

# The National FAA Safety Team Presents

## Topic of the Month - October Pilots and Medications

Presented to: **Carrabelle Flying Club (CFC) X-13**  
By: **Bruce Graham, FFAST Rep KAAF/X13**  
Date: **16 Oct 2021**

**Produced by AFS-850**  
**The FAA Safety Team (FAASTeam)**



**Federal Aviation  
Administration**



# Welcome

- Exits – Can't miss it!
- Restrooms
- Emergency Evacuation
- Breaks - nope, none....
- Thanks CFC for having me!
- Phones - silent or off, Pls
- Other information

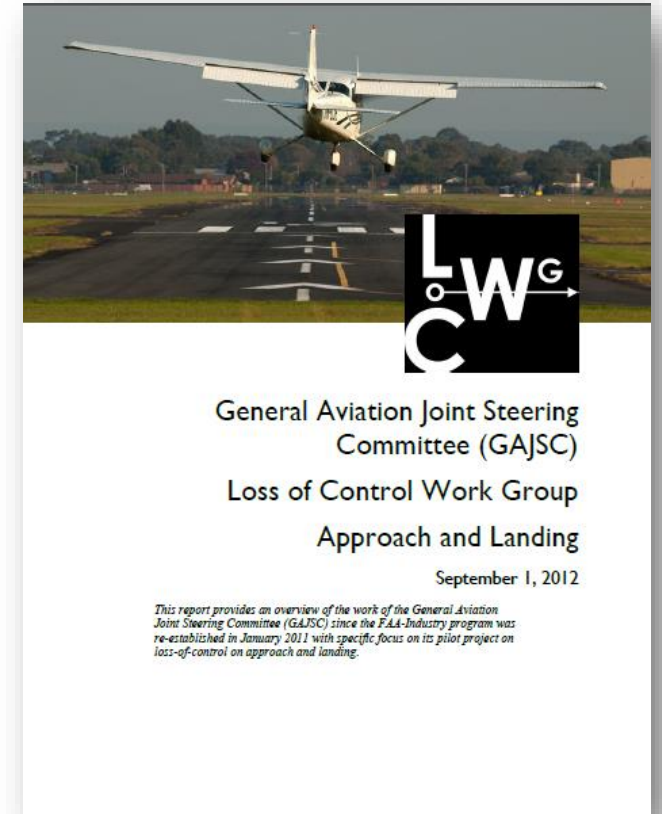


# New X13 Gate Guard



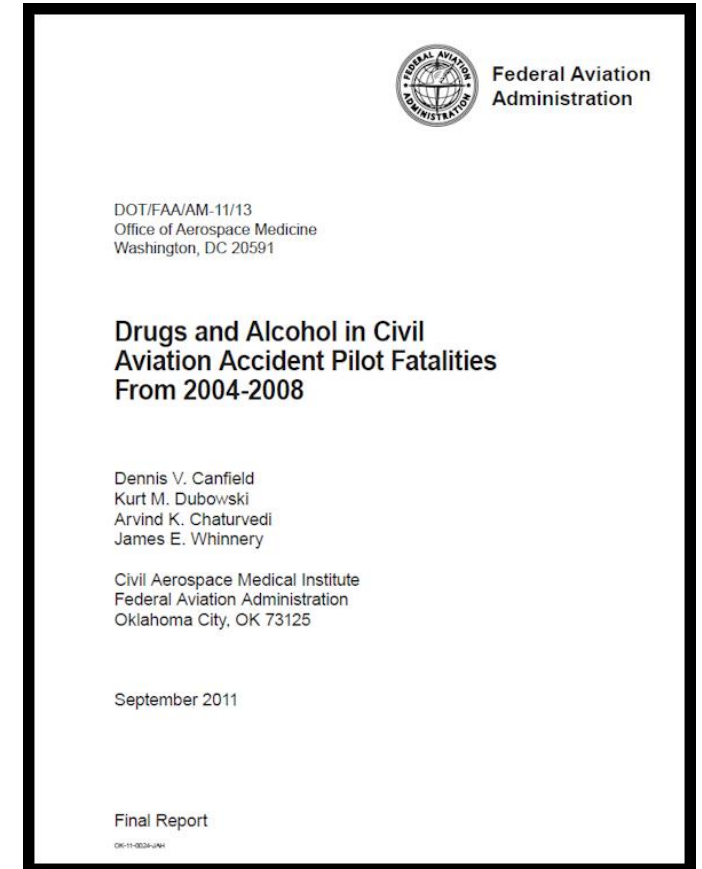
# Overview

- **General Aviation Joint Steering Committee (GAJSC) & FAA Accident Study Findings**
- **Flying and Medications**
- **Drug/Medication Combinations**
- **Tips and Case Study**



