation may include a collection of biographical data, the administration of aptitude as well as personality tests and psychological interview.*
- (d) The psychologist should submit a written report to the AME, AeMC or licensing authority as appropriate, detailing his/her opinion and recommendation.*

**MMED.B.065 Neurology**

- (a) Applicants shall have no established medical history or clinical diagnosis of any neurological condition which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) Applicants with an established history or clinical diagnosis of:
  - (1) epilepsy;
  - (2) recurring episodes of disturbance of consciousness of uncertain cause; shall be assessed as unfit.
- (c) Applicants with an established history or clinical diagnosis of:
  - (1) epilepsy without recurrence after age 5;
  - (2) epilepsy without recurrence and off all treatment for more than 10 years;
  - (3) epileptiform EEG abnormalities and focal slow waves;
  - (4) progressive or non-progressive disease of the nervous system;
  - (5) a single episode of disturbance of consciousness of uncertain cause;
  - (6) loss of consciousness after head injury;
  - (7) penetrating brain injury;
  - (8) spinal or peripheral nerve injury; shall undergo further evaluation before a fit assessment can be considered. Applicants for a class 1 medical certificate shall be referred to the licensing authority. Fitness of class 2

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applicants shall be determined in consultation with the Authority.

**AMC1 MMED.B.065**

*(a) Epilepsy*

*(1) A diagnosis of epilepsy is disqualifying, unless there is unequivocal evidence of a syndrome of benign childhood epilepsy associated with a very low risk of recurrence, and unless the applicant has been free of recurrence and off treatment for more than 10 years. One or more convulsive episodes after the age of 5 are disqualifying. In the case of an acute symptomatic seizure, which is considered to have a very low risk of recurrence, a fit assessment may be considered after neurological review.*

*(2) An applicant may be assessed as fit by the licensing authority with a multi-pilot limitation if:*

*(i) there is a history of a single afebrile epileptiform seizure;*

*(ii) there has been no recurrence after at least 10 years off treatment;*

*(iii) there is no evidence of continuing predisposition to epilepsy.*

*(b) Conditions with a high propensity for cerebral dysfunction*

*An applicant with a condition with a high propensity for cerebral dysfunction should be assessed as unfit. A fit assessment may be considered after full evaluation.*

*(c) Clinical EEG abnormalities*

*(1) Electroencephalography is required when indicated by the applicant's history or on clinical grounds.*

*(2) Epileptiform paroxysmal EEG abnormalities and focal slow waves should be disqualifying.*

*(d) Neurological disease*

*Any stationary or progressive disease of the nervous system which has caused or is likely to cause a significant disability is disqualifying. However, in case of minor functional losses associated with stationary disease, a fit assessment may be considered after full evaluation.*

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(e) *Episode of disturbance of consciousness*

*In the case of a single episode of disturbance of consciousness, which can be satisfactorily explained, a fit assessment may be considered, but a recurrence should be disqualifying.*

(f) *Head injury*

*An applicant with a head injury which was severe enough to cause loss of consciousness or is associated with penetrating brain injury should be reviewed by a consultant neurologist. A fit assessment may be considered if there has been a full recovery and the risk of epilepsy is sufficiently low.*

(g) *Spinal or peripheral nerve injury, myopathies*

*An applicant with a history or diagnosis of spinal or peripheral nerve injury or myopathy should be assessed as unfit. A fit assessment may be considered if neurological review and musculoskeletal assessments are satisfactory.*

**MMED.B.070 Visual System**

(a) Applicants shall not possess any abnormality of the function of the eyes or their adnexa or any active pathological condition, congenital or acquired, acute or chronic, or any sequelae of eye surgery or trauma, which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).

(b) *Examination*

(1) For a class 1 medical certificate:

(i) a comprehensive eye examination shall form part of the initial examination and be undertaken periodically depending on the refraction and the functional performance of the eye; and

(ii) a routine eye examination shall form part of all revalidation and renewal examinations.

(2) For a class 2 medical certificate:

(i) a routine eye examination shall form part of the initial and all revalidation and renewal examinations; and

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- (ii) a comprehensive eye examination shall be undertaken when clinically indicated.
- (c) Distant visual acuity, with or without correction, shall be:
  - (1) in the case of class 1 medical certificates, 6/9 (0,7) or better in each eye separately and visual acuity with both eyes shall be 6/6 (1,0) or better;
  - (2) in the case of class 2 medical certificates, 6/12 (0,5) or better in each eye separately and visual acuity with both eyes shall be 6/9 (0,7) or better. An applicant with substandard vision in one eye may be assessed as fit in consultation with the licensing authority subject to satisfactory ophthalmic assessment;
  - (3) applicants for an initial class 1 medical certificate with substandard vision in one eye shall be assessed as unfit. At revalidation, applicants with acquired substandard vision in one eye shall be referred to the licensing authority and may be assessed as fit if it is unlikely to interfere with safe exercise of the licence held.
- (d) An applicant shall be able to read an N5 chart (or equivalent) at 30-50cms and an N14 chart (or equivalent) at 100cms, with correction, if prescribed.
- (e) Applicants for a class 1 medical certificate shall be required to have normal fields of vision and normal binocular function.
- (f) Applicants who have undergone eye surgery may be assessed as fit subject to satisfactory ophthalmic evaluation.
- (g) Applicants with a clinical diagnosis of keratoconus may be assessed as fit subject to a satisfactory examination by an ophthalmologist. Applicants for a class 1 medical certificate shall be referred to the licensing authority.
- (h) Applicants with:
  - (1) astigmatism;
  - (2) anisometropia; may be assessed as fit subject to satisfactory ophthalmic evaluation.
- (i) Applicants with diplopia shall be assessed as unfit.
- (j) *Spectacles and contact lenses.*

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If satisfactory visual function is achieved only with the use of correction:

- (1)
  - (i) for distant vision, spectacles or contact lenses shall be worn whilst exercising the privileges of the applicable licence(s);
  - (ii) for near vision, a pair of spectacles for near use shall be kept available during the exercise of the privileges of the licence;
- (2) a spare set of similarly correcting spectacles shall be readily available for immediate use whilst exercising the privileges of the applicable licence(s);
- (3) the correction shall provide optimal visual function, be well-tolerated and suitable for aviation purposes;
- (4) if contact lenses are worn, they shall be for distant vision, monofocal, non-tinted and well tolerated;
- (5) applicants with a large refractive error shall use contact lenses or high-index spectacle lenses;
- (6) no more than one pair of spectacles shall be used to meet the visual requirements;
- (7) orthokeratological lenses shall not be used.

***AMC1 MMED.B.070***

*(a) Eye examination*

- (1) At each aero-medical revalidation examination, an assessment of the visual fitness should be undertaken and the eyes should be examined with regard to possible pathology.*
- (2) All abnormal and doubtful cases should be referred to an ophthalmologist. Conditions which indicate ophthalmological examination include, but are not limited to, a substantial decrease in the uncorrected visual acuity, any decrease in best corrected visual acuity and/or the occurrence of eye disease, eye injury, or eye surgery.*

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(3) *Where specialist ophthalmological examinations are required for any significant reason, this should be imposed as a limitation on the medical certificate*

(b) *Comprehensive eye examination*

*A comprehensive eye examination by an eye specialist is required at the initial examination. All abnormal and doubtful cases should be referred to an ophthalmologist. The examination should include:*

- (1) *history;*
- (2) *visual acuities - near, intermediate and distant vision (uncorrected and with best optical correction if needed);*
- (3) *examination of the external eye, anatomy, media (slit lamp) and fundoscopy;*
- (4) *ocular motility;*
- (5) *binocular vision;*
- (6) *colour vision;*
- (7) *visual fields;*
- (8) *tonometry on clinical indication; and*
- (9) *refraction hyperopic initial applicants with a hyperopia of more than +2 dioptres and under the age of 25 should undergo objective refraction in cycloplegia.*

(c) *Routine eye examination*

*A routine eye examination may be performed by an AME and should include:*

- (1) *history;*
- (2) *visual acuities - near, intermediate and distant vision (uncorrected and with best optical correction if needed);*
- (3) *examination of the external eye, anatomy, media and fundoscopy;*
- (4) *further examination on clinical indication.*

(d) *Refractive error*

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- (1) *At initial examination an applicant may be assessed as fit with:
  - (i) *hypermetropia not exceeding +5.0 dioptres;*
  - (ii) *myopia not exceeding –6.0 dioptres;*
  - (iii) *astigmatism not exceeding 2.0 dioptres;*
  - (iv) *anisometropia not exceeding 2.0 dioptres provided that optimal correction has been considered and no significant pathology is demonstrated.**
- (2) *Initial applicants who do not meet the requirements in (1)(ii), (iii) and (iv) above should be referred to the licensing authority. A fit assessment may be considered following review by an ophthalmologist.*
- (3) *At revalidation an applicant may be assessed as fit with:
  - (i) *hypermetropia not exceeding +5.0 dioptres;*
  - (ii) *myopia exceeding –6.0 dioptres;*
  - (iii) *astigmatism exceeding 2.0 dioptres;*
  - (iv) *anisometropia exceeding 2.0 dioptres provided that optimal correction has been considered and no significant pathology is demonstrated.**
- (4) *If anisometropia exceeds 3.0 dioptres, contact lenses should be worn.*
- (5) *If the refractive error is +3.0 to +5.0 or –3.0 to –6.0 dioptres, there is astigmatism or anisometropia of more than 2 dioptres but less than 3 dioptres, a review should be undertaken 5 yearly by an eye specialist.*
- (6) *If the refractive error is greater than –6.0 dioptres, there is more than 3.0 dioptres of astigmatism or anisometropia exceeds 3.0 dioptres, a review should be undertaken 2 yearly by an eye specialist.*
- (7) *In cases (5) and (6) above, the applicant should supply the eye specialist's report to the AME. The report should be forwarded to the licensing authority as part of the medical examination report. All abnormal and doubtful cases should be referred to an ophthalmologist.*

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*(e) Uncorrected visual acuity*

*No limits apply to uncorrected visual acuity.*

*(f) Substandard vision*

*(1) Applicants with reduced central vision in one eye may be assessed as fit if the binocular visual field is normal and the underlying pathology is acceptable according to ophthalmological assessment. A satisfactory medical flight test and a multi-pilot limitation are required.*

*(2) An applicant with acquired substandard vision in one eye may be assessed as fit with a multi-pilot limitation if:*

*(i) the better eye achieves distant visual acuity of 6/6 (1.0), corrected or uncorrected;*

*(ii) the better eye achieves intermediate visual acuity of N14 and N5 for near;*

*(iii) in the case of acute loss of vision in one eye, a period of adaptation time has passed from the known point of visual loss, during which the applicant should be assessed as unfit;*

*(iv) there is no significant ocular pathology; and*

*(v) a medical flight test is satisfactory.*

*(3) An applicant with a visual field defect may be assessed as fit if the binocular visual field is normal and the underlying pathology is acceptable to the licensing authority.*

*(g) Keratoconus*

*Applicants with keratoconus may be assessed as fit if the visual requirements are met with the use of corrective lenses and periodic review is undertaken by an ophthalmologist.*

*(h) Heterophoria*

*Applicants with heterophoria (imbalance of the ocular muscles) exceeding:*

- (1) at 6 metres:  
2.0 prism dioptres in hyperphoria,  
10.0 prism dioptres in esophoria,  
8.0 prism dioptres in exophoria*

*and*

- (2) *at 33 centimetres:  
1.0 prism dioptre in hyperphoria,  
8.0 prism dioptres in esophoria,  
12.0 prism dioptres in exophoria*

*should be assessed as unfit. The applicant should be reviewed by an ophthalmologist and if the fusional reserves are sufficient to prevent asthenopia and diplopia a fit assessment may be considered.*

(i) *Eye surgery*

*The assessment after eye surgery should include an ophthalmological examination.*

- (1) *After refractive surgery, a fit assessment may be considered, provided that:*

- (i) *pre-operative refraction was not greater than +5 dioptres;*
- (ii) *post-operative stability of refraction has been achieved (less than 0.75 dioptres variation diurnally);*
- (iii) *examination of the eye shows no post-operative complications;*
- (iv) *glare sensitivity is within normal standards;*
- (v) *mesopic contrast sensitivity is not impaired;*
- (vi) *review is undertaken by an eye specialist.*

- (2) *Cataract surgery entails unfitness. A fit assessment may be considered after 3 months.*

- (3) *Retinal surgery entails unfitness. A fit assessment may be considered 6 months after successful surgery. A fit assessment may be acceptable earlier after retinal laser therapy. Follow-up may be required.*

- (4) *Glaucoma surgery entails unfitness. A fit assessment may be considered 6 months after successful surgery. Follow-up may be required.*

- (5) *For (2), (3) and (4) above, a fit assessment may be considered earlier if recovery is complete.*

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*(j) Correcting lenses*

*Correcting lenses should permit the licence holder to meet the visual requirements at all distances.*

**MMED.B.075      Colour vision**

- (a) Applicants shall be required to demonstrate the ability to perceive readily the colours that are necessary for the safe performance of duties.
- (b) *Examination*
  - (1) Applicants shall pass the Ishihara test for the initial issue of a medical certificate.
  - (2) Applicants who fail to pass in the Ishihara test shall undergo further colour perception testing to establish whether they are colour safe.
- (c) In the case of class 1 medical certificates, applicants shall have normal perception of colours or be colour safe. Applicants who fail further colour perception testing shall be assessed as unfit. Applicants for a class 1 medical certificate shall be referred to the licensing authority.
- (d) In the case of class 2 medical certificates, when the applicant does not have satisfactory perception of colours, his/her flying privileges shall be limited to daytime only.

