

General Directions Exceptions for Temporary Medical Conditions

Reference: GD/TMC/01/04

Issued pursuant to Section 27G of the Civil
Aviation Act 1990

Effective from 15 April 2019

Civil Aviation Exceptions for Temporary Medical Conditions General Directions Notice 2019

Pursuant to section 27G of the Civil Aviation Act 1990, the Director, after having consulted the persons, health professionals with aviation medical experience, representative groups within the aviation industry or elsewhere. Government departments, and Crown agencies that the Director considers appropriate, gives the following notice.

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1. Introduction

- (a) The Director of Civil Aviation has the authority under section 27G of the Civil Aviation Act to issue general directions in relation to various aspects of medical certification.
- (b) These general directions are issued under section 27G(1)(b) of the Act and it does not replace any previous directions.

1.1 Purpose

- (a) Section 27C of the Act requires licence holders, aviation examiners, medical examiners, operators, and medical practitioners to report changes in medical conditions or the existence of any previously undetected medical condition of a licence holder under certain circumstances.
- (b) The purpose of these general directions is to provide exceptions for temporary medical conditions to the reporting requirements set out in section 27C of the Act.
- (c) These general directions do not in any way affect the requirements for disclosure that must be made at the time of applying for a medical certificate.

1.2 Commencement and Period of Validity

In accordance with s27G(1) of the Act, notice is hereby given that the Director signed these general directions on 8 March 2019, which will come into force on 15 April 2019 and remain effective until they are replaced or withdrawn by the Director.

1. Definitions:

- (a) **Act** means the Civil Aviation Act 1990
- (b) **Director** means the person who is for the time being the Director of Civil Aviation or the delegate under section 72I of the Act
- (c) **ground trial** means, unless specified otherwise in the Advisory Appendix, the trial use of a drug, medicine, or pharmaceutical preparation by a medical certificate holder for a period of no less than 3 consecutive days, or as determined in this GDs, such that the medical certificate holder is satisfied that he or she suffers no side effects
- (d) **medical certificate holder** means a person who holds a current medical certificate issued by the Director in accordance with section 27B of the Act
- (e) **medical examiner** means a registered medical practitioner to whom the Director has issued an aviation document under section 27F(1) or section 27Q(2)(b) of the Act to conduct examinations under section 27D of the Act
- (f) **mild pain killer** means a drug, medication, substance, or preparation that contains only paracetamol, aspirin, or non-steroidal anti-inflammatory drugs.
- (g) **temporary medical condition** means a condition listed in the Table in Schedule 1 of these general directions and is a temporary medical condition for the purpose of section 27G(1)(b) of the Act.

2. Applicability of these general directions –

These general directions apply to the following people:

- (a) persons required to hold a medical certificate;
- (b) aviation examiners;
- (c) medical examiners;
- (d) operators; and
- (e) medical practitioners.

3. Medical conditions to which these general directions applies

- (a) These general directions apply only to temporary medical conditions listed in the Table contained in Schedule 1. Under these general directions, a person required to report medical conditions under section 27C of the Act, is not required to report a temporary medical condition specified in the table if characteristics for non-reporting are present. The acceptable characteristics for non-reporting are set out in the table.
- (b) If a medical condition falls outside the scope of the temporary medical conditions specified in the table contained in these general directions, the reporting obligations of section 27C of the Act apply.

4. Exercise of privileges

If a licence holder is not required to report a temporary medical condition under these general directions, the licence holder may still be prohibited from exercising the privileges to which his or her medical certificate relates while suffering from a medical condition (section 27C(1)(b) of the Act).

Schedule 1 - Applicable Temporary Medical Conditions

1.1 Hay fever
1.2 Headaches
1.3 Upper Respiratory Tract Infection
1.4 Lower Respiratory Tract Infection
1.5 Acid Reflux- Heart-Burn
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1.25 Malaria Prophylaxis
1.25 Vitamins

Advisory Appendix Temporary Medical Conditions

The Advisory Appendix includes guidance material to facilitate compliance with the rule requirements and these General Directions. The Advisory Appendix describes the circumstances:

- (a) when a licence holder may be considered to no longer be suffering from the temporary medical condition; and
- (b) acceptable medication that may be taken while exercising privileges to which their medical certificate relates.

Licence holders are reminded that even though they are not required to report certain temporary medical conditions under these General Directions, they may still be prohibited from exercising the privileges to which the medical certificate relates while suffering from a temporary medical condition.

