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## **MEDICALS AND UNCONTROLLED LABORATORY RESULTS**

### **1. Introduction**

1.1 This Aeronautical information circular (AIC) is intended to introduce to all license holders (pilots, air traffic controllers, engineers) the requirements for obtaining and renewing their license.

### **2. Purpose**

2.1 The purpose of this AIC is to inform the aviation industry of the requirements when undergoing medical examination for obtaining or renewing a license.

### **3. Background**

3.1 This AIC is mandatory and is in compliance with the BDCA's Medical Manual that has been developed through the guidance of the Standard & Recommended Practices (SARPs) of ICAO's annexes 1, 2 & 6 to the convention and their corresponding BCARs which states, that just as an aircraft is required to undergo regular checks and maintenance, so is its personnel required to undergo regular medical examinations to ensure that their fitness to perform their duties with reference to the license he/she may hold, meets the minimum physical standards required and

3.2 demonstrate their ability to compensate for any defects of potential significance to any aircraft and flight safety. Therefore, an individual should be free of conditions which are harmful to alertness, their ability to make appropriate decisions and promptly. Persons with conditions that can produce sudden incapacitation are medically disqualified. (Chapter XV11)

### **4. Applicability**

4.1 This AIC is applicable to all personnel, who requires an aviation license issued by the Belize Department of Civil Aviation to carry out any function, duties and or their responsibilities.

### **5. Medicals and uncontrolled laboratory results**

5.1 The BDCA has conducted a review of medical examinations completed over the last 12 months and has noted several instances of elevated Lipid levels (cholesterol, triglycerides, LDL) as well as elevated liver function (SGOT, SGPT). It is known that these altered lipid levels can lead to damage of the arteries, which in turn contributes to heart disease and increases the risk for stroke. As a holder of an aviation license, one must be aware of the importance of keeping medically fit during performance of aviation duties and the danger of on-duty incapacitation. Initial and periodic medical examinations and repeated education are necessary to assist, especially flight crew in being health conscious. In-flight incapacitation is a valid air safety hazard and is known to cause accidents. Such incapacitation occurs more frequently than many other emergencies that are routinely trained for and can range from sudden death to a not so easily detectable partial loss of functions. Therefore, it is very important to recognize the strict clinical aspects that must be upheld in order to prevent such occurrences.

In order to work towards prevention of on-duty sudden incapacitation, as well as to promote best practices for air safety and prevent operational ramifications, effective 01<sup>st</sup> May 2023, all license holders with laboratory results indicating significantly elevated values or any other unacceptable criteria measured during their medical evaluation, will be required to correct these areas prior to the issue of that medical certificate.

Furthermore, for those license holders that meet medical requirements but still present risk factors, those persons will be monitored and re-evaluated in accordance with the Department's medical guidelines.

All applicants are encouraged to complete the aviation medical assessment form in its entirety to ensure that their blood type as well as the date and place of exam has been completed.

## **6. Conclusion**

6.1 The BDCA encourages all license holders to become familiar with the requirements for the issuance or the renewal of their license. Further consultation can be made with the Licensing Unit of the BDCA.

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