**AMC1 MMED B.075**

- (a) At revalidation, colour vision should be tested on clinical indication.*
- (b) The Ishihara test (24 plate version) is considered passed if the first 15 plates, presented in a random order, are identified without error.*
- (c) Those failing the Ishihara test should be examined either by:*
  - (1) anomaloscopy (Nagel or equivalent). This test is considered passed if the colour match is trichromatic and the matching range is 4 scale units or less; or by*
  - (2) lantern testing with a Spectrolux, Beynes or Holmes-Wright lantern. This test is considered passed if the applicant passes without error a test with accepted lanterns.*

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**MMED.B.080      Otorhino-laryngology**

- (a) Applicants shall not possess any abnormality of the function of the ears, nose, sinuses or throat, including oral cavity, teeth and larynx, or any active pathological condition, congenital or acquired, acute or chronic, or any sequelae of surgery or trauma which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) Hearing shall be satisfactory for the safe exercise of the privileges of the applicable licence(s).
- (c) *Examination*
  - (1) Hearing shall be tested at all examinations.
    - (i) In the case of class 1 medical certificates and class 2 medical certificates, when an instrument rating is to be added to the licence held, hearing shall be tested with pure tone audiometry at the initial examination and, at subsequent revalidation or renewal examinations, every five years until the age 40 and every two years thereafter.
    - (ii) When tested on a pure-tone audiometer, initial applicants shall not have a hearing loss of more than 35 dB at any of the frequencies 500, 1 000 or 2 000 Hz, or more than 50 dB at 3 000 Hz, in either ear separately. Applicants for revalidation or renewal, with greater hearing loss shall demonstrate satisfactory functional hearing ability.
    - (iii) Applicants with hypoacusis shall demonstrate satisfactory functional hearing ability.
  - (2) A comprehensive ear, nose and throat examination shall be undertaken for the initial issue of a class 1 medical certificate and periodically thereafter when clinically indicated.
- (d) Applicants for a class 1 medical certificate with:
  - (1) an active pathological process, acute or chronic, of the internal or middle ear;
  - (2) unhealed perforation or dysfunction of the tympanic membrane(s);
  - (3) disturbance of vestibular function;

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- (4) significant restriction of the nasal passages;
  - (5) sinus dysfunction;
  - (6) significant malformation or significant, acute or chronic infection of the oral cavity or upper respiratory tract;
  - (7) significant disorder of speech or voice; shall undergo further medical examination and assessment to establish that the condition does not interfere with the safe exercise of the privileges of the licence held.
- (e) Aero-medical assessment:
- (1) applicants for a class 1 medical certificate with the disturbance of vestibular function shall be referred to the Authority;
  - (2) fitness of class 2 applicants with the disturbance of vestibular function shall be determined in consultation with the Authority.

***AMC1 MMED.B.080***

*(a) Hearing*

- (1) The applicant should understand correctly conversational speech when tested with each ear at a distance of 2 metres from and with the applicant's back turned towards the AME.*
- (2) The pure tone audiogram should cover the 500 Hz, 1 000 Hz, 2 000 Hz and 3 000 Hz frequency thresholds.*
- (3) An applicant with hypoacusis should be referred to the licensing authority. A fit assessment may be considered if a speech discrimination test or functional flight deck hearing test demonstrates satisfactory hearing ability. A vestibular function test may be appropriate.*
- (4) If the hearing requirements can only be met with the use of hearing aids, the hearing aids should provide optimal hearing function, be well tolerated and suitable for aviation purposes.*

*(b) Comprehensive otorhinolaryngological examination*

*A comprehensive otorhino-laryngological examination should include:*

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- (1) *history;*
  - (2) *clinical examination including otoscopy, rhinoscopy, and examination of the mouth and throat;*
  - (3) *tympanometry or equivalent;*
  - (4) *clinical assessment of the vestibular system.*
- (c) *Ear conditions*
- (1) *An applicant with an active pathological process, acute or chronic, of the internal or middle ear should be assessed as unfit. A fit assessment may be considered once the condition has stabilised or there has been a full recovery.*
  - (2) *An applicant with an unhealed perforation or dysfunction of the tympanic membranes should be assessed as unfit. An applicant with a single dry perforation of non-infectious origin and which does not interfere with the normal function of the ear may be considered for a fit assessment.*
- (d) *Vestibular disturbance*  
*An applicant with disturbance of vestibular function should be assessed as unfit. A fit assessment may be considered after full recovery. The presence of spontaneous or positional nystagmus requires complete vestibular evaluation by an ENT specialist. Significant abnormal caloric or rotational vestibular responses are disqualifying. Abnormal vestibular responses should be assessed in their clinical context.*
- (e) *Sinus dysfunction*  
*An applicant with any dysfunction of the sinuses should be assessed as unfit until there has been full recovery.*
- (f) *Oral/upper respiratory tract infections*  
*A significant, acute or chronic infection of the oral cavity or upper respiratory tract is disqualifying. A fit assessment may be considered after full recovery.*
- (g) *Speech disorder*  
*A significant disorder of speech or voice is disqualifying.*

**MMED.B.085      Dermatology**

Applicants shall have no established dermatological condition likely to interfere with the safe exercise of the privileges of the applicable licence(s) held.

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***AMC1 MMED.B.085 Dermatology***

- (a) Referral to the licensing authority should be made if doubt exists about the fitness of an applicant with eczema (exogenous and endogenous), severe psoriasis, bacterial infections, drug induced, or bullous eruptions or urticaria.*
- (b) Systemic effects of radiant or pharmacological treatment for a dermatological condition should be considered before a fit assessment can be considered.*
- (c) In cases where a dermatological condition is associated with a systemic illness, full consideration should be given to the underlying illness before a fit assessment may be considered.*

**MMED.B.090      **Oncology****

- (a) Applicants shall have no established primary or secondary malignant disease likely to interfere with the safe exercise of the privileges of the applicable licence(s).
- (b) After treatment for malignant disease, applicants shall undergo satisfactory oncological evaluation before a fit assessment can be made. Class 1 applicants shall be referred to the licensing authority. Fitness of class 2 applicants shall be determined in consultation with the licensing authority.
- (c) Applicants with an established history or clinical diagnosis of intracerebral malignant tumour shall be assessed as unfit.

***AMC1 MMED.B.090***

- (a) Applicants who underwent treatment for malignant disease may be assessed as fit by the licensing authority if:*
  - (1) there is no evidence of residual malignant disease after treatment;*
  - (2) time appropriate to the type of tumour has elapsed since the end of treatment;*
  - (3) the risk of inflight incapacitation from a recurrence or metastasis is sufficiently low;*
  - (4) there is no evidence of short or long-term sequelae from treatment. Special attention should be paid to applicants who have received anthracycline chemotherapy;*

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- (5) *satisfactory oncology follow-up reports are provided to the licensing authority.*
  - (b) *A multi-pilot limitation should be applied as appropriate.*
  - (c) *Applicants with pre-malignant conditions of the skin may be assessed as fit if treated or excised as necessary and there is regular follow-up.*

**Section 3**

**Specific requirements for LAPL medical certificates**

**MMED.B.095 Medical examination of applicants for LAPL medical certificates**

- (a) An applicant for a LAPL medical certificate shall be assessed based on aero-medical best practice.
- (b) Special attention shall be given to the applicant's complete medical history.
- (c) The aero-medical examination shall include at least the following:
  - (1) clinical examination;
  - (2) blood pressure;
  - (3) urine test;
  - (4) vision;
  - (5) hearing ability.
- (d) After the first issue of a LAPL medical certificate, the aero-medical examinations until the age of 50 can be reduced with due regard to the evaluation of the applicant's medical history.

***AMC1 MMED.B.095 Medical examination and/or assessment of applicants for LAPL medical certificates***

*When a specialist evaluation is required under this section, the aero-medical assessment of the applicant should be performed by an AeMC, an AME or, in the case of AMC 5(d), by the Authority.*

***AMC2 MMED.B.095 Cardiovascular system***

- (a) *Examination*  
*Pulse and blood pressure should be recorded at each examination.*
- (b) *General*
  - (1) *Cardiovascular risk factor assessment*

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*An accumulation of risk factors (smoking, family history, lipid abnormalities, hypertension, etc.) requires cardiovascular evaluation.*

- (2) *Aortic aneurysm*  
*Applicants with an aortic aneurysm may be assessed as fit subject to satisfactory cardiological evaluation and a regular follow-up.*
  - (3) *Cardiac valvular abnormalities*  
*Applicants with a cardiac murmur may be assessed as fit if the murmur is assessed as being of no pathological significance.*
  - (4) *Valvular surgery*  
*After cardiac valve replacement or repair a fit assessment may be considered if post-operative cardiac function and investigations are satisfactory. Anticoagulation, if needed, should be stable.*
  - (5) *Other cardiac disorders:*
    - (i) *Applicants with other cardiac disorders may be assessed as fit subject to satisfactory cardiological assessment.*
    - (ii) *Applicants with symptomatic hypertrophic cardiomyopathy should be assessed as unfit.*
- (c) *Blood pressure*
- (1) *When the blood pressure consistently exceeds 160 mmHg systolic and/or 95 mmHg diastolic, with or without treatment, the applicant should be assessed as unfit.*
  - (2) *The initiation of medication for the control of blood pressure should require a period of temporary suspension of the medical certificate to establish the absence of significant side effects.*
- (d) *Coronary artery disease*
- (1) *Applicants with suspected myocardial ischaemia should be investigated before a fit assessment can be considered.*
  - (2) *Applicants with angina pectoris requiring medication for cardiac symptoms should be assessed as unfit.*

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- (3) *After an ischaemic cardiac event, including myocardial infarction or revascularisation, applicants without symptoms should have reduced any vascular risk factors to an appropriate level. Medication, when used to control cardiac symptoms, is not acceptable. All applicants should be on acceptable secondary prevention treatment.*
- (4) *In cases under (1), (2) and (3) above, applicants who have had a satisfactory cardiological evaluation to include an exercise test or equivalent that is negative for ischaemia may be assessed as fit.*
- (e) *Rhythm and conduction disturbances*
- (1) *Applicants with a significant disturbance of cardiac rhythm or conduction should be assessed as unfit unless a cardiological evaluation concludes that the disturbance is not likely to interfere with the safe exercise of the privileges of the LAPL.*
- (2) *Pre-excitation*
- Applicants with ventricular pre-excitation may be assessed as fit subject to satisfactory cardiological evaluation. Applicants with ventricular pre-excitation associated with a significant arrhythmia should be assessed as unfit.*
- (3) *Pacemaker*
- A fit assessment may be considered subject to satisfactory cardiological evaluation.*

**AMC3 MMED.B.095      *Respiratory system***

- (a) *Asthma and chronic obstructive airways disease*
- Applicants with asthma or minor impairment of pulmonary function may be assessed as fit if the condition is considered stable with satisfactory pulmonary function and medication is compatible with flight safety. Systemic steroids may be disqualifying depending on dosage needed and corresponding side effects.*
- (b) *Sarcoidosis*
- (1) *Applicants with active sarcoidosis should be assessed as unfit. Investigation should be undertaken with respect to the possibility of systemic involvement. A fit assessment may be considered once the disease is inactive.*

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(2) *Applicants with cardiac sarcoidosis should be assessed as unfit.*

(c) *Pneumothorax*

(1) *Applicants with spontaneous pneumothorax may be assessed as fit subject to satisfactory respiratory evaluation following full recovery from a single spontaneous pneumothorax or following recovery from surgical treatment for a recurrent pneumothorax.*

(2) *Applicants with traumatic pneumothorax may be assessed as fit following full recovery.*

(d) *Thoracic surgery*

*Applicants who have undergone major thoracic surgery may be assessed as fit following full recovery.*

(e) *Sleep apnoea syndrome/ sleep disorder*

*Applicants with unsatisfactorily treated sleep apnoea syndrome should be assessed as unfit.*

**AMC4 MMED.B.095     Digestive system**

(a) *Gallstones*

*Applicants with symptomatic gallstones should be assessed as unfit. A fit assessment may be considered following gallstone removal.*