# FAA Findings

- **In a 2011 FAA study involving fatal pilots**
  - 570 out of 1,353 pilots tested positive for medications/drugs.
  - 511 of the 570 (90%), were flying under CFR Part 91.
- **Extent of Impairment – Undetermined**
  - But cause for concern





# What's the Problem

- **Not easy to determine extent of impairment**
  - Different medication effects for different people
  - Post-mortem redistribution and sample type
- **Don't know about pilot's condition**
  - Pre-existing medical condition requiring medication
- **AME not consulted?**
- **Drug interactions**



# Federal Drug Labeling Standards

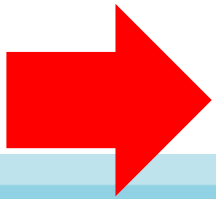
**Provide information for:**

**Patients**

**Healthcare professionals**

**Both**

**It Depends**



# OTC Medication Labeling

- Read the label
- Labeling Standards
  - Directed to medication users
  - In non-technical language

**WHAT'S ON THE NEW LABEL**

All nonprescription, over-the-counter (OTC) medicine labels have detailed usage and warning information so consumers can properly choose and use the products.

Below is an example of what the new OTC medicine label looks like.

The diagram shows a white blister pack of tablets with a yellow label. Red dotted lines connect callout boxes to specific sections of the label. The callouts are: **ACTIVE INGREDIENT** (points to the top section), **USES** (points to the 'Uses' section), **WARNINGS** (points to the 'Warnings' section), **INACTIVE INGREDIENTS** (points to the bottom section), **PURPOSE** (points to the 'Purpose' section), **DIRECTIONS** (points to the 'Directions' section), and **OTHER INFORMATION** (points to the 'Other information' section).

**ACTIVE INGREDIENT**  
Therapeutic substance in product; amount of active ingredient per unit

**USES**  
Symptoms or diseases the product will treat or prevent

**WARNINGS**  
When not to use the product; conditions that may require advice from a doctor before taking the product; possible interactions or side effects; when to stop taking the product and when to contact a doctor; if you are pregnant or breastfeeding, seek guidance from a health care professional; keep product out of children's reach

**INACTIVE INGREDIENTS**  
Substances such as colors or flavors

**PURPOSE**  
Product action or category (such as an antihistamine, antacid, or cough suppressant)

**DIRECTIONS**  
Specific age categories, how much to take, how to take, and how often and how long to take

**OTHER INFORMATION**  
How to store the product properly and required information about certain ingredients (such as the amount of calcium, potassium, or sodium the product contains)

*The new Drug Facts labeling requirements do not apply to dietary supplements, which are regulated as food products, and are labeled with a Supplement Facts panel.*



# OTC Medication Labeling

- Read the label
  - Active Ingredient(s)
  - Purpose
  - Uses
  - Warnings
  - Directions

<b>Drug Facts</b>	
<b>Active ingredient (in each tablet)</b>	<b>Purpose</b>
Chlorpheniramine maleate 2 mg.....	Antihistamine
<b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
<b>Warnings</b> Ask a doctor before use if you have ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives When using this product ■ drowsiness may occur ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
<b>Directions</b>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

<b>Drug Facts (continued)</b>	
<b>Other information</b> ■ store at 20-25°C (68-77°F) ■ protect from excessive moisture	
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	



# Sleep Aids & Cough Medications

- **Both likely to contain antihistamines which may cause drowsiness or sedation**
  - “Hang Over” effect
  - Side effects may last several days
- **Short term use only**



# How long must I wait?

- **FAA recommends waiting five times the dosage interval.**
  - Particularly true for any medication causing drowsiness.
- **Four times per day = 6-hour intervals**
  - $5 \times 6 = 30$  hours



# Prescription Medications

- **May recommend not operating a motor vehicle**
  - Includes cars, airplanes, boats, etc.
- **May be prescribed individually**
  - Perhaps by different Healthcare Providers
  - Interactions may not be addressed or unknown
- **Prescription drug labeling**
  - Directed to Healthcare Provider