Advisory Appendix - Temporary Medical Conditions

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.1 Hay fever	<ul style="list-style-type: none"> · there are no distracting nasal or eye symptoms; and · there is only occasional sneezing; and · there is no nasal, sinus or Eustachian tube blockage or pain; and · there is no history of nasal polyps, nasal or sinus surgery; and · there is no wheezing or shortness of breath. 	<ul style="list-style-type: none"> · the symptoms have resolved; or · the symptoms are controlled while taking acceptable medication; 	<p>The acceptable medication must have had a ground trial.</p> <ul style="list-style-type: none"> · Tablets Loratidine, Desloratadine, Fexofenadine, not combined with other preparations. <p>For clarification: All other antihistamines are not acceptable for use within 48 hours prior to flying.</p> <ul style="list-style-type: none"> · Nasal spray: Steroid nasal spray Antihistaminic nasal sprays <p>For clarification: Nasal sprays containing a vasoconstrictor such as Drixine are not acceptable.</p>

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.2 Headaches	<ul style="list-style-type: none"> • the headaches are occurring no more frequently than four times per year; and • the headaches are not distracting or incapacitating; and • there are no visual disturbance, nausea, or vomiting; and • there is no weakness or alteration in sensations (i.e. numbness, tingling, pins-and-needle, pain) anywhere in the body; and • the headaches have not been diagnosed or suspected to be migraines; and • the headaches do not require medication other than <i>occasional</i> acceptable medication; and • the headaches resolve quickly (e.g. within 20 minutes when taking acceptable medication; and • no flying or ATC duty is initiated while having a headache 	<ul style="list-style-type: none"> • when headache has resolved; and • when headache does not require any medication other than <i>occasional</i> acceptable medication. 	<ul style="list-style-type: none"> • Paracetamol or Non – Steroid Anti-Inflammatory Drugs (NSAIDs; i.e. Nurofen); • the medication gives rapid and complete relief of any headache; and • the medication has been previously trialled on the ground on at least three occasions and no side effects have been experienced.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.3 Upper Respiratory Tract Infection	<ul style="list-style-type: none"> · only ears, nose, sinus, throat, and/or conjunctiva are affected; and · there is no wheezing or shortness of breath; and · the condition lasts no more than two weeks; 	<ul style="list-style-type: none"> · there are no ongoing symptoms, e.g. blocked nose or sinuses, throat pain, difficulties with speech or clearing the ears (normal Eustachian tube function); and · symptomatic medication, other than acceptable medication is no longer required (notwithstanding, nose drops may be kept readily available in case of unexpected difficulties with venting the sinuses or middle ear cavities during flight). 	<ul style="list-style-type: none"> · oral antibiotics to complete treatment of an upper respiratory tract infection (the licence holder must not have experienced any side effects after first taking the antibiotics).

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
<p>1.4 Lower Respiratory Tract Infection</p> <p>Such as bronchitis, viral or bacterial:</p>	<ul style="list-style-type: none"> · not requiring admission to hospital; and · there is no wheezing or shortness of breath; and · administration of injectable or oral steroids and administration of bronchodilators are not required; and · the condition lasts no more than two weeks. <p>For clarification: Pneumonia (all forms) must be reported.</p>	<ul style="list-style-type: none"> · there are no ongoing symptoms, such as distracting cough and fatigue; and · symptomatic medication, other than acceptable medication, is no longer required. 	<ul style="list-style-type: none"> · oral antibiotics to complete treatment of a lower respiratory tract infection (the licence holder must not have experienced any side effects after first taking the antibiotics).
<p>1.5 Acid Reflux- Heart-Burn</p>	<ul style="list-style-type: none"> · the condition has been confirmed by a Medical Practitioner; and · the Medical Practitioner is confident that the symptoms are not of cardiac origin. 	<ul style="list-style-type: none"> · the condition has resolved, or · the symptoms are controlled by acceptable medication. 	<ul style="list-style-type: none"> · Antacid medication such as Gaviscon, Quick-Eze, Titraloac, Milanta that has been prescribed by a medical practitioner and has had a ground trial; · Proton pump inhibitors that have been prescribed by a medical practitioner and have had a ground trial.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.6 Intestinal conditions	<ul style="list-style-type: none"> • gastro-intestinal upset, including gastro-enteritis or “food poisoning”; or • infestation, including worms; or • constipation. 	<ul style="list-style-type: none"> • nausea, vomiting, diarrhoea and dehydration have completely resolved; and • any parasite infestation has been treated; and • any constipation is no longer problematic. 	<ul style="list-style-type: none"> • oral antibiotics to complete the treatment (the licence holder must not have experienced any side effects after first taking the antibiotics); • treatment for internal parasites; • mild laxative for relief of constipation; • the licence holder has not, or is not experiencing any side effects.
1.7 Anal Conditions	<ul style="list-style-type: none"> • haemorrhoids; or • peri-anal fissura, if not accompanied by bowel disturbance such as frequent or irregular bowel motions, abdominal and/or anal cramps; or • anal bleeding limited to spotting that has been confidently attributed to haemorrhoids by a medical practitioner; 	<ul style="list-style-type: none"> • pain, discomfort or frequency of bowel motions is controlled; • there are no abdominal or anal cramps. 	<ul style="list-style-type: none"> • Paracetamol or Non-Steroid Anti-Inflammatory Drugs (NSAIDs; i.e. Nurofen), • the medication has been trialled on the ground on at least three occasions and no side effects have been experienced;