(b) *Inflammatory bowel disease*

*Applicants with an established diagnosis or history of chronic inflammatory bowel disease may be assessed as fit provided that the disease is stable and not likely to interfere with the safe exercise of the privileges of the licence.*

(c) *Abdominal surgery*

*Applicants who have undergone a surgical operation on the digestive tract or its adnexae may be assessed as fit provided recovery is complete, they are asymptomatic and there is only a minimal risk of secondary complication or recurrence.*

(d) *Pancreatitis*

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*Applicants with pancreatitis may be assessed as fit after satisfactory recovery.*

**AMC5 MMED.B.095      *Metabolic and endocrine systems***

- (a) *Metabolic, nutritional or endocrine dysfunction*  
*Applicants with metabolic, nutritional or endocrine dysfunction may be assessed as fit subject to demonstrated stability of the condition and satisfactory aero-medical evaluation.*
- (b) *Obesity*  
*Obese applicants may be assessed as fit if the excess weight is not likely to interfere with the safe exercise of the licence*
- (c) *Thyroid dysfunction*  
*Applicants with thyroid disease may be assessed as fit once a stable euthyroid state is attained.*
- (d) *Diabetes mellitus*
- (1) *The use of antidiabetic medications that are not likely to cause hypoglycaemia should be acceptable for a fit assessment.*
- (2) *Applicants with diabetes mellitus Type 1 should be assessed as unfit.*
- (3) *Applicants with diabetes mellitus Type 2 treated with insulin may be assessed as fit with limitations for revalidation if blood sugar control has been achieved and the process under (e) and (f) below is followed. An OSL limitation is required. A TML limitation for 12 months may be needed to ensure compliance with the follow-up requirements below. Licence privileges should be restricted to aeroplanes and sailplanes only.*
- (e) *Aero-medical assessment by, or under the guidance of, the licensing authority:*
- (1) *A diabetology review at yearly intervals, including:*
- (i) *symptom review;*
- (ii) *review of data logging of blood sugar;*



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*Blood sugar testing is carried out during non-operational and operational periods. A whole blood glucose measuring device with memory should be carried and used. Equipment for continuous glucose monitoring (CGMS) should not be used. Pilots should prove to the AME or AeMC or licensing authority that testing has been performed as indicated below and with which results.*

- (1) Testing during non-operational periods: normally 3–4 times/day or as recommended by the treating physician, and on any awareness of hypoglycaemia.*
- (2) Testing frequency during operational periods:
  - (i) 120 minutes before departure;*
  - (ii) <30 minutes before departure;*
  - (iii) 60 minutes during flight;*
  - (iv) 30 minutes before landing.**
- (3) Actions following glucose testing:
  - (i) 120 minutes before departure: if the test result is >15 mmol/l, piloting should not be commenced.*
  - (ii) 10–15g of carbohydrate should be ingested and a re-test performed within 30 minutes if:
    - (A) any test result is <4,5 mmol/l;*
    - (B) the pre-landing test measurement is missed or a subsequent go-around/diversion is performed.***

**GM1 MMED.B.095      *Diabetes mellitus Type 2 treated with insulin***

- (a) Pilots and their treating physician should be aware that if the HbA1c target level was set to normal (non-diabetic) levels, this will significantly increase the chance of hypoglycaemia. For safety reasons the target level of HbA1c is therefore set to 7,5–8,5 % even though there is evidence that lower HbA1c levels are correlated with fewer diabetic complications.*
- (b) The safety pilot should be briefed pre-flight on the potential condition of the pilot. The results of blood sugar testing before*

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*and during flight should be shared with the safety pilot for the acceptability of the values obtained.*

**AMC6 MMED.B.095      Haematology**

*Applicants with a haematological condition, such as:*

- (a) abnormal haemoglobin including, but not limited to, anaemia, polycythaemia or haemoglobinopathy;*
- (b) coagulation, haemorrhagic or thrombotic disorder;*
- (c) significant lymphatic enlargement;*
- (d) acute or chronic leukaemia;*
- (e) enlargement of the spleen may be assessed as fit subject to satisfactory aero-medical evaluation.*

**AMC7 MMED.B.095      Genitourinary system**

*(a) Applicants with a genitourinary disorder, such as:*

- (1) renal disease; or*
  - (2) one or more urinary calculi, or a history of renal colic may be assessed as fit subject to satisfactory renal/urological evaluation.*
- (b) Applicants who have undergone a major surgical operation in the urinary apparatus may be assessed as fit following full recovery.*

**AMC8 MMED.B.095      Infectious disease**

*HIV infection: applicants who are HIV positive may be assessed as fit if investigation provides no evidence of clinical disease.*

**AMC9 MMED.B.095      Obstetrics and gynecology**

*(a) Pregnancy*

*Holders of a LAPL medical certificate should only exercise the privileges of their licences until the 26th week of gestation under routine antenatal care.*

*(b) Applicants who have undergone a major gynaecological operation may be assessed as fit after full recovery.*

**AMC10 MMED.B.095      Musculoskeletal system**

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*Applicants should have satisfactory functional use of the musculoskeletal system to enable the safe exercise of the privileges of the licence.*

**AMC11 MMED.B.095 Psychiatry**

- (a) *Applicants with a mental or behavioural disorder due to alcohol or other substance use should be assessed as unfit pending recovery and freedom from substance use and subject to satisfactory psychiatric evaluation after treatment.*
- (b) *Applicants with an established history or clinical diagnosis of schizophrenia, schizotypal or delusional disorder should be assessed as unfit.*
- (c) *Psychotropic substances*  
*Use or abuse of psychotropic substances likely to affect flight safety should be disqualifying. If a stable maintenance psychotropic medication is confirmed, a fit assessment with an appropriate limitation may be considered.*
- (d) *Applicants with a psychiatric condition, such as:*
  - (1) *mood disorder;*
  - (2) *neurotic disorder;*
  - (3) *personality disorder;*
  - (4) *mental or behavioural disorder should undergo satisfactory psychiatric evaluation before a fit assessment may be considered.*
- (e) *Applicants with a history of significant or repeated acts of deliberate self-harm should undergo satisfactory psychiatric and/or psychological evaluation before a fit assessment can be considered.*

**AMC12 MMED.B.095 Psychology**

*Applicants with a psychological disorder may need to be referred for psychological opinion and advice.*

**AMC13 MMED.B.095 Neurology**

- (a) *Epilepsy and seizures*
  - (1) *Applicants with an established diagnosis of and under treatment for epilepsy should be assessed as unfit. A re-*

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*assessment after all treatment has been stopped for at least 5 years should include a neurological evaluation.*

*(2) Applicants may be assessed as fit if:*

- (i) there is a history of a single afebrile epileptic form seizure considered to have a very low risk of recurrence; and*
- (ii) there has been no recurrence after at least 5 years off treatment; or*
- (iii) a cause has been identified and treated and there is no evidence of continuing predisposition to epilepsy.*

*(b) Neurological disease*

- (1) Applicants with any stationary or progressive disease of the nervous system which has caused or is likely to cause a significant disability should be assessed as unfit. The AME or AeMC should assess these applicants taking into account the privileges of the licence held and the risk involved. An OPL limitation may be appropriate if a fit assessment is made.*
- (2) In case of minor functional loss associated with stationary disease, a fit assessment may be considered after full evaluation.*

*(c) Head injury*

*Applicants with a head injury which was severe enough to cause loss of consciousness or is associated with penetrating brain injury may be assessed as fit if there has been a full recovery and the risk of epilepsy is sufficiently low.*

*(d) Spinal or peripheral nerve injury*

*Applicants with a history or diagnosis of spinal or peripheral nerve injury may be assessed as fit if neurological review and musculoskeletal assessments are satisfactory.*

**AMC14 MED.B.095      Visual system**

- (a) Applicants should not possess any abnormality of the function of the eyes or their adnexa or any active pathological condition, congenital or acquired, acute or chronic, or any sequelae of eye surgery or trauma, which is likely to interfere with the safe exercise of the privileges of the applicable licence(s).*

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*(b) Eye examination*

*The examination should include visual acuities (near, intermediate and distant vision) and visual field.*

*(c) Visual acuity*

- (1) Visual acuity with or without corrective lenses should be 6/9 (0,7) binocularly and 6/12 (0,5) in each eye.*
- (2) Applicants who do not meet the required visual acuity should be assessed by an AME or AeMC, taking into account the privileges of the licence held and the risk involved.*
- (3) Applicants should be able to read an N5 chart (or equivalent) at 30–50cms and an N14 chart (or equivalent) at 100cms, with correction if prescribed.*

*(c) Substandard vision*

*Applicants with substandard vision in one eye may be assessed as fit if the better eye:*

- (1) achieves distant visual acuity of 6/6 (1,0), corrected or uncorrected;*
- (2) achieves distant visual acuity less than 6/6 (1,0) but not less than 6/9 (0,7), after ophthalmological evaluation.*

*(d) Visual field defects*

*Applicants with a visual field defect may be assessed as fit if the binocular visual field or monocular visual field is normal.*

*(e) Eye surgery*

- (1) After refractive surgery, a fit assessment may be considered, provided that there is stability of refraction, there are no post-operative complications and no significant increase in glare sensitivity.*
- (2) After cataract, retinal or glaucoma surgery a fit assessment may be considered once recovery is complete.*

*(f) Correcting lenses*

*Correcting lenses should permit the licence holder to meet the visual requirements at all distances.*

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**AMC15 MED.B.095      *Colour vision***

*Applicants for a night rating should correctly identify 9 of the first 15 plates of the 24-plate edition of Ishihara pseudoisochromatic plates or should be colour safe.*

**AMC16 MED.B.095      *Otorhino-laryngology***

*(a)    Hearing*

- (1)    Applicants should understand correctly conversational speech when tested at a distance of 2 metres from and with the applicant's back turned towards the examiner.*
- (2)    Applicants with hypoacusis should demonstrate satisfactory functional hearing ability.*

*(b)    Ear conditions*

*Applicants for a LAPL medical certificate with:*

- (1)    an active pathological process, acute or chronic, of the internal or middle ear;*
- (2)    unhealed perforation or dysfunction of the tympanic membrane(s);*
- (3)    disturbance of vestibular function;*
- (4)    significant restriction of the nasal passages;*
- (5)    sinus dysfunction;*
- (6)    significant malformation or significant, acute or chronic infection of the oral cavity or upper respiratory tract; or*
- (7)    significant disorder of speech or voice should undergo further medical examination and assessment to establish that the condition does not interfere with the safe exercise of the privileges of the licence.*

**PART C**

**REQUIREMENTS FOR MEDICAL FITNESS OF CABIN CREW**

**Section 1**

**General requirements**

**MMED.C.001      General**

Cabin crew members shall only perform the duties and responsibilities required by aviation safety rules on an aircraft if they comply with the applicable requirements of these requirements.

**MMED.C.005      Aero-medical assessments**

- (a) Cabin crew members shall undergo aero-medical assessments to verify that they are free from any physical or mental illness which might lead to incapacitation or an inability to perform their assigned duties and responsibilities.
- (b) Each cabin crew member shall undergo an aero-medical assessment before being first assigned to duties on an aircraft, and after that at intervals of maximum 60 months.
- (c) Aero-medical assessments shall be conducted by an AME, AeMC, or by an OHMP if the requirements of MED.D.040 are complied with.

***AMC1 MMED.C.005***

- (a) *When conducting aero-medical examination and/or assessments of cabin crew, their medical fitness should be assessed with particular regard to their physical and mental ability to:*
  - (1) *undergo the training required for cabin crew to acquire and maintain competence, e.g. actual fire-fighting, slide descending, using Protective Breathing Equipment (PBE) in a simulated smoke-filled environment, providing first aid;*
  - (2) *manipulate the aircraft systems and emergency equipment to be used by cabin crew, e.g. cabin management systems, doors/exits, escape devices, fire extinguishers, taking also into account the type of aircraft operated e.g. narrow-bodied or wide-bodied, single/multi-deck, single/multi-crew operation;*
  - (3) *continuously sustain the aircraft environment whilst performing duties, e.g. altitude, pressure, re-circulated air,*

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*noise; and the type of operations such as short/medium/long/ultra long haul; and*

- (4) *perform the required duties and responsibilities efficiently during normal and abnormal operations, and in emergency situations and psychologically demanding circumstances e.g. assistance to crew members and passengers in case of decompression; stress management, decision-making, crowd control and effective crew coordination, management of disruptive passengers and of security threats. When relevant, operating as single cabin crew should also be taken into account when assessing the medical fitness of cabin crew.*

**Section 2**

**Requirements for aero-medical assessment of cabin crew**

**MMED.C.020      General**

Cabin crew members shall be free from any:

- (a) abnormality, congenital or acquired;
- (b) active, latent, acute or chronic disease or disability;
- (c) wound, injury or sequelae from operation; and
- (d) effect or side effect of any prescribed or non-prescribed therapeutic, diagnostic or preventive medication taken that would entail a degree of functional incapacity which might lead to incapacitation or an inability to discharge their safety duties and responsibilities.

