

CIVIL AVIATION DIRECTORATE

Transport Malta, Pantar Road, Lija, LJA 2021, Malta. Tel:+356 2555 2365 Fax:+356 2123 9278 info.tm@transport.gov.mt www.transport.gov.mt

Introduction

Regulation Applicability: MED.B.055 and relevant AMCs for Class 1 and Class 2 medicals.

The procedures for mental health & drug and alcohol testing adopted by TMCAD are as follows:

1. Comprehensive mental health assessment of flight crew as referred to in MED.B.055 for the relevant classes will be conducted using the relevant form (TM/CAD/0370) and TM CAD Guidance Document. The assessment is to be conducted by an EASA authorised AME and referred to a qualified psychiatrist and psychologist only if the AME deems necessary.
2. For Class 1 Initial medical assessments, alcohol and other psychoactive substances testing of flight crew shall be conducted by a certified laboratory by the health authorities. For Class 2 Initial medical assessments, alcohol and other psychoactive substance testing of crew may be requested by AMEs if clinically indicated.
3. AMEs are to conduct drug and alcohol screening at the ratio of one in every ten medicals, specifically the tenth medical assessment, performed for pilots holding or will hold (students undergoing training) a Maltese Part-FCL licence. A list of such screening (**as per template provided by AMS**) is to be kept by the AMEs and submitted to the Aero Medical Section as requested. This screening list shall exclude the Initial Class 1 medical assessment, as this is addressed in point 2 above, and shall only include Initial Class 2 medicals where the tests are conducted based on clinical indications.

EASA regulations – Mental Health and Drug and Alcohol Testing

MED.B.055 Mental Health

- (a) Comprehensive mental health assessment shall form part of the initial class 1 aero-medical examination.
- (b) Drugs and alcohol screening shall form part of the initial class 1 aero-medical examination.
- (c) Applicants with a mental or behavioural disorder due to use or misuse of alcohol or other psychoactive substances shall be assessed as unfit pending recovery and freedom from psychoactive substance use or misuse and subject to satisfactory psychiatric evaluation after successful treatment.
- (d) Applicants with a clinical diagnosis or documented medical history of any of the following psychiatric conditions shall undergo satisfactory psychiatric evaluation before they may be assessed as fit:
 - (1) mood disorder;
 - (2) neurotic disorder;
 - (3) personality disorder;
 - (4) mental or behavioural disorder;
 - (5) misuse of a psychoactive substance.
- (e) Applicants with a documented medical history of a single or repeated acts of deliberate self-harm or suicide attempt shall be assessed as unfit. However, they may be assessed as fit after satisfactory psychiatric evaluation.
- (f) Applicants with a documented medical history or clinical diagnosis of schizophrenia, schizotypal or delusional disorder shall be assessed as unfit.

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AMC1 MED.B.055 and GM3 MED.B.055 Mental health – Initial Class 1

Mental health assessment as part of the initial class 1 aero-medical examination:

- (1) A comprehensive mental health assessment should be conducted and recorded taking into account social, environmental and cultural contexts.
- (2) The applicant's history and symptoms of disorders that might pose a threat to flight safety should be identified and recorded.
- (3) The mental health assessment should include assessment and documentation of:
 - (i) general attitudes to mental health, including understanding possible indications of reduced mental health in themselves and others;
 - (ii) coping strategies under periods of psychological stress or pressure in the past, including seeking advice from others;
 - (iii) childhood behavioural problems;
 - (iv) interpersonal and relationship issues;
 - (v) current work and life stressors; and
 - (vi) overt personality disorders.

If required, this assessment shall be conducted by a qualified psychiatrist and psychologist.

AMC1 MED.B.055 (b) Mental health – Revalidation and Renewal (Class 1 and Class 2)

The assessment should include review and documentation of:

- (i) current work and life stressors;
- (ii) coping strategies under periods of psychological stress or pressure in the past, including seeking advice from others;
- (iii) any difficulties with operational crew resource management (CRM)
- (iv) any difficulties with employer and/or other colleagues and managers; and
- (v) interpersonal and relationship issues, including difficulties with relatives, friends, and work colleagues.