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	<ul style="list-style-type: none"> · inflammatory bowel disease is not present or suspected. 		<ul style="list-style-type: none"> · topical preparations such as cream ointments, which may contain steroids (no ground trial is necessary).
1.8 Abdominal surgery	<ul style="list-style-type: none"> · appendix removal if uncomplicated, i.e. not perforated, no peritonitis; or · hernia operation (inguinal or umbilical), if not a recurrence; or · uncomplicated gall bladder removal (cholecystectomy) performed entirely by laparoscopy. · there have been no post-operative complication 	<ul style="list-style-type: none"> · at least three weeks have lapsed since the appendectomy or hernia operation; or four weeks following cholecystectomy; and · the licence holder feels well and is free of pain; and · medication is no longer required; and · the treating surgeon or GP allows a return to work. (Notwithstanding, an earlier return may be permitted, but only on the advice of a Medical Examiner). 	<ul style="list-style-type: none"> · no medication permitted unless approved by a Medical Examiner or CAA

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.9 Female urinary infection	<ul style="list-style-type: none"> • the infection does not affect the kidneys; and • occurs no more than twice in a six months period; and • resolves within 5 days; and • there is no known or suspected abnormality causing the infection. 	<ul style="list-style-type: none"> • absence of fever; and • absence of pain; and • absence of urinary frequency or other symptoms. 	<ul style="list-style-type: none"> • oral antibiotics to complete the treatment (the licence holder must not have experienced any side effects after first taking the antibiotics); • urinary alkaliniser, such as Citravescent or Ural.
1.10 Male urinary infection	<ul style="list-style-type: none"> • the infection is a first episode only; and • does not affect the kidneys; and • resolves within 5 days; and • there is no known or suspected abnormality causing the infection • there is no known or suspected renal or bladder calculi. <p>For clarification: any recurrent infection or any abnormal finding causing the infection must be reported.</p>	<ul style="list-style-type: none"> • absence of fever; and • absence of pain; and • absence of urinary frequency or other symptoms. 	<ul style="list-style-type: none"> • oral antibiotics to complete the treatment (the licence holder must not have experienced any side effects after first taking the antibiotics); • urinary alkaliniser, such as Citravescent or Ural.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.11 – Sprain and Strain	<ul style="list-style-type: none"> • sprain or strain of any limb or the back that does not involve a bone fracture; and • any loss of function is likely to have fully resolved within 14 days; and • no immobilisation by cast is required. 	<ul style="list-style-type: none"> • the condition has fully resolved; or • any pain is controlled with acceptable medication; and • there is no functional impairment. 	<ul style="list-style-type: none"> • Paracetamol or Non-Steroid Anti-Inflammatory Drugs (NSAIDs; i.e. Nurofen), the medication must have been trialled on at least three occasions and no side effects have been experienced.
1.12 Office procedures (Excluding eye laser surgery)	<ul style="list-style-type: none"> • procedures and operations carried out at the medical practitioner's office, such as: <ul style="list-style-type: none"> ○ excision of skin lesions; ○ biopsies; ○ endoscopies not requiring sedation (e.g. rhinoscopy, laryngoscopy). 	<ul style="list-style-type: none"> • absence of pain or distraction, (from suturing for instances); and • absence of any functional impairment; and • the lesion excised is not thought to be melanoma, or other malignancy with potential for dissemination. 	