**MMED.C.025      Content of aero-medical assessments**

- (a) An initial aero-medical assessment shall include at least:
  - (1) an evaluation of the applicant cabin crew member's medical history; and
  - (2) a clinical examination of the following:
    - (i) cardiovascular system;
    - (ii) respiratory system;
    - (iii) musculoskeletal system;
    - (iv) otorhino-laryngology;
    - (v) visual system; and
    - (vi) colour vision.
- (b) Each subsequent aero-medical re-assessment shall include at least an evaluation of the cabin crew member's medical history, and a clinical examination if deemed necessary in accordance with best medical practice.
- (c) For the purpose of (a) and (b), in case of any doubt or if clinically indicated, a cabin crew member's aero-medical assessment shall also include any additional medical

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examination, test or investigation that are considered necessary by the AME, AeMC or OHMP.

**AMC1 MMED.C.025      *Content of aero-medical assessments***

*Aero-medical examinations and/or assessments of cabin crew members should be conducted according to the specific medical requirements in AMC2 to AMC18 MED.C.025.*

**AMC2 MMED.C.025      *Cardiovascular system***

*(a) Examination*

- (1) A standard 12-lead resting electrocardiogram (ECG) and report should be completed on clinical indication, at the first examination after the age of 40 and then at least every five years after the age of 50. If cardiovascular risk factors such as smoking, abnormal cholesterol levels or obesity are present, the intervals of resting ECGs should be reduced to two years.*
- (2) Extended cardiovascular assessment should be required when clinically indicated.*

*(b) Cardiovascular system - general*

- (1) Cabin crew members with any of the following conditions:
  - (i) aneurysm of the thoracic or supra-renal abdominal aorta, before surgery;*
  - (ii) significant functional abnormality of any of the heart valves; or*
  - (iii) heart or heart/lung transplantation should be assessed as unfit.**
- (2) Cabin crew members with an established diagnosis of one of the following conditions:
  - (i) peripheral arterial disease before or after surgery;*
  - (ii) aneurysm of the abdominal aorta, before or after surgery;*
  - (iii) minor cardiac valvular abnormalities;**

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- (iv) after cardiac valve surgery;*
- (v) abnormality of the pericardium, myocardium or endocardium;*
- (vi) congenital abnormality of the heart, before or after corrective surgery;*
- (vii) a cardiovascular condition requiring systemic anticoagulant therapy;*
- (viii) recurrent vasovagal syncope;*
- (ix) arterial or venous thrombosis; or*
- (x) pulmonary embolism should be evaluated by a cardiologist before a fit assessment can be considered.*

*(c) Blood pressure*

*Blood pressure should be recorded at each examination.*

- (1) The blood pressure should be within normal limits.*
- (2) The initiation of medication for the control of blood pressure should require a period of temporary suspension of fitness to establish the absence of any significant side effects.*

*(d) Coronary artery disease*

*(1) Cabin crew members with:*

- (i) cardiac ischaemia;*
- (ii) symptomatic coronary artery disease; or*
- (iii) symptoms of coronary artery disease controlled by medication should be assessed as unfit.*

- (2) Cabin crew members who are asymptomatic after myocardial infarction or surgery for coronary artery disease should have fully recovered before a fit assessment can be considered.*

*(e) Rhythm/conduction disturbances*

- (1) Cabin crew members with any significant disturbance of cardiac conduction or rhythm should undergo cardiological evaluation before a fit assessment can be considered.*
- (2) Cabin crew members with a history of:*
  - (i) ablation therapy; or*
  - (ii) pacemaker implantation should undergo satisfactory cardiovascular evaluation before a fit assessment can be made.*
- (3) Cabin crew members with:*
  - (i) symptomatic sinoatrial disease;*
  - (ii) complete atrioventricular block;*
  - (iii) symptomatic QT prolongation;*
  - (iv) an automatic implantable defibrillating system; or*
  - (v) a ventricular anti-tachycardia pacemaker should be assessed as unfit.*

**AMC3 MMED.C.025      *Respiratory system***

- (a) Cabin crew members with significant impairment of pulmonary function should be assessed as unfit. A fit assessment may be considered once pulmonary function has recovered and is satisfactory.*
- (b) Cabin crew members should be required to undergo pulmonary function tests on clinical indication.*
- (c) Cabin crew members with a history or established diagnosis of:*
  - (1) asthma;*
  - (2) active inflammatory disease of the respiratory system;*
  - (3) active sarcoidosis;*
  - (3) pneumothorax;*
  - (4) sleep apnoea syndrome/sleep disorder; or*

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- (5) *major thoracic surgery should undergo respiratory evaluation with a satisfactory result before a fit assessment can be considered.*
- (d) *Cabin crew members who have undergone a pneumonectomy should be assessed as unfit.*

**AMC4 MMED.C.025     Digestive system**

- (a) *Cabin crew members with any sequelae of disease or surgical intervention in any part of the digestive tract or its adnexa likely to cause incapacitation in flight, in particular any obstruction due to stricture or compression, should be assessed as unfit.*
- (b) *Cabin crew members should be free from herniae that might give rise to incapacitating symptoms.*
- (c) *Cabin crew members with disorders of the gastro-intestinal system, including:*
  - (1) *recurrent dyspeptic disorder requiring medication;*
  - (2) *pancreatitis;*
  - (3) *symptomatic gallstones;*
  - (4) *an established diagnosis or history of chronic inflammatory bowel disease; or*
  - (5) *after surgical operation on the digestive tract or its adnexa, including surgery involving total or partial excision or a diversion of any of these organs may be assessed as fit subject to satisfactory evaluation after successful treatment and full recovery after surgery.*

**AMC5 MMED.C.025     Metabolic and endocrine systems**

- (a) *Cabin crew members should not possess any functional or structural metabolic, nutritional or endocrine disorder which is likely to interfere with the safe exercise of their duties and responsibilities.*
- (b) *Cabin crew members with metabolic, nutritional or endocrine dysfunction may be assessed as fit, subject to demonstrated stability of the condition and satisfactory aero-medical evaluation.*
- (c) *Diabetes mellitus*

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- (1) *Cabin crew members with diabetes mellitus requiring insulin may be assessed as fit if it can be demonstrated that adequate blood sugar control has been achieved and hypoglycaemia awareness is established and maintained. Limitations should be imposed as appropriate. A requirement to undergo specific regular medical examinations (SIC) and a restriction to operate only in multi-cabin crew operations should be placed as a minimum.*
- (2) *Cabin crew members with diabetes mellitus not requiring insulin may be assessed as fit if it can be demonstrated that adequate blood sugar control has been achieved and hypoglycaemia awareness, if applicable considering the medication, is achieved.*

**AMC6 MMED.C.025      Haematology**

*Cabin crew members with a haematological condition, such as:*

- (a) *abnormal haemoglobin including, but not limited to, anaemia, polycythaemia or haemoglobinopathy;*
- (b) *coagulation, haemorrhagic or thrombotic disorder;*
- (c) *significant lymphatic enlargement;*
- (d) *acute or chronic leukaemia; or*
- (e) *enlargement of the spleen may be assessed as fit subject to satisfactory aero-medical evaluation.*

**AMC7 MMED.C.025      Genitourinary system**

- (a) *Urine analysis should form part of every aero-medical examination and/or assessment. The urine should not contain any abnormal element(s) considered to be of pathological significance.*
- (b) *Cabin crew members with any sequela of disease or surgical procedures on the kidneys or the urinary tract, in particular any obstruction due to stricture or compression likely to cause incapacitation should be assessed as unfit.*
- (c) *Cabin crew members with a genitourinary disorder, such as:*
  - (1) *renal disease; or*
  - (2) *a history of renal colic due to one or more urinary calculi may be assessed as fit subject to satisfactory renal/urological evaluation.*

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- (d) *Cabin crew members who have undergone a major surgical operation in the urinary apparatus involving a total or partial excision or a diversion of its organs should be assessed as unfit and be re-assessed after full recovery before a fit assessment can be made.*

**AMC8 MMED.C.025     *Infectious disease***

*Cabin crew members who are HIV positive may be assessed as fit if investigation provides no evidence of clinical disease and subject to satisfactory aero-medical evaluation.*

**AMC9 MMED.C.025 *Obstetrics and gynecology***

- (a) *Cabin crew members who have undergone a major gynaecological operation should be assessed as unfit until full recovery.*
- (b) *Pregnancy*
- (1) *A pregnant cabin crew member may be assessed as fit only during the first 16 weeks of gestation following review of the obstetric evaluation by the AME or OHMP.*
- (2) *A limitation not to perform duties as single cabin crew member should be considered.*
- (3) *The AME or OHMP should provide written advice to the cabin crew member and supervising physician regarding potentially significant complications of pregnancy resulting from flying duties.*

**AMC10 MMED.C.025     *Musculoskeletal system***

- (a) *A cabin crew member should have sufficient standing height, arm and leg length and muscular strength for the safe exercise of their duties and responsibilities.*
- (b) *A cabin crew member should have satisfactory functional use of the musculoskeletal system.*

**AMC11 MMED.C.025     *Psychiatry***

- (a) *Cabin crew members with a mental or behavioural disorder due to alcohol or other problematic substance use should be assessed as unfit pending recovery and freedom from problematic substance use and subject to satisfactory psychiatric evaluation.*

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- (b) Cabin crew members with an established history or clinical diagnosis of schizophrenia, schizotypal or delusional disorder should be assessed as unfit.*
- (c) Cabin crew members with a psychiatric condition such as:
  - (1) mood disorder;*
  - (2) neurotic disorder;*
  - (3) personality disorder; or*
  - (4) mental or behavioural disorder should undergo satisfactory psychiatric evaluation before a fit assessment can be made.**
- (d) Cabin crew members with a history of a single or repeated acts of deliberate self-harm should be assessed as unfit. Cabin crew members should undergo satisfactory psychiatric evaluation before a fit assessment can be considered.*

**AMC12 MMED.C.025 Psychology**

- (a) Where there is established evidence that a cabin crew member has a psychological disorder, he/she should be referred for psychological opinion and advice.*
- (b) The psychological evaluation may include a collection of biographical data, the review of aptitudes, and personality tests and psychological interview.*
- (c) The psychologist should submit a report to the AME or OHMP, detailing the results and recommendation.*
- (d) The cabin crew member may be assessed as fit to perform cabin crew duties, with limitation if and as appropriate.*

**AMC13 MMED.C.025 Neurology**

- (a) Cabin crew members with an established history or clinical diagnosis of:
  - (1) epilepsy; or*
  - (2) recurring episodes of disturbance of consciousness of uncertain cause should be assessed as unfit.**
- (b) Cabin crew members with an established history or clinical diagnosis of:*

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- (1) epilepsy without recurrence after five years of age and without treatment for more than ten years;*
- (2) epileptiform EEG abnormalities and focal slow waves;*
- (3) progressive or non-progressive disease of the nervous system;*
- (4) a single episode of disturbance of consciousness of uncertain cause;*
- (5) loss of consciousness after head injury;*
- (6) penetrating brain injury; or*
- (7) spinal or peripheral nerve injury should undergo further evaluation before a fit assessment can be considered.*

**AMC14 MMED.C.025    Visual system**

- (a) Examination*

  - (1) a routine eye examination should form part of the initial and all further assessments and/or examinations; and*
  - (2) an extended eye examination should be undertaken when clinically indicated.*

- (b) Distant visual acuity, with or without correction, should be with both eyes 6/9 or better.*
- (c) A cabin crew member should be able to read an N5 chart (or equivalent) at 30–50 cm, with correction if prescribed.*
- (d) Cabin crew members should be required to have normal fields of vision and normal binocular function.*
- (e) Cabin crew members who have undergone refractive surgery may be assessed as fit subject to satisfactory ophthalmic evaluation.*
- (f) Cabin crew members with diplopia should be assessed as unfit.*
- (g) Spectacles and contact lenses:*

*If satisfactory visual function is achieved only with the use of correction:*

  - (1) in the case of myopia, spectacles or contact lenses should be worn whilst on duty;*

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- (2) *in the case of hyperopia, spectacles or contact lenses should be readily available for immediate use;*
- (3) *the correction should provide optimal visual function and be well tolerated;*
- (4) *orthokeratologic lenses should not be used.*

**AMC15 MMED.C.025 Colour vision**

*Cabin crew members should be able to correctly identify 9 of the first 15 plates of the 24-plate edition of Ishihara pseudoisochromatic plates. Alternatively, cabin crew members should demonstrate that they are colour safe.*

