

Dear Colleague,

Welcome to this newsletter which contains important information.

We wish you a very happy and successful year 2019.

### Cardiovascular risk assesment

The Examinations Procedures General Directions prescribe that the CV risk should be assessed by using the assessment and Management of Cardiovascular Risk document (ISBN 0-476-00091-2) or "other similar tool approved by the Director".

[The Director has now approved](#) the use of the PREDICT tool as an alternative way of estimating the CV risk. You may now use that tool for CV risk assessment.

Information regarding cardiovascular risk assessment and PREDICT can be found on the **bpac** website at <https://bpac.org.nz/2018/cvd.aspx>

The PREDICT equations are not yet fully available for clinicians to use in practice, but a Canadian interactive online CVD risk calculator now includes the ability to estimate risks and benefits based on the PREDICT equations. It is available at:

<http://chd.bestsciencemedicine.com/calc2.html>

If you do use PREDICT, please provide a [print out](#) of the estimate that is available in A4 format from the website.

Using PREDICT, the CV risk estimate is generally 30% lower than by the other method. However, some applicants may come up with a higher risk than by the tables as characteristics not previously accounted for are now included in the calculation, for instance renal failure and Atrial Fibrillation.

If the use of PREDICT results in a CV risk estimate of 10% or above the risk must be interpreted as being of aeromedical significance, unless ischaemia has been excluded. PREDICT results of 10% or above should be followed up as a condition of aeromedical significance, even if the tables's estimate is lower, as PREDICT is more accurate. PREDICT should not be used in the presence of known coronary artery disease which confers a high risk.

### CAA – CME meeting – advance notice

As announced the CAA Aviation Medicine Team will provide a one day CME on 27 September 2019 at the Wellington CAA Office. This is on the day before the AMSNZ meeting, also in Wellington, venue to be confirmed.

### Here is a list of education meetings

Education Meetings in 2019	Date / Location
Aerospace Medical Association Annual scientific meeting	5-9 May 2019 Las Vegas
International Congress of Aviation and Space Medicine (ICASM)	8 – 12 September 2019 Debrecen, Hungary
Australasian Society of Aerospace Medicine (ASAM) Conference	19-22 September 2019
NZ CAA - CME	27 September 2019 Wellington CAA Office
Aviation Medicine Society of New Zealand (AMSNZ) Conference	28 September 2019 Wellington

### People on the move

Our Licensing Advisers' Gillian & Lauren left us in early January 2019. Gillian has moved to further her career in the legal environment and Lauren has returned to the USA. We welcome Holly Wellsford, Dean Oldham & Hannah Field who will be with us on a temporary basis whilst we undertake the recruitment process.

### CAA Medical Team

The Medical team have been working under some duress, more so recently due to an increase in the workload and staff changes. During the last quarter of 2018 we experienced a 19% increase in medical assessments. We saw a 20% increase in AMC applications during 2018 compared 2017. We do appreciate your patience when we are slow to respond to your enquiries. Please let us know if matters are urgent.

### Accredited Medical Conclusions (AMCs)

Please contact Angela Stevenson regarding your AMC enquires.

General reminder to ensure the AMC application is located at the beginning of all the other paperwork.

Please send paperwork for **extensions** separately to ensure they are not missed.

With best regards from

The Aviation Medicine Team