<ul style="list-style-type: none"> • Paracetamol or Non-Steroid Anti-Inflammatory Drugs (NSAIDs; i.e. Nurofen), • The acceptable medication must have been trialled on at least three occasions and no side effects have been experienced.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.13 Day procedures (excluding eye procedures)	<ul style="list-style-type: none"> • procedures limited to the following: <ul style="list-style-type: none"> ○ gastroscopy; or ○ colonoscopy; or ○ bronchoscopy. 	<ul style="list-style-type: none"> • 48 hours have passed since the procedure; and • there are no symptoms; and • there is no bleeding or risk of bleeding; and • there is no suspicion of malignancy or potentially disabling condition. 	<ul style="list-style-type: none"> • not applicable.
1.14 Other Investigations	<ul style="list-style-type: none"> • X-ray, CT scan, MRI, myocardial perfusion scan, blood tests etc. <p>Provided that the test:</p> <ul style="list-style-type: none"> • is undertaken routinely in relation to any application for a medical certificate; or • is undertaken in relation to any other Temporary Medical Condition specified in this GD; or • is undertaken in relation to any other medical condition already considered and reported during the most recent medical certification assessment. 	<ul style="list-style-type: none"> • the test has been completed; and • the test does not reveal an aggravation of an existing condition or a new condition that must be reported; and • if sedation has taken place, 24 hours have lapsed since the sedation. 	<ul style="list-style-type: none"> • not applicable.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.15 Dental Procedures	<ul style="list-style-type: none"> • tooth filling; or • crown; or • dental extraction; or • root canal treatment. <p>For clarification: dental implantation should be reported.</p>	<ul style="list-style-type: none"> • pain and discomfort have resolved or are controlled by acceptable medication; and • there is no residual tooth infection; and • one night has passed since tooth filling or crowning under local anaesthesia, or root canal treatment; or • 48 hours have passed if the procedure was carried out under general anaesthesia or sedation • three days have passed since a complicated or multiple teeth extraction. 	<ul style="list-style-type: none"> • Paracetamol or Non-Steroid Anti-Inflammatory Drugs (NSAIDs; i.e. Nurofen), • the medication has been trialled on the ground on at least three occasions and no side effects have been experienced; • oral antibiotics to complete the treatment (the licence holder must not have experienced any side effects after first taking the antibiotics);
1.16 Blood donations	<ul style="list-style-type: none"> • the donation of blood; or • the collection of blood for therapeutic purpose in the case of haemochromatosis (provided the diagnosis of haemochromatosis has been previously reported). 	<ul style="list-style-type: none"> • 24 hours have passed (48 hours for aerobatic flight) after the blood donation or collection; and • the licence holder is free of any symptoms. 	<ul style="list-style-type: none"> • not applicable.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
<p>1.17 New Glasses or Contact Lenses</p>	<ul style="list-style-type: none"> · no change in prescription; or · change of prescription, but the change is minor, the corrected and uncorrected vision are documented, preferably on a special eye report form (Q1-10) confirming that the licence holder meets the standards contained in Part 67 of the Civil Aviation Rules. The form must be brought along to the ME at the time of the next application. · no change in the type of correction used (e.g. not a change from spectacles to contact lenses); <p>For clarification: all refractive surgery such as laser surgery or a cataract operation must be reported</p>	<ul style="list-style-type: none"> · when the licence holder meets the vision standards set out in Part 67 of the Civil Aviation Rules, and · possess the new appropriate visual aid. 	<ul style="list-style-type: none"> · not applicable.