**AMC16 MMED.C.025 Otorhino-laryngology**

- (a) *Hearing should be satisfactory for the safe exercise of cabin crew duties and responsibilities. Cabin crew with hypoacusis should demonstrate satisfactory functional hearing abilities.*
- (b) *Examination*
  - (1) *An ear, nose and throat (ENT) examination should form part of all examinations and/or assessments.*
  - (2) *Hearing should be tested at all assessments and/or examinations:*
    - (i) *the cabin crew member should understand correctly conversational speech when tested with each ear at a distance of 2 meters from and with the cabin crew member's back turned towards the examiner;*
    - (ii) *notwithstanding (i) above, hearing should be tested with pure tone audiometry at the initial examination and when clinically indicated;*
    - (iii) *at initial examination the cabin crew member should not have a hearing loss of more than 35 dB at any of the frequencies 500 Hz, 1 000 Hz or 2 000 Hz, or more than 50 dB at 3 000 Hz, in either ear separately.*
- (c) *Cabin crew members with:*
  - (1) *an active pathological process, acute or chronic, of the internal or middle ear;*

- (2) *unhealed perforation or dysfunction of the tympanic membrane(s);*
- (3) *disturbance of vestibular function;*
- (4) *significant restriction of the nasal passages;*
- (5) *sinus dysfunction;*
- (6) *significant malformation or significant, acute or chronic infection of the oral cavity or upper respiratory tract;*
- (7) *significant disorder of speech or voice should undergo further medical examination and assessment to establish that the condition does not interfere with the safe exercise of their duties and responsibilities.*

**AMC17 MMED.C.025    *Dermatology***

*In cases where a dermatological condition is associated with a systemic illness, full consideration should be given to the underlying illness before a fit assessment may be made.*

**AMC18 MMED.C.025    *Oncology***

- (a) *After treatment for malignant disease, cabin crew members should undergo satisfactory oncological and aero-medical evaluation before a fit assessment may be considered.*
- (b) *Cabin crew members with an established history or clinical diagnosis of intracerebral malignant tumour should be assessed as unfit. Considering the histology of the tumour, a fit assessment may be considered after successful treatment and full recovery.*

**GM1 MMED.C.025        *Content of aero-medical assessments***

- (a) *When conducting aero-medical examinations and/or assessments, typical cabin crew duties as listed in (b) and (c), particularly those to be performed during abnormal operations and emergency situations, and cabin crew responsibilities to the travelling public should be considered in order to identify:*
  - (1) *any physical and/or mental conditions that could be detrimental to the performance of the duties required from cabin crew; and*
  - (2) *which examination(s), test(s) or investigation(s) should be undergone to complete an appropriate aero-medical assessment.*

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- (b) *Main cabin crew duties and responsibilities during day-to-day normal operations*
- (1) *During pre/post-flight ground operations with/without passengers on board:*
- (i) *monitoring of situation inside the aircraft cabin and awareness of conditions outside the aircraft including observation of visible aircraft surfaces and information to flight crew of any surface contamination such as ice or snow;*
  - (ii) *assistance to special categories of passengers (SCPs) such as infants and children (accompanied or unaccompanied), persons with disabilities or reduced mobility, medical cases with or without medical escort, and inadmissible, deportees and passengers in custody;*
  - (iii) *observation of passengers (any suspicious behaviour, passengers under the influence of alcohol and/or drugs, mentally disturbed), observation of potential able-bodied persons, crowd control during boarding and disembarkation;*
  - (iv) *safe stowage of cabin luggage, safety demonstrations and cabin secured checks, management of passengers and ground services during re-fueling, observation of use of portable electronic devices;*
  - (v) *preparedness to carry out safety and emergency duties at any time, and security alertness.*
- (2) *During flight:*
- (i) *operation and monitoring of aircraft systems, surveillance of the cabin, lavatories, galleys, crew areas and flight crew compartment;*
  - (ii) *coordination with flight crew on situation in the cabin and turbulence events/effects;*
  - (iii) *management and observation of passengers (consumption of alcohol, behaviour, potential medical issues), observation of use of portable electronic devices;*

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- (iv) safety and security awareness and preparedness to carry out safety and emergency duties at any time, and cabin secured checks prior to landing.*
- (c) Main cabin crew duties and responsibilities during abnormal and emergency operations*
- (1) In case of planned or unplanned emergency evacuation: briefing and/or commands to passengers including SCPs and selection and briefing to able-bodied persons; crowd control monitoring and evacuation conduct including in the absence of command from the flight crew; post-evacuation duties including assistance, first aid and management of survivors and survival in particular environment; activation of applicable communication means towards search and rescue services.*
- (2) In case of decompression: checking of crew members, passengers, cabin, lavatories, galleys, crew rest areas and flight crew compartment, and administering oxygen to crew members and passengers as necessary.*
- (3) In case of pilot incapacitation: secure pilot in his/her seat or remove from flight crew compartment; administer first aid and assist operating pilot as required.*
- (4) In case of fire or smoke: identify source/cause/type of fire/smoke to perform the necessary required actions; coordinate with other cabin crew members and flight crew; select appropriate extinguisher/agent and fight the fire using portable breathing equipment (PBE), gloves, and protective clothing as required; management of necessary passengers movement if possible; instructions to passengers to prevent smoke inhalation/suffocation; give first aid as necessary; monitor the affected area until landing; preparation for possible emergency landing.*
- (5) In case of first aid and medical emergencies: assistance to crew members and/or passengers; correct assessment and correct use of therapeutic oxygen, defibrillator, first-aid kits/emergency medical kit contents as required; management of events, of incapacitated person(s) and of other passengers; coordination and effective communication with other crew members, in particular when medical advice is transmitted by frequency to flight crew or by a telecommunication connection.*

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- (6) *In case of disruptive passenger behaviour: passenger management as appropriate including use of restraint technique as considered required.*
- (7) *In case of security threats (bomb threat on ground or in-flight and/or hijack): control of cabin areas and passengers' management as required by the type of threat, management of suspicious device, protection of flight crew compartment door.*
- (8) *In case of handling of dangerous goods: observing safety procedures when handling the affected device, in particular when handling chemical substances that are leaking; protection and management of self and passengers and effective coordination and communication with other crew members.*

**Section 3**

**Additional requirements for applicants for, or holders of, a cabin crew attestation**

**MMED.C.030 Cabin crew medical report**

- (a) After completion of each aero-medical assessment, applicants for, and holders of, a cabin crew attestation:
  - (1) shall be provided with a cabin crew medical report by the AME, AeMC or OHMP; and
  - (2) shall provide the related information, or a copy of their cabin crew medical report to the operator(s) employing their services.
  
- (b) *Cabin crew medical report*  
A cabin crew medical report shall indicate the date of the aero-medical assessment, whether the cabin crew member has been assessed fit or unfit, the date of the next required aero-medical assessment and, if applicable, any limitation(s). Any other elements shall be subject to medical confidentiality in accordance with MMED.A.015.

***AMC1 MMED.C.030 Cabin crew medical report***

*The cabin crew medical report to be provided in writing to the applicants for, and holders of, a cabin crew attestation after completion of each aero-medical assessment should be issued:*

- (a) in the national language(s) and/or in English; and*
  
- (b) according to the format below, or another format if all, and only, the elements specified below are provided.*

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<b>CABIN CREW MEDICAL REPORT FOR CABIN CREW ATTESTATION (CCA) APPLICANT OR HOLDER</b>	
(1)	<i>State where the aero-medical assessment of the CCA applicant/holder was conducted:</i>
(2)	<i>Name of CCA applicant/holder:</i>
(3)	<i>Nationality of CCA applicant/holder:</i>
(4)	<i>Date and place of birth of CCA applicant/holder: (dd/mm/yyyy)</i>
(5)	<i>Expiry date of the previous aero-medical assessment: (dd/mm/yyyy)</i>
(6)	<i>Date of the aero-medical assessment: (dd/mm/yyyy)</i>
(7)	<i>Aero-medical assessment: (fit or unfit)</i>
(8)	<i>Limitation(s) if applicable:</i>
(9)	<i>Date of the next required aero-medical assessment: (dd/mm/yyyy)</i>
(10)	<i>Date of issue and signature of the AME, or OHMP, who issued the cabin crew medical report:</i>
(11)	<i>Seal or stamp:</i>
(12)	<i>Signature of CCA applicant/holder:</i>

**MMED.C.035      Limitations**

- (a) If holders of a cabin crew attestation do not fully comply with the medical requirements specified in Section 2, the AME, AeMC or OHMP shall consider whether they may be able to perform cabin crew duties safely if complying with one or more limitations.
- (b) Any limitation(s) to the exercise of the privileges granted by the cabin crew attestation shall be specified on the cabin crew medical report and shall only be removed by an AME, AeMC or by an OHMP in consultation with an AME.

**AMC1 MMED.C.035      Limitations**

*When assessing whether the holder of a cabin crew attestation may be able to perform cabin crew duties safely if complying with one or more limitations, the following possible limitations should be considered:*

- (a) *a restriction to operate only in multi-cabin crew operations (MCL);*
- (b) *a restriction to specified aircraft type(s) (OAL) or to a specified type of operation (OOL);*
- (c) *a requirement to undergo the next aero-medical examination and/or assessment at an earlier date than required by MED.C.005(b) (TML);*
- (d) *a requirement to undergo specific regular medical examination(s) (SIC);*

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- (e) a requirement for visual correction (CVL), or by means of corrective lenses only (CCL);*
- (f) a requirement to use hearing aids (HAL); and*
- (g) special restriction as specified (SSL).*

**PART D**

**AERO-MEDICAL EXAMINERS (AME), GENERAL MEDICAL  
PRACTITIONERS (GMP), OCCUPATIONAL HEALTH MEDICAL  
PRACTITIONERS (OHMP)**

**Section 1**

**Aero-Medical Examiners**

**MMED.D.001 Privileges**

- (a) The privileges of an AME are to issue, revalidate and renew class 2 medical certificates and LAPL medical certificates, and to conduct the relevant medical examinations and assessments.
- (b) Holders of an AME certificate may apply for an extension of their privileges to include medical examinations for the revalidation and renewal of class 1 medical certificates, if they comply with the requirements in MMED.D.015.
- (c) The scope of the privileges of the AME, and any condition thereof, shall be specified in the certificate.
- (d) Holders of a certificate as an AME shall not undertake aero-medical examinations and assessments in any other Contracting State unless they have:
  - (1) been granted access by the other Contracting State to exercise their professional activities as a specialised doctor;
  - (2) informed the Authority of their intention to conduct aero-medical examinations and assessments and to issue medical certificates within the scope of their privileges as AME in another Contracting State; and
  - (3) received a briefing from the competent authority of the other Contracting State.

**MMED.D.005 Application**

- (a) Application for a certificate as an AME shall be made in writing to the Authority.
- (b) Applicants for an AME certificate shall provide the Authority with:
  - (1) personal details and professional address;

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- (2) documentation demonstrating that they comply with the requirements established in MMED.D.010, including a certificate of completion of the training course in aviation medicine appropriate to the privileges they apply for;
  - (3) a written declaration that the AME will issue medical certificates on the basis of the requirements of these requirements and associated Acceptable Means of Compliance (AMC).
- (c) When the AME undertakes aero-medical examinations in more than one location, they shall provide the Authority with relevant information regarding all practice locations.

**MMED.D.010 Requirements for the issue of an AME certificate**

Applicants for an AME certificate with the privileges for the initial issue, revalidation and renewal of class 2 medical certificates shall:

- (a) be fully qualified and licensed for the practice of medicine and hold a Certificate of Completion of specialist training; with at least 5 years of clinical practice out of which three should be in the field of medicine relating to the functioning of the aeromedical examiner. (e.g General Practice, internal medicine, etc but not field like orthopaedics, sports medicine, gynaecology, obstetrics etc)
- (b) have undertaken a basic training course in aviation medicine;
- (c) demonstrate to the Authority that they:
  - (1) have adequate facilities, procedures, documentation and functioning equipment suitable for aero-medical examinations; and
  - (2) have in place the necessary procedures and conditions to ensure medical confidentiality.

***AMC1 MMED.D.010***

- (a) *Basic training course for AMEs*

*The basic training course for AMEs should consist of 60 hours theoretical and practical training, including specific examination techniques.*

- (b) *The syllabus for the basic training course should cover at least the following subjects:*

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*Introduction to aviation medicine;*

*Physics of atmosphere and space;*

*Basic aeronautical knowledge;*

*Aviation physiology;*

*Ophthalmology, including demonstration and practical;*

*Otorhinolaryngology, including demonstration and practical;*

*Cardiology and general medicine;*

*Neurology;*

*Psychiatry in aviation medicine;*

*Psychology;*

*Dentistry;*

*Accidents, escape and survival;*

*Legislation, rules and regulations;*

*Air evacuation, including demonstration and practical;*

*Medication and flying.*

**MMED.D.015      Requirements for the extension of privileges**

Applicants for an AME certificate extending their privileges to the issue, revalidation and renewal of class 1 medical certificates shall hold a valid certificate as an AME and have:

- (a) conducted at least 30 examinations for the issue, revalidation or renewal of class 2 medical certificates over a period of no more than 5 years preceding the application;
- (b) undertaken an advanced training course in aviation medicine; and
- (c) undergone practical training at an AeMC.