Where there are signs or is established evidence that an applicant may have a psychiatric or psychological disorder, the applicant should be referred for specialist opinion and advice. These signs include but are not limited to the below:

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| – Psychotic disorder | – Neurotic, stress-related or somatoform disorder |
| – Organic mental disorder | – Personality or behavioural disorders |
| – Psychoactive medication | – Disorders due to alcohol or other psychoactive substance(s) use or misuse |
| – Schizophrenia, schizotypal or delusional disorder | – Deliberate self-harm and suicide attempt |
| – Mood disorder | |

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Note: Established evidence should be verifiable information from an identifiable source related to the mental fitness or personality of a particular individual. Sources for this information can be accidents or incidents, problems in training or proficiency checks, behaviour or knowledge relevant to the safe exercise of the privileges of the applicable licence(s).

GM1 MED.B.055 Mental health

Symptoms of concern may include but are not limited to:

- (1) use of alcohol or other psychoactive substances;
- (2) loss of interest/energy;
- (3) eating and weight changes;
- (4) sleeping problems;
- (5) low mood and, if present, any suicidal thoughts;
- (6) family history of psychiatric disorders, particularly suicide;
- (7) anger, agitation or high mood; and
- (8) depersonalisation or loss of control.

The following aspects should be taken into consideration when conducting the mental health examination:

- (1) Appearance;
- (2) Attitude;
- (3) Behaviour;
- (4) Mood;
- (5) Speech;
- (6) Thoughts process and content;
- (7) Perception;
- (8) Cognition;
- (9) Insight; and
- (10) Judgement.

Limitation

A SIC limitation should be imposed in case of a fit assessment. Follow-up and removal of SIC limitation, as necessary, should be determined by the medical assessor of the licensing authority.

Assessment

The assessment should take into consideration if the indication for the treatment, side effects and addiction risks of such treatment and the characteristics of the psychiatric disorder are compatible with flight safety.

EASA regulations – Drug and Alcohol Testing

AMC1 MED.B.055 (d) Psychoactive substance testing

- (1) Drug tests should screen for opioids, cannabinoids, amphetamines, cocaine, hallucinogens and sedative hypnotics. Following a risk assessment performed by the competent authority on the target population, screening tests may include additional drugs.

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- (2) In case of a positive confirmation test, a psychiatric evaluation should be undertaken before a fit assessment may be considered by the medical assessor of the licensing authority.

TM CAD Procedure:

- (i) Applicants with mental or behavioural disorders due to alcohol or other psychoactive substance(s) use or misuse, with or without dependency, should be assessed as unfit.
- (ii) A fit assessment may be considered after a period of two years of documented sobriety or freedom from psychoactive substance use or misuse. At revalidation or renewal, a fit assessment may be considered earlier with an OML. Depending on the individual case, treatment and evaluation may include in-patient treatment of some weeks and inclusion into a support programme followed by ongoing checks, including drug and alcohol testing and reports resulting from the support programme, which may be required indefinitely.
- (iii) Drug and Alcohol testing for Initial Class 1 medicals are to be conducted via **Urine Testing** and only results from a **certified laboratory** by a health authority are acceptable.
- (iv) Drug and Alcohol screening at the ratio of one in every ten medicals, specifically the tenth medical assessment, can be conducting at a certified laboratory or by kit testing (urine only). Kit Testing will be accepted by TM CAD as long as the adequate documentation is provided when requested as explained below.
- (v) The below documentation is to be submitted when requested by TM CAD and upon submission of evidence for the 1 in every 10 drug and alcohol screening Inspection:
 - 1. List of all medical assessments performed for pilots holding or will hold (students undergoing training) a Maltese Part-FCL licence, as per template provided by AMS, highlighting the 10th pilot that underwent Drug and Alcohol screening.
 - 2. Result of Urine from a certified laboratory as specified above, **or**
 - 3 (a) SLA or any other official documentation indicating that KITs used for the screening are provided by an accredited laboratory or Service Provider,
(b) Photo of the expiry date and batch number of the KIT being used
(c) Photo of the KIT test result indicating the name of the pilot that underwent the screening.

NB: Results of all Drug and Alcohol testing and screening is to include all AMC1 MED.B.055 (d) Psychoactive substances.

Aero Medical Section