

	<p style="text-align: center;">TANZANIA CIVIL AVIATION AUTHORITY DIRECTORATE OF SAFETY REGULATIONS AVMED</p>	<p>Revision: 2 Advisory Circular</p>
<p>Document No.: TCAA-AC-SR-MED05B</p>	<p>Title: Health Promotion</p>	<p>Page 1 of 4</p>

1.0 Purpose

1.1 This Advisory Circular (AC) provides guidance for Aviation Medical Examiners (AMEs) and Aviation Medical Assessors (AMAs) to promote health awareness among license holders. Health promotion is essential for addressing factors significantly affecting flight safety, such as physical fitness, lifestyle choices, and medical risk factors.

The AC also encourages the development and implementation of targeted health programs to enhance the overall well-being of license holders.

2.0 References

- 2.1 *The Civil Aviation (Personnel Licensing) Regulations, 2017 as amended*
- 2.2 *ICAO Manual of Civil Aviation Medicine Doc 8984.*
- 2.3 *TCAA Aviation Medicine Protocols.*
- 2.4 *TCAA Aviation Medicine Procedure Manual*

3.0 Guidance and Procedures

3.1 General Information

To advance comprehensive health for the majority of medical certificate applicants, a multi-faceted strategy is being employed. This strategy encompasses three levels: the first two levels involve

- AMEs conducting individual medical assessments and providing structured training, while the third level entails a
- Medical assessor delivering training to operators.

Once the areas of concern are identified, the Aviation Medical Assessor shall periodically share the details with AMEs. This empowers AMEs to tailor their medical examinations to address the identified risks on a case-by-case basis, through both individual interactions with applicants and organized meetings.

On various occasions, the Medical Assessor shall collaborate with operators to provide training that precisely targets the identified areas. The objective is to ensure that applicants surpass the disqualifying thresholds and attain a significantly enhanced overall condition.

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3.2 Health Promotion Programs Indicated

3.2.1 Medical Assessment at AME premises

This aspect of health promotion holds immense importance as it encompasses every individual applying for a medical certificate, even those who haven't taken part in the structured training provided by either AME or AMA. Its objective is to cater to their unique challenges by offering tailored health promotion initiatives.

The initiative involves a focused health promotion program at an individual level, considering the applicant's medical history and the results of the physical examination. The AME shall conduct a thorough assessment of the applicant's health, identifying areas that haven't received adequate attention, and collaboratively develop a plan with the applicant.

Both the AME and the applicant shall work together to set specific achievement targets, which the AME must document for future reference. The AME shall strive to facilitate an open dialogue to ensure the applicant is well-informed and actively engaged in setting their own health promotion goals.

By engaging the applicant in this process, they will have a sense of ownership over the program and can devise their own strategies to meet the agreed-upon objectives.

3.2.2 Trainings organized by AME to Operators

Generally, this training session shall be conducted over a single day and is arranged in collaboration between the Operator or a group of applicants and the AME. Various instructional materials may be used, with a preference for PowerPoint slides.

While both applicants and non-applicants may be allowed to attend, a higher emphasis is placed on the applicants as they are the main focus.

Attendance at these trainings must be recorded and shared meticulously with the Medical Assessor for maintaining accurate records.

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<p>Document No.: TCAA-AC-SR-MED05B</p>	<p>Title: Health Promotion</p>	<p>Page 3 of 4</p>

Acknowledging that many attendees may have limited medical understanding, it's recommended to use uncomplicated language and ensure presentations are concise. This approach allows ample time for meaningful discussions.

3.2.3 Trainings organized by AMA to Operators

This training, similar to the one organized by AMEs, shall be conducted by the Medical Assessor but is limited to a select number of operators.

It's important to highlight that Medical Assessors, given their substantial workload at the Authority, may not have the same availability to conduct these trainings as AMEs. Thus, there is a strong encouragement for AMEs to spearhead the majority of these training sessions.

However, Medical Assessors can be invited to participate in trainings organized by AMEs, fostering a collaborative synergy that greatly benefits the medical applicants.

Just like AMEs, Medical Assessors shall also keep detailed attendance records for these training sessions."

3.2.4 Training involving AME/AMA in any other Relevant Premises

When presented with occasions to speak to the public about medical subjects, both AMEs and AMAs shall make the most of these valuable opportunities to stress the significance of health promotion, particularly for applicants seeking medical certificates.

Additionally, these occurrences shall be recorded and shared with the Medical Assessor for the purpose of maintaining records.

3.2.5 Involvement of Other Relevant Parties in Trainings

AMEs and AMAs have the option to engage additional pertinent stakeholders, such as specialized subject matter experts like Medical Specialists, to contribute their expertise and enhance the health promotion program. Additionally, applicants with a commendable track record such as those who were previously diagnosed to have medical conditions and subsequently cleared for flying, can join the team, serving as motivators for their peers and thereby enhancing the program's impact.

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<p>Document No.: TCAA-AC-SR-MED05B</p>	<p>Title: Health Promotion</p>	<p>Page 4 of 4</p>

3.3 Analysis Of Medical Incapacitations

3.3.1 The Medical Assessor shall utilize the medical assessment reports submitted by AMEs. Quarterly, the findings and results shall be communicated to the AMEs and get the appropriate topics for health promotion. This information exchange is intended to pinpoint areas with increased risks, allowing for timely interventions

3.3.2 Moreover, this analysis shall extend to incapacitation events resulting in accidents or incidents. The medical assessor shall pay particular attention to these events in their quarterly reports, underscoring their importance and implications

3.4 Verification Of Presentation Materials

3.4.1 Before utilizing any teaching aids for public presentations, AMEs shall provide them to the Medical Assessor for review. This step guarantees that the materials appropriately cover and align with the relevant medical issues and subjects identified in the recent analysis of medical reports.

3.4.2 Nonetheless, if the teaching aid has been obtained from the Medical Assessor or has previously been vetted by the medical assessor, there is no requirement for the AME to share it again.

3.5 Documentation Of Programs Conducted

3.5.1 The Medical Assessor shall be the custodian for all health promotion initiatives that have taken place. This role involves maintaining thorough documentation, such as attendance records, authorized teaching materials, analysis of medical reports, and records of medical incapacitations. These records shall be stored and overseen by the Medical Assessor.



Director of Safety Regulation