***AMC1 MMED.D.015***

- (a) *Advanced training course for AMEs*

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*The advanced training course for AMEs should consist of another 60 hours of theoretical and practical training, including specific examination techniques.*

- (b) *The syllabus for the advanced training course should cover at least the following subjects:*
- *Pilot working environment;*
  - *Aerospace physiology, including demonstration and practical;*
  - *Ophthalmology, including demonstration and practical;*
  - *Otorhinolaryngology, including demonstration and practical;*
  - *Cardiology and general medicine, including demonstration and practical;*
  - *Neurology/psychiatry, including demonstration and practical;*
  - *Human factors in aviation, including demonstration and practical;*
  - *Tropical medicine;*
  - *Hygiene, including demonstration and practical;*
  - *Space medicine.*
- (c) *Practical training in an AeMC should be under the guidance and supervision of the head of the AeMC.*
- (d) *After the successful completion of the practical training, a report of demonstrated competency should be issued.*

**MMED.D.020      Training courses in aviation medicine**

- (a) Training courses in aviation medicine shall be approved by the Authority if organisation providing it has its principal place of business in Mauritius. The organisation providing the course shall demonstrate that the course syllabus is adequate and that the persons in charge of providing the training have adequate knowledge and experience.
- (b) Except in the case of refresher training, the courses shall be concluded by a written examination on the subjects included in the course content.

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- (c) The organisation providing the course shall issue a certificate of completion to applicants when they have obtained a pass in the examination.

**MMED.D.025 Changes to the AME certificate**

- (a) AMEs shall notify the Authority of the following changes which could affect their certificate:
- (1) the AME is subject to disciplinary proceedings or investigation by a medical regulatory body;
  - (2) there are any changes to the conditions on which the certificate was granted, including the content of the statements provided with the application;
  - (3) the requirements for the issue are no longer met;
  - (4) there is a change of aero-medical examiner's practice location(s) or correspondence address.
- (b) Failure to inform the Authority shall result in the suspension or revocation of the privileges of the authorisation.

**MMED.D.030 Validity of AME certificates**

An AME certificate shall be issued for a period not exceeding 3 years. It shall be revalidated subject to the holder:

- (a) continuing to fulfil the general conditions required for medical practice and maintaining registration as a medical practitioner according to national law;
- (b) undertaking refresher training in aviation medicine within the last 3 years;
- (c) having performed at least 10 medical examinations every year;
- (d) remaining in compliance with the terms of their authorisation; and
- (e) exercising their privileges in accordance with these requirements.

**GM1 MMED.D.030**

- (a) *During the period of authorisation, an AME should attend 20 hours of refresher training.*

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- (b) A proportionate number of refresher training hours should be provided by, or conducted under the direct supervision of the Authority or the Medical Assessor.*
  
- (c) Attendance at scientific meetings, congresses and flight deck experience may be approved by the Authority for a specified number of hours against the training obligations of the AME.*
  
- (d) Scientific meetings that should be accredited by the Authority are:*
  - (1) International Academy of Aviation and Space Medicine Annual Congresses;*
  
  - (2) Aerospace Medical Association Annual Scientific Meetings; and*
  
  - (3) other scientific meetings, as organised or approved by the Medical Assessor.*
  
- (e) Other refresher training may consist of:*
  - (1) flight deck experience;*
  
  - (2) jump seat experience;*
  
  - (3) simulator experience; and*
  
  - (4) aircraft piloting.*

**Section 2**

**General Medical Practitioners (GMP)**

**MMED.D.035 Requirements for general medical practitioners**

- (a) GMPs shall act as AMEs for issuing LAPL medical certificates only
  - (1) if they exercise their activity in Mauritius where GMPs have appropriate access to the full medical records of applicants; and
  - (2) in accordance with any additional requirements established under national law.
- (b) In order to issue LAPL medical certificates, general medical practitioners (GMP) shall be fully qualified and licensed for the practice of medicine in accordance with national law.
- (c) GMPs acting as AMEs shall declare their activity to the Authority.

**Section 3**

**Occupational Health Medical Practitioners (OHMP)**

**MMED.D.040 Requirements for occupational health medical practitioners**

OHMPs shall only conduct aero-medical assessments of cabin crew if:

- (a) the Authority is satisfied that the relevant national occupational health system can ensure compliance with the applicable requirements of these requirements;
- (b) they are licensed in the practice of medicine and qualified in occupational medicine in accordance with national law; and
- (c) have acquired knowledge in aviation medicine as relevant to the operating environment of cabin crew.

**PART E**

**REQUIREMENTS FOR AIR TRAFFIC CONTROLLER MEDICAL  
CERTIFICATES**

**SUBPART A — GENERAL REQUIREMENTS**

**SECTION 1 GENERAL**

**MMED.E.A.001 Competent authority**

For the purpose of this Part, the competent authority shall be:

- (a) for aero-medical centres (AeMCs):
  - (1) the Authority where the AeMC has its principal place of business;
  - (2) the Authority, when the AeMC is located in a third country.
- (b) for aero-medical examiners (AMEs):
  - (1) the authority designated by the State where the AMEs have their principal place of practice;
  - (2) if the principal place of practice of an AME is located in a third country, the authority designated by the State to which he/she applies for the issue of the certificate.

**MMED.E.A.005 Scope**

This Part establishes the requirements for:

- (a) the issue, validity, revalidation and renewal of the medical certificate required for exercising the privileges of an air traffic controller licence or of a student air traffic controller licence; and
- (b) the certification of AMEs to issue Class 3 medical certificates.

**MMED.E.A.010 Definitions**

For the purpose of this Part, the following definitions apply:

**‘Accredited medical conclusion’** means the conclusion reached by one or more medical experts acceptable to the licensing authority, on the basis of

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objective and non-discriminatory criteria, for the purposes of the case concerned, in consultation with operational experts or other experts as necessary.

**‘Assessment’** means the conclusion on the medical fitness of a person based on the evaluation of the person’s medical history and/or aero-medical examinations as required in this Part and further examinations as necessary, and/or medical tests such as, but not limited to, ECG, blood pressure measurement, blood testing, X-ray.

**‘Eye specialist’** means an ophthalmologist or a vision care specialist qualified in optometry and trained to recognise pathological conditions.

**‘Examination’** — inspection, palpation, percussion, auscultation or other means of investigation especially for determining the medical fitness to exercise the privileges of the licence. ‘Investigation’ means the assessment of a suspected pathological condition of an applicant by means of examinations and tests to verify the presence or absence of a medical condition.

**‘Licensing authority’** means the competent authority of the State that issued the licence, or to which a person applies for the issue of a licence, or, when a person has not yet applied for the issue of a licence, the competent authority in accordance with this Part.

**‘Limitation’** means a condition placed on the medical certificate that shall be complied with whilst exercising the privileges of the licence.

**‘Refractive error’** means the deviation from emmetropia measured in dioptres in the most ametropic meridian, measured by standard methods.

**MMED.E.A.015 Medical confidentiality**

All persons involved in medical examination, assessment and certification shall ensure that medical confidentiality is respected at all times.

**MMED.E.A.020 Decrease in medical fitness**

- (a) Licence holders shall not exercise the privileges of their licence and related ratings or certificates at any time when they:
  - (1) are aware of any decrease in their medical fitness which might render them unable to safely exercise those privileges;
  - (2) take or use any prescribed or non-prescribed medication which is likely to interfere with the safe exercise of the privileges of the licence;

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- (3) receive any medical, surgical or other treatment that is likely to interfere with the safe exercise of the privileges of the licence.
- (b) In addition, licence holders shall, without undue delay, seek aero-medical advice when they:
  - (1) have undergone a surgical operation or invasive procedure;
  - (2) have commenced the regular use of any medication;
  - (3) have suffered any significant personal injury involving any incapacity to exercise the privileges of the licence;
  - (4) have been suffering from any significant illness involving any incapacity to exercise the privileges of the licence;
  - (5) are pregnant;
  - (6) have been admitted to hospital or medical clinic;
  - (7) first require correcting lenses.

In these cases the AeMC or AME shall assess the medical fitness of the licence holder and decide whether he/she is fit to resume the exercise of his/her privileges.

**MMED.E.A.025 Obligations of AeMC and AME**

- (a) When conducting medical examinations and assessments, the AeMC or AME shall:
  - (1) ensure that communication with the person can be established without language barriers;
  - (2) make the person aware of the consequences of providing incomplete, inaccurate or false statements on their medical history.
- (b) After completion of the aero-medical examinations and assessment, the AeMC and AME shall:
  - (1) advise the person whether fit, unfit or is referred to the licensing authority;
  - (2) inform the person of the consequences of any limitation placed on the medical certificate;

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- (3) if the person has been assessed as unfit, inform him/her of his/her right of a secondary review; and
  - (4) submit without delay a signed, or electronically authenticated, report to include the assessment result and a copy of the medical certificate to the licensing authority.
- (c) AeMCs and AMEs shall maintain records with details of medical examinations and assessments performed in accordance with this Part and their results in accordance with national legislation.
- (d) When required for medical certification and/or oversight functions, AeMCs and AMEs shall submit to the medical assessor of the authority upon request all aero-medical records and reports, and any other relevant information.

**SECTION 2 REQUIREMENTS FOR MEDICAL CERTIFICATES**

**MMED.E.A.030 Medical certificates**

- (a) Applicants for and holders of an air traffic controller licence, or student air traffic controller licence, shall hold a Class 3 medical certificate.
- (b) A licence holder shall not at any time hold more than one medical certificate issued in accordance with this Part.

**MMED.E.A.035 Application for a medical certificate**

- (a) Applications for a medical certificate shall be made in a format established by the authority.
- (b) Applicants for a medical certificate shall provide the AeMC or AME with:
  - (1) proof of their identity;
  - (2) a signed declaration:
    - (i) of medical facts concerning their medical history;
    - (ii) as to whether they have previously undergone an examination for a medical certificate and, if so, by whom and with what result;
    - (iii) as to whether they have ever been assessed as unfit or had a medical certificate suspended or revoked.

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- (c) When applying for a revalidation or renewal of the medical certificate, applicants shall present the medical certificate to the AeMC or AME prior to the relevant examinations.

**MMED.E.A.040 Issue, revalidation and renewal of medical certificates**

- (a) A medical certificate shall only be issued, revalidated or renewed once the required medical examinations and assessments have been completed and a fit assessment is made.

- (b) *Initial issue*

Initial Class 3 medical certificates shall be issued by an AeMC.

- (c) *Revalidation and renewal*

Class 3 medical certificates shall be revalidated or renewed by an AeMC or an AME.

- (d) The AeMC or AME shall only issue, revalidate or renew a medical certificate if:

- (1) the applicant has provided them with a complete medical history and, if required by the AeMC or AME, results of medical examinations and tests conducted by the applicant's physician or any medical specialists; and
- (2) the AeMC or AME have conducted the aero-medical assessment based on the medical examinations and tests as required to verify that the applicant complies with all the relevant requirements of this Part.

- (e) The AME, AeMC or, in the case of referral, the licensing authority may require the applicant to undergo additional medical examinations and investigations when clinically indicated before they issue, revalidate or renew a medical certificate.

- (f) The licensing authority may issue or reissue a medical certificate, as applicable, if:

- (1) a case is referred;
- (2) it has identified that corrections to the information on the certificate are necessary.

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**MMED.E.A.045 Validity, revalidation and renewal of medical certificates**

(a) *Validity*

- (1) Class 3 medical certificates shall be valid for a period of 24 months.
- (2) The period of validity of Class 3 medical certificates shall be reduced to 12 months for licence holders who have reached the age of 40. A medical certificate issued prior to reaching the age of 40 shall cease to be valid when the licence holder reaches the age of 41.
- (3) The validity period of a medical certificate, including any associated examination or special investigation, shall be:
  - (i) determined by the age of the applicant at the date when the medical examination takes place; and
  - (ii) calculated from the date of the medical examination in the case of initial issue and renewal, and from the expiry date of the previous medical certificate in the case of revalidation.

(b) *Revalidation*

Examinations and assessments for the revalidation of a medical certificate may be undertaken up to 45 days prior to the expiry date of the medical certificate.

(c) *Renewal*

- (1) If the holder of a medical certificate does not comply with (b), a renewal examination and assessment shall be required.
- (2) If the medical certificate has expired for:
  - (i) less than 2 years, the renewal examination shall be conducted following the rules and assessment criteria of a revalidation examination;
  - (ii) more than 2 years, the AeMC or AME shall only conduct the renewal examination after assessment of the aero-medical records of the applicant;

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- (iii) more than 5 years, the examination requirements for initial issue shall apply and the assessment shall be based on the revalidation requirements.

