

Updates to CATS – Medical Certification:

In the flurry of changes in the regulations and technical standard in preparation for and the wake of the ICAO audit, the SACAA have published some updates to the CATS pertaining to medical certification. Lucky for you I have done the work of wading through the vast quantity of material and I've distilled the information down to the essence, thus saving you from potential eye strain (for which there is a protocol!)

1. Addition of protocol 34, relating to Electrocardiograms: This is a new protocol, and the gist of it is that unless you have "risk factors" you don't have to do a stress ECG anymore. Yay! You'll only need to do a resting ECG, and of course, if your DAME is in any doubt about the results of the test, you will be referred to a cardiologist.

Risk factors are:

- abnormal resting ECG
- hypertension (see the hypertension protocol)
- smoking
- dyslipidaemia (high cholesterol)
- Diabetes Mellitus
- raised BMI
- waist circumference or abdominal obesity - men \geq 102cm; women \geq 88cm
- family history of early onset cardiovascular disease.

Depending on the level of the risk, a stress ECG may be done by the DAME, but high risk pilots will have to consult a cardiologist for the stress ECG (they don't want you drilling a hartie in the DAME's office!)

2. The Pharmacology (medication) list has been revised and updated. This list can be found on the ALPA website and also on the CAA website at www.caa.co.za -> Information for the Industry -> Legal -> Aviation Legislation -> Technical Standards (Personnel Licencing) -> SA-CATS 67 Medical Requirements -> 67.00.9 (1) Medication and Flying.

3. 67.00.2 Visual standards - quite a lot of changes and additions, too many for me to expound upon, so if you know your vision is dodgy, put on your glasses and go and read this in the CATS, and also in the protocols: Schedule 21 and 22.