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.18 Conjunctivitis	<ul style="list-style-type: none"> • irritation, allergy, viral infection or bacterial of the lining (conjunctivae) of one or both eyes that is: <ul style="list-style-type: none"> ○ not affecting any other part of the visual system; and ○ not affecting vision. <p>For clarification: conditions affecting the cornea or the iris and herpes virus infections must be reported.</p>	<ul style="list-style-type: none"> • the condition has resolved; or • the symptoms are controlled. 	<ul style="list-style-type: none"> • oral antihistamines: Loratidine, Desloratadine, Fexofenadine, not combined with other preparations, following a ground trial; • eye drops, but not topical cream or ointment; • oral antibiotic to complete a treatment (the licence holder must not have experienced any side effects after first taking the antibiotics).
1.19 Eye injury	<ul style="list-style-type: none"> • there is no reduction in vision; and • there is no reduction in visual fields; and • there has been no pain for 48 hours or more; and • there is no infection; and • there is no penetrating eye injury. 	<ul style="list-style-type: none"> • the condition has resolved; or • the symptoms are controlled. 	<ul style="list-style-type: none"> • Paracetamol or NSAIDs (such as Ibuprofen); • the medication has been trialled on the ground on at least three occasions and no side effects have been experienced; • eye drops but not topical cream or ointment..

Condition	Acceptable Characteristics for non-reporting	When the licence holder may be considered to no longer be suffering from this temporary medical condition	Acceptable medication while exercising privileges to which medical certificate relates
1.20 Skin conditions	<ul style="list-style-type: none"> • the condition is not causing distraction or impacting sleep; and • does not require oral steroids; and • does not require Isotretinoin (e.g. Roaccutane); and • does not require immunity suppressant agents (e.g. methotrexate). 	<ul style="list-style-type: none"> • the condition has resolved; or • the symptoms are controlled; and • any skin infection has resolved and is unlikely to recur. 	<ul style="list-style-type: none"> • oral antibiotics to complete the treatment (the licence holder must not have experienced any side effects after first taking the antibiotics); • topical skin creams and ointments.

Use of Medication (in relation to medical conditions that do not require reporting and are not listed in 1.1 to 1.20)

Condition	Acceptable characteristics for non-reporting	Acceptable medication while exercising the licence privileges
1.21 Pain medications	<ul style="list-style-type: none"> · taken for mild to moderate pain of a temporary nature; and · the pain is controlled and not distracting. 	<ul style="list-style-type: none"> · Paracetamol or Non-Steroid Anti-Inflammatory Drugs (NSAIDs; i.e. Nurofen); · the medication has been trialled on the ground on at least three occasions and no side effects have been experienced; · creams, gels and ointments applied topically. <p>For clarification: other oral and all injectable medications are not acceptable.</p>
1.22 Antibiotics	<ul style="list-style-type: none"> · the antibiotics are prescribed by a medical practitioner; and · the licence holder has not, or is not experiencing any side effects. 	<ul style="list-style-type: none"> · all oral antibiotics following initial treatment on the ground (the licence holder must not have experienced any side effects after first taking the antibiotics)
1.23 Cardiovascular and cerebrovascular prevention	<ul style="list-style-type: none"> · medication to reduce the risk of heart attack or cerebrovascular event in the absence of suspected or documented heart or cerebrovascular ischaemic event; and · the medication is prescribed by a medical professional; and 	<ul style="list-style-type: none"> · Aspirin; · cholesterol lowering medication; · the medication has had a ground trial.

Condition	Acceptable characteristics for non-reporting	Acceptable medication while exercising the licence privileges
1.24 Contraception	<ul style="list-style-type: none"> · the medication is prescribed by a medical practitioner or an authorised health professional. 	<ul style="list-style-type: none"> · intra uterine devices; · implantable contraceptives; · injectable depo-contraceptives; · oral contraceptives; · in the case of oral or implants contraceptives, the licence holder has no history of migraine, deep venous thrombosis or pulmonary embolism. <p>Note: mood changes may result and not be immediately apparent. The licence holder must remain vigilant to those changes and report any suspected change.</p>
1.25 Malaria Prophylaxis	<ul style="list-style-type: none"> · medication prescribed by an authorised practitioner. 	<ul style="list-style-type: none"> · all following a ground trial, except that · Mefloquine (Lariam) is not acceptable.
1.26 Vitamins	<ul style="list-style-type: none"> · the use of vitamins is not for a condition that requires reporting; and · there is no abnormal fatigue; and · there is no established vitamins or minerals deficiency, unless the vitamins were prescribed by an authorised medical practitioner. 	<ul style="list-style-type: none"> · labelled vitamins and supplements that are registered medicine under the NZ Pharmacopeia (NZ compendium of medication). <p>Non-registered preparations are not acceptable as their content cannot be ascertained.</p> <p>Anabolic and steroid preparations are not acceptable.</p>

Dated at Wellington this 8th day of March 2019



Graeme Harris, Director Civil Aviation Authority of New Zealand.