**MMED.E.A.050 Referral**

If an applicant for a Class 3 medical certificate is referred to the licensing authority in accordance with MED.B.001, the AeMC or AME shall transfer the relevant medical documentation to the licensing authority.

**SUBPART B — REQUIREMENTS FOR AIR TRAFFIC CONTROLLER  
MEDICAL CERTIFICATES**

**SECTION 1**

**GENERAL**

**MMED.E.B.001 Limitations to medical certificates**

- (a) *Limitations to Class 3 medical certificates*
- (1) If the applicant does not fully comply with the requirements for a Class 3 medical certificate but is considered to be not likely to jeopardise flight safety, the AeMC or AME shall:
- (i) refer the decision on fitness of the applicant to the licensing authority as indicated in this Subpart; or
  - (ii) in cases where a referral to the licensing authority is not indicated in this Subpart, evaluate whether the applicant is able to perform his/her duties safely when complying with one or more limitations endorsed on the medical certificate, and issue the medical certificate with limitation(s) as necessary.
  - (iii) The AeMC or AME may revalidate or renew a medical certificate with the same limitation without referring the applicant to the licensing authority.
- (b) When assessing whether a limitation is necessary, particular consideration shall be given to:
- (1) whether accredited medical conclusion indicates that in special circumstances the applicant's failure to meet any requirement, whether numerical or otherwise, is such that exercise of the privileges of the licence applied for is not likely to jeopardise flight safety;
  - (2) the applicant's ability, skill and experience relevant to the operation to be performed.
- (c) *Operational limitations*
- (1) The authority, in conjunction with the air navigation service provider, shall determine the operational limitations applicable in the specific operational environment concerned.

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- (2) Appropriate operational limitations shall only be placed on the medical certificate by the licensing authority.
- (d) Any other limitations may be imposed on the holder of a medical certificate by an AME or AeMC if required.
- (e) Any limitation imposed on the holder of a medical certificate shall be specified therein.

**SECTION 2**

**MEDICAL REQUIREMENTS FOR CLASS 3 MEDICAL CERTIFICATES**

**MMED.E.B.005 General**

- (a) Applicants for a medical certificate shall be free from any:
  - (1) abnormality, congenital or acquired;
  - (2) active, latent, acute or chronic disease or disability;
  - (3) wound, injury or sequelae from operation;
  - (4) effect or side effect of any prescribed or non-prescribed therapeutic, diagnostic or preventive medication taken that would entail a degree of functional incapacity which is likely to interfere with the safe exercise of the privileges of the licence or could render the applicant likely to become suddenly unable to exercise the privileges of the licence safely.
- (b) In cases where the decision on medical fitness of an applicant for a Class 3 medical certificate is referred to the licensing authority, this authority may delegate such a decision to an AeMC, except in cases where an operational limitation is needed.

**MMED.E.B.010 Cardiovascular system**

- (a) *Examination*
  - (1) A standard 12-lead resting electrocardiogram (ECG) and report shall be completed at the examination for the initial issue of a medical certificate and then:
    - (i) every 4 years until the age of 30;

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- (ii) at all revalidation or renewal examinations thereafter; and
    - (iii) on clinical indication.
  - (2) An extended cardiovascular assessment shall be completed:
    - (i) at the first revalidation or renewal examination after the age of 65;
    - (ii) every 4 years thereafter; and
    - (iii) when clinically indicated.
  - (3) Estimation of serum lipids, including cholesterol, shall be required at the examination for the initial issue of a medical certificate, at the first examination after having reached the age of 40, and when clinically indicated.
- (b) *Cardiovascular system — General*
- (1) Applicants for a Class 3 medical certificate with any of the following conditions shall be assessed as unfit:
    - (i) aneurysm of the thoracic or supra-renal abdominal aorta, before or after surgery;
    - (ii) significant functional abnormality of any of the heart valves;
    - (iii) heart or heart/lung transplantation.
  - (2) Applicants for a Class 3 medical certificate with an established history or diagnosis of any of the following conditions shall be referred to the licensing authority before a fit assessment can be considered:
    - (i) peripheral arterial disease before or after surgery;
    - (ii) aneurysm of the infra-renal abdominal aorta, before or after surgery;
    - (iii) functionally insignificant cardiac valvular abnormalities;
    - (iv) after cardiac valve surgery;

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- (v) abnormality of the pericardium, myocardium or endocardium;
  - (vi) congenital abnormality of the heart, before or after corrective surgery;
  - (vii) recurrent vasovagal syncope;
  - (viii) arterial or venous thrombosis;
  - (ix) pulmonary embolism;
  - (x) cardiovascular condition requiring systemic anticoagulant therapy.
- (c) *Blood pressure*
- (1) Blood pressure shall be recorded on both arms at each examination.
  - (2) Applicant's blood pressure shall be within normal limits.
  - (3) Applicants for a Class 3 medical certificate:
    - (i) with symptomatic hypotension; or
    - (ii) whose blood pressure at examination consistently exceeds 160 mmHg systolic and/or 95 mmHg diastolic, with or without treatment shall be assessed as unfit.
  - (4) The initiation of medication for the control of blood pressure shall require a period of temporary suspension of the medical certificate to establish the absence of significant side effects.
- (d) *Coronary Artery Disease*
- (1) Applicants for a Class 3 medical certificate with:
    - (i) suspected myocardial ischaemia;
    - (ii) asymptomatic minor coronary artery disease requiring no anti-anginal treatment shall be referred to the licensing authority and undergo cardiological evaluation to exclude myocardial ischaemia before a fit assessment can be considered.

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- (2) Applicants with any of the following conditions shall be assessed as unfit:
- (i) symptomatic coronary artery disease;
  - (ii) symptoms of coronary artery disease controlled by medication.
- (3) Applicants with a history or diagnosis of:
- (i) myocardial ischaemia;
  - (ii) myocardial infarction;
  - (iii) revascularisation and stenting for coronary artery disease shall be referred to the licensing authority and undergo a cardiological evaluation before a fit assessment can be considered.
- (e) *Rhythm/Conduction disturbances*
- (1) Applicants for a Class 3 medical certificate with any significant disturbance of cardiac conduction or rhythm, intermittent or established, including any of the following:
- (i) disturbance of supraventricular rhythm, including sinoatrial dysfunction, atrial fibrillation and/or flutter and asymptomatic sinus pauses;
  - (ii) complete left bundle branch block;
  - (iii) Mobitz type 2 atrioventricular block;
  - (iv) broad and/or narrow complex tachycardia;
  - (v) ventricular pre-excitation;
  - (vi) asymptomatic QT prolongation;
  - (vii) Brugada pattern on electrocardiography shall be referred to the licensing authority and undergo cardiological evaluation with satisfactory results before a fit assessment can be considered.
- (2) Applicants with any of the following:
- (i) incomplete bundle branch block;
  - (ii) complete right bundle branch block;

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- (iii) stable left axis deviation;
  - (iv) asymptomatic sinus bradycardia;
  - (v) asymptomatic sinus tachycardia;
  - (vi) asymptomatic isolated uniform supra-ventricular or ventricular ectopic complexes;
  - (vii) first degree atrioventricular block;
  - (viii) Mobitz type 1 atrioventricular block may be assessed as fit in the absence of any other abnormality and subject to satisfactory cardiological evaluation.
- (3) Applicants with a history of:
- (i) ablation therapy;
  - (ii) pacemaker implantation shall be referred to the licensing authority and undergo cardiological evaluation with satisfactory results before a fit assessment can be considered.
- (4) Applicants with any of the following conditions shall be assessed as unfit:
- (i) symptomatic sinoatrial disease;
  - (ii) complete atrioventricular block;
  - (iii) symptomatic QT prolongation;
  - (iv) an automatic implantable defibrillating system;
  - (v) a ventricular anti-tachycardia pacemaker.

**MMED.E.B.015 Respiratory system**

- (a) Applicants for a Class 3 medical certificate with significant impairment of pulmonary function shall be referred to the licensing authority for the aero-medical assessment. A fit assessment may be considered once pulmonary function has recovered and is satisfactory.
- (b) *Examination*

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Pulmonary function tests are required at the initial examination and on clinical indication.

- (c) Applicants with a history or established diagnosis of:
- (1) asthma requiring medication;
  - (2) active inflammatory disease of the respiratory system;
  - (3) active sarcoidosis;
  - (4) pneumothorax;
  - (5) sleep apnoea syndrome;
  - (6) major thoracic surgery shall be referred to the licensing authority and undergo respiratory evaluation with a satisfactory result before a fit assessment can be considered.

**MMED.E.B.020 Digestive system**

- (a) Applicants with any sequelae of disease or surgical intervention in any part of the digestive tract or its adnexa likely to cause incapacitation, in particular any obstruction due to stricture or compression, shall be assessed as unfit.
- (b) Applicants shall be free from herniae that might give rise to incapacitating symptoms.
- (c) Applicants with disorders of the gastrointestinal system including:
- (1) recurrent dyspeptic disorder requiring medication;
  - (2) pancreatitis;
  - (3) symptomatic gallstones;
  - (4) an established diagnosis or history of chronic inflammatory bowel disease;
  - (5) herniae that may give rise to complications leading to incapacitation;
  - (6) after surgical operation on the digestive tract or its adnexa, including surgery involving total or partial excision or a diversion of any of these organs shall be

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referred to the licensing authority. A fit assessment can be considered subject to a satisfactory gastrointestinal evaluation after successful treatment or full recovery after surgery.

**MMED.E.B.025 Metabolic and endocrine systems**

- (a) Applicants with metabolic, nutritional or endocrine dysfunction may be assessed as fit subject to demonstrated stability of the condition and satisfactory aero-medical evaluation.
- (b) *Diabetes mellitus*
  - (1) Applicants with diabetes mellitus requiring insulin shall be assessed as unfit.
  - (2) Applicants with diabetes mellitus requiring medication other than insulin for blood sugar control shall be referred to the licensing authority. A fit assessment may be considered if it can be demonstrated that blood sugar control has been achieved and is stable.

**MMED.E.B.030 Haematology**

- (a) Blood testing, if any, shall be determined by the AME or AeMC taking into account the medical history and following the physical examination.
- (b) Applicants with a haematological condition, such as:
  - (1) coagulation, haemorrhagic or thrombotic disorder;
  - (2) chronic leukaemia;
  - (3) abnormal haemoglobin, including, but not limited to, anaemia, polycythaemia or haemoglobinopathy;
  - (4) significant localised or generalised lymphatic enlargement;
  - (5) enlargement of the spleen shall be referred to the licensing authority. A fit assessment can be considered subject to satisfactory aero-medical evaluation.
- (c) Applicants suffering from acute leukaemia shall be assessed as unfit.

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**MMED.E.B.035 Genito-urinary system**

- (a) Urinalysis shall form part of every aero-medical examination. The urine shall contain no abnormal element considered to be of pathological significance.
- (b) Applicants with any sequela of disease or surgical procedures on the kidneys or the urinary tract likely to cause incapacitation, in particular any obstruction due to stricture or compression, shall be assessed as unfit.
- (c) Applicants with a genito-urinary disorder, such as:
  - (1) renal disease;
  - (2) one or more urinary calculi may be assessed as fit subject to satisfactory renal/urological evaluation.
- (d) Applicants who have undergone:
  - (1) a major surgical operation in the urinary apparatus involving a total or partial excision or a diversion of its organs; or
  - (2) major urological surgery shall be referred to the licensing authority for an aero-medical assessment after full recovery before a fit assessment can be considered.

**MMED.E.B.040 Infectious disease**

- (a) Applicants who are HIV positive shall be referred to the licensing authority and may be assessed as fit subject to satisfactory specialist evaluation and provided the licensing authority has sufficient evidence that the therapy does not compromise the safe exercise of the privileges of the licence.
- (b) Applicants diagnosed with or presenting symptoms of infectious disease such as:
  - (1) acute syphilis;
  - (2) active tuberculosis;
  - (3) infectious hepatitis;
  - (4) tropical diseases shall be referred to the licensing authority for an aero-medical assessment. A fit assessment may be considered after full recovery and specialist evaluation provided the licensing authority has

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sufficient evidence that the therapy does not compromise the safe exercise of the privileges of the licence.

**MMED.E.B.045    Obstetrics and gynaecology**

- (a) Applicants who have undergone a major gynaecological operation shall be assessed as unfit until full recovery.
  
- (b) *Pregnancy*  
In the case of pregnancy, if the AeMC or AME consider that the licence holder is fit to exercise her privileges, he/she shall limit the validity period of the medical certificate to the end of the 34th week of gestation. After this point, the certificate shall be suspended. The suspension shall be lifted after full recovery following the end of the pregnancy.

**MMED.E.B.050    Musculoskeletal system**

Applicants shall have satisfactory functional use of the musculoskeletal system. Applicants with arthritic and muscular tendon progressive conditions shall be referred to the licensing authority. A fit assessment may be considered after satisfactory specialist evaluation.

**MMED.E.B.055    Psychiatry**

- (a) Applicants with a history of abuse of alcohol or use of psychoactive, including recreational substances with or without dependency, shall be assessed as unfit until after a period of documented sobriety or freedom from substance use and subject to satisfactory psychiatric evaluation after successful treatment. Applicants shall be referred to the licensing authority for the assessment of their medical fitness.
  
- (b) Applicants with a psychiatric condition such as:
  - (1) mood disorder;
  - (2) neurotic disorder;
  - (3) personality disorder;
  - (4) mental or behavioural disorder shall undergo satisfactory psychiatric evaluation before a fit assessment can be made. Applicants shall be referred to the licensing authority for the assessment of their medical fitness.
  
- (c) Applicants with a history of a single or repeated acts of deliberate self-harm shall be assessed as unfit. Applicants shall be referred to the licensing authority and shall undergo

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satisfactory psychiatric evaluation before a fit assessment can be considered.

- (d) Applicants with an established history or clinical diagnosis of schizophrenia, schizotypal, delusional disorder or mania shall be assessed as unfit.

**MMED.E.B.060 Psychology**

- (a) Applicants who present with stress-related symptoms that are likely to interfere with their ability to exercise the privileges of the licence safely shall be referred to the licensing authority. A fit assessment may only be considered after a psychological and/or psychiatric evaluation has demonstrated that the applicant has recovered from stress-related symptoms.
- (b) A psychological evaluation may be required as part of, or complementary to, a specialist psychiatric or neurological examination.

**MMED.E.B.065 Neurology**

- (a) Applicants with an established history or clinical diagnosis of:
  - (1) epilepsy except in cases in (b)(1) and (2) below;
  - (2) recurring episodes of disturbance of consciousness of uncertain cause;
  - (3) conditions with a high propensity for cerebral dysfunction shall be assessed as unfit.
- (b) Applicants with an established history or clinical diagnosis of:
  - (1) epilepsy without recurrence after the age of 5;
  - (2) epilepsy without recurrence and off all treatment for more than 10 years;
  - (3) epileptiform EEG abnormalities and focal slow waves;
  - (4) progressive or non-progressive disease of the nervous system;
  - (5) disturbances or loss of consciousness;
  - (6) brain injury;

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- (7) spinal or peripheral nerve injury shall be referred to the licensing authority and undergo further evaluation before a fit assessment can be considered.

**MMED.E.B.070 Visual system**

- (a) Applicants shall not possess any abnormality of the function of the eyes or their adnexa or any active pathological condition, congenital or acquired, acute or chronic, or any sequelae of eye surgery or trauma, which is likely to interfere with the safe exercise of the privileges of the licence(s).
- (b) Examination
- (1) A comprehensive eye examination shall form part of the initial examination and be undertaken periodically depending on the refraction and the functional performance of the eye.
- (2) A routine eye examination shall form part of all revalidation and renewal examinations.
- (3) Applicants shall undergo tonometry at the first revalidation examination after the age of 40, on clinical indication and if indicated considering the family history.
- (4) Applicants shall supply the AeMC or AME with an ophthalmic examination report in cases where:
- (i) the functional performance shows significant changes;
- (ii) the distant visual standards can only be reached with corrective lenses;
- (5) Applicants with a high refractive error shall be referred to the licensing authority.
- (c) Distant visual acuity, with or without optimal correction, shall be 6/9 (0,7) or better in each eye separately, and visual acuity with both eyes shall be 6/6 (1,0) or better.
- (d) Initial applicants having monocular or functional monocular vision including eye muscle balance problems shall be assessed as unfit. At revalidation or renewal examinations the applicant may be assessed as fit provided that an ophthalmological examination is satisfactory. The applicant shall be referred to the authority.

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- (e) Initial applicants with acquired substandard vision in one eye shall be assessed as unfit. At revalidation or renewal examinations the applicant shall be referred to the licensing authority and may be assessed as fit provided that an ophthalmological examination is satisfactory.
- (f) Applicants shall have a visual acuity of at least 7/10 (6/9) at 30–50 cm and 60–100 cm distance, if necessary with the aid of correction.
- (g) Applicants shall have normal fields of vision and normal binocular function.
- (h) Applicants who have undergone eye surgery shall be assessed as unfit until full recovery of the visual function. A fit assessment may be considered by the licensing authority subject to satisfactory ophthalmic evaluation.
- (i) Applicants with a clinical diagnosis of keratoconus shall be referred to the licensing authority and may be assessed as fit subject to a satisfactory examination by an ophthalmologist.
- (j) Applicants with diplopia shall be assessed as unfit.
- (k) Spectacles and contact lenses
  - (1) If satisfactory visual function for the rated duties is achieved only with the use of correction, the spectacles or contact lenses must provide optimal visual function, be well tolerated, and suitable for air traffic control purposes.
  - (2) No more than one pair of spectacles, when worn during the exercise of licensed privileges, shall be used to meet the visual requirements at all distances.
  - (3) A spare set of similarly correcting spectacles shall be readily available when exercising the privileges of the licence(s).
  - (4) Contact lenses, when are worn during the exercise of licensed privileges, shall be mono-focal, non-tinted and not orthokeratological. Monovision contact lenses shall not be used.

**MMED.E.B.075 Colour vision**

Applicants shall be normal trichromates.

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**MMED.E.B.080 Otorhinolaryngology**

(a) *Examination*

- (1) An otorhinolaryngological examination shall form part of all initial, revalidation and renewal examinations.
- (2) Hearing shall be tested at all examinations. The applicant shall understand correctly conversational speech when tested with each ear at a distance of two metres from and with his/her back turned towards the AME.
- (3) Hearing shall be tested with pure tone audiometry at the initial examination and at subsequent revalidation or renewal examinations every four years until the age of 40 and every two years thereafter.
- (4) Pure-tone audiometry:
  - (i) Applicants for initial issue of a medical certificate shall not have a hearing loss of more than 20 dB at any of the frequencies 500, 1 000 or 2 000 Hz, or more than 35 dB at 3 000 Hz, in either ear separately.
  - (ii) Applicants who do not meet the hearing criteria for initial issue of a medical certificate shall undergo a specialist assessment including a speech discrimination test before fit assessment can be considered.
  - (iii) Applicants for a revalidation or renewal of a medical certificate shall not have a hearing loss of more than 35 dB at any of the frequencies 500, 1 000 or 2 000 Hz, or more than 50 dB at 3 000 Hz, in either ear separately.
  - (iv) Applicants who do not meet the hearing criteria for a revalidation or renewal of a medical certificate shall undergo a functional hearing test in the operational environment and specialist assessment before a fit assessment can be considered.
- (5) Applicants who do not meet the hearing criteria in (5)(ii) or (iv) respectively shall be referred to the licensing authority.
- (6) Hearing aids

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- (i) Initial examination: the use of hearing aids entails unfitness.
  - (ii) Revalidation and renewal examinations: a fit assessment may be considered if the use of hearing aid(s) or of an appropriate prosthetic aid improves the hearing to achieve a normal standard as assessed by fully functional testing in the operational environment.
  - (iii) If a prosthetic aid is needed to achieve the normal hearing standard, a spare set of the equipment and accessories, such as batteries, shall be available.
- (b) Applicants with:
- (1) an active pathological process, acute or chronic, of the internal or middle ear;
  - (2) unhealed perforation or dysfunction of the tympanic membrane(s);
  - (3) disturbance of vestibular function;
  - (4) significant malformation or significant, acute or chronic infection of the oral cavity or upper respiratory tract;
  - (5) significant disorder of speech or voice reducing intelligibility shall be referred to the licensing authority and undergo further ORL examination and assessment to establish that the condition does not interfere with the safe exercise of the privileges of the licence.

**MMED.E.B.085 Dermatology**

Applicants shall have no established dermatological condition likely to interfere with the safe exercise of the privileges of the licence held.

**MMED.E.B.090 Oncology**

- (a) Applicants with established primary or secondary malignant disease shall be assessed as unfit.
- (b) After treatment for malignant disease, applicants shall be referred to the licensing authority and shall undergo satisfactory oncological evaluation before a fit assessment can be made.
- (c) Applicants with an established history or clinical diagnosis of malignant intracerebral tumour shall be assessed as unfit.

**SUBPART C**

**AERO-MEDICAL EXAMINERS (AMEs)**

**MMED.E.C.001 Privileges**

- (a) In accordance with this Part, the privileges of an AME are to revalidate and renew Class 3 medical certificates, and to conduct the relevant medical examinations and assessments.
- (b) The scope of the privileges of the AME, and any condition thereof, shall be specified in the certificate.
- (c) Holders of a certificate as an AME shall not undertake aero-medical examinations and assessments in Mauritius other than the State that issued their certificate as an AME, unless they have:
  - (1) been granted access by the Authority to exercise their professional activities as a specialised doctor;
  - (2) informed the Authority of their intention to conduct aero-medical examinations and assessments and to issue medical certificates within the scope of their privileges as AME; and
  - (3) received a briefing from the Authority .

**MMED.E.C.005 Application**

- (a) Application for a certificate as an AME shall be made in a form and manner specified by the authority.
- (b) Applicants for an AME certificate shall provide the authority with:
  - (1) personal details and professional address;
  - (2) documentation demonstrating that they comply with the requirements established in MMED.E.C.010, including the certificate of completion of the training courses in aviation medicine appropriate to the privileges they apply for;
  - (3) a written declaration that the AME will issue medical certificates on the basis of the requirements of this Part.
- (c) When the AME undertakes aero-medical examinations in more than one location, they shall provide the authority with relevant

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information regarding all practice locations and practice facilities.

**MMED.E.C.010 Requirements for the issue of an AME certificate**

Applicants for an AME certificate with the privileges for the revalidation and renewal of Class 3 medical certificates shall:

- (a) be fully qualified and licensed for the practice of medicine and hold a certificate, or have evidence, of completion of specialist training;
- (b) have successfully completed basic and advanced training courses in aviation medicine, including specific modules for the medical assessment of air traffic controllers and the specific environment in air traffic control;
- (c) demonstrate to the authority that they:
  - (1) have adequate facilities, procedures, documentation and functioning equipment suitable for aero-medical examinations; and
  - (2) have in place the necessary procedures and conditions to ensure medical confidentiality.

**MMED.E.C.015 Training courses in aviation medicine**

- (a) Training courses in aviation medicine shall be approved by the authority where the organisation providing it has its principal place of business. The organisation providing the course shall demonstrate that the course syllabus is adequate and that the persons in charge of providing the training have adequate knowledge and experience.
- (b) Except in the case of refresher training, the courses shall be concluded by a written examination on the subjects included in the course content.
- (c) The organisation providing the course shall issue a certificate of completion to the applicants when they have obtained a pass in the examination.

**MMED.E.C.020 Changes to the AME certificate**

- (a) AMEs shall notify the authority of the following changes which could affect their certificate:

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- (1) the AME is subject to disciplinary proceedings or investigation by a medical regulatory body;
  - (2) there are any changes to the conditions on which the certificate was granted, including the content of the statements provided with the application;
  - (3) the requirements for the issue are no longer met;
  - (4) there is a change of aero-medical examiner's practice location(s) or correspondence address.
- (b) Failure to inform the authority shall result in the suspension or revocation of the privileges of the certificate, on the basis of the decision of the authority that suspends or revokes the certificate.

**MMED.E.C.025 Validity of AME certificates**

An AME certificate shall be issued for a period not exceeding 3 years. It shall be revalidated subject to the holder:

- (a) continuing to fulfil the general conditions required for medical practice and maintaining registration as a medical practitioner according to national law;
- (b) undertaking refresher training in aviation medicine and in the working environments of air traffic controllers within the last 3 years;
- (c) having performed at least 10 aero-medical examinations every year. This number of examinations may only be reduced by the authority in duly justified circumstances;
- (d) remaining in compliance with the terms of their certificate; and
- (e) exercising their privileges in accordance with this Part.

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**Appendix 1**

**MEDICAL CERTIFICATE**

  <b>DEPARTMENT OF CIVIL AVIATION MAURITIUS</b>  Medical Certificate: Class  Pertaining to a Flight Crew Licence	State of Issue: <b>Mauritius</b>
	Last & First Name of Holder:
	Date of Birth:
	Licence Number:
	Nationality:
<b>THE HOLDER OF THIS CERTIFICATE IS ENTITLED TO EXERCISE THE PRIVILEGES OF THE RELATED PILOT LICENCE SUBJECT TO ANY LIMITATIONS OR CONDITIONS.</b>	
Date of Issue:	
Signature & Stamp of AME:	
Signature of Holder:	
Examination date for this certificate	
Expiry date of previous medical certificate	
Expiry date of this certificate for single pilot Public Transport operations	
Expiry date of this certificate for multi pilot Public Transport operations	
Expiry date of this certificate for Class 2 privileges	