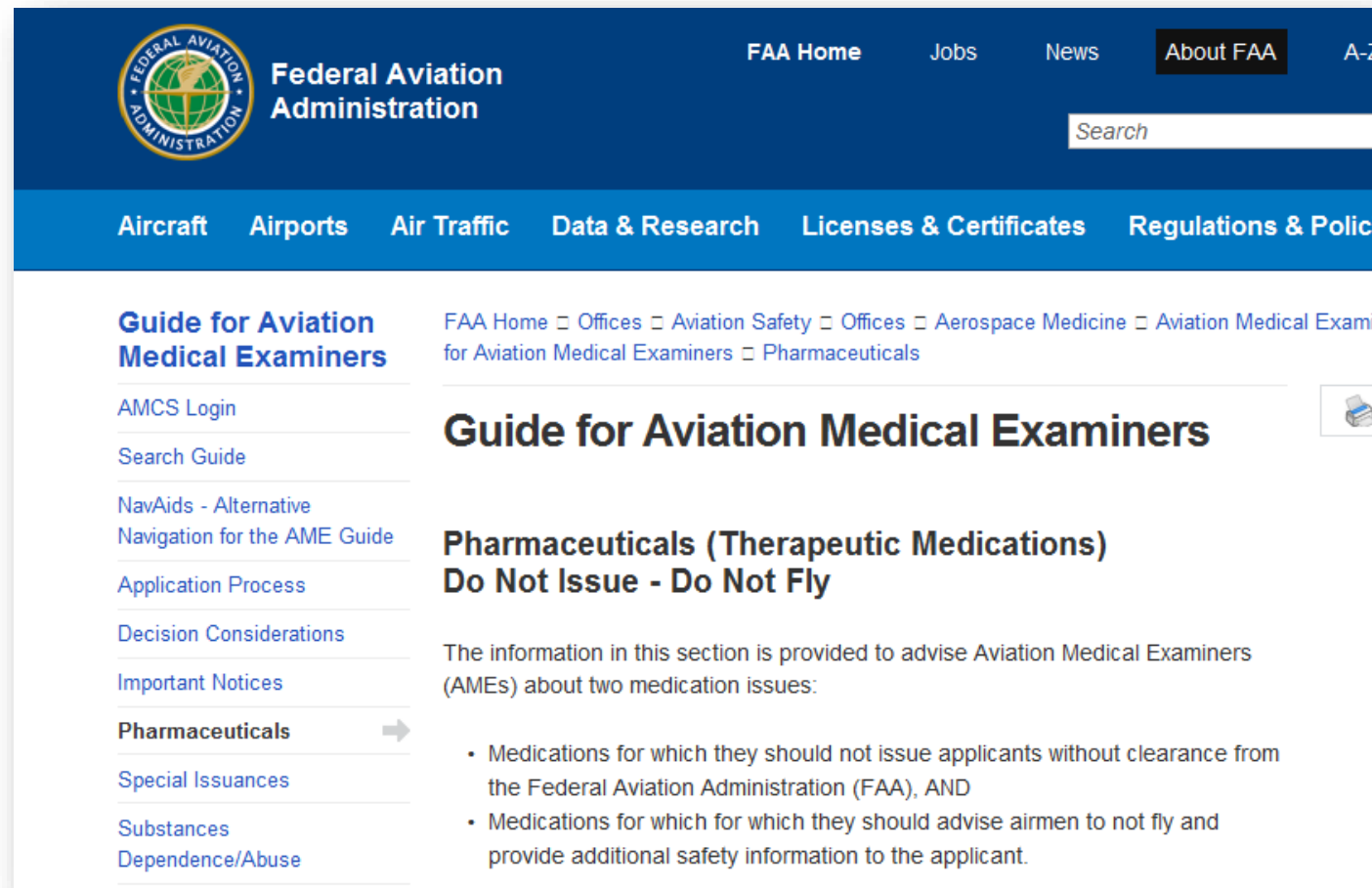



# Prescription Drug Labeling

- Known by several names including:  
“prescribing information” or  
“package insert”
- Intended for Healthcare providers,  
but available to anyone
  - May be several pages long in very small print
  - Very technical language



# Do not issue - Do not fly



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**Guide for Aviation Medical Examiners**

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NavAids - Alternative Navigation for the AME Guide

Application Process

Decision Considerations

Important Notices

**Pharmaceuticals** →

Special Issuances

Substances

Dependence/Abuse

FAA Home ▢ Offices ▢ Aviation Safety ▢ Offices ▢ Aerospace Medicine ▢ Aviation Medical Examiners ▢ Pharmaceuticals

## Guide for Aviation Medical Examiners

### Pharmaceuticals (Therapeutic Medications) Do Not Issue - Do Not Fly

The information in this section is provided to advise Aviation Medical Examiners (AMEs) about two medication issues:

- Medications for which they should not issue applicants without clearance from the Federal Aviation Administration (FAA), AND
- Medications for which for which they should advise airmen to not fly and provide additional safety information to the applicant.





# Combining Medications

- **Prescriptions with Prescriptions**
  - Does the Prescribing Provider know you fly?
  - Does your AME know about all the medications you take and conditions you have?
- **Prescriptions with OTC**
  - Consult your AME and/or Regional Flight Surgeon
  - and/or consult your Pharmacist



# FAA Clarifies Marijuana and CBD Policy

- Positive tests of THC disqualify certain certifications even if it is a trace from CBD products.
- Cannabis remains illegal at the Federal level and US DOT continues to test for THC presence.
- Commercial CBD products, not approved by the FDA, may be mislabeled and contain detectable levels of THC.
- CBD oil is not accepted as an affirmative defense against a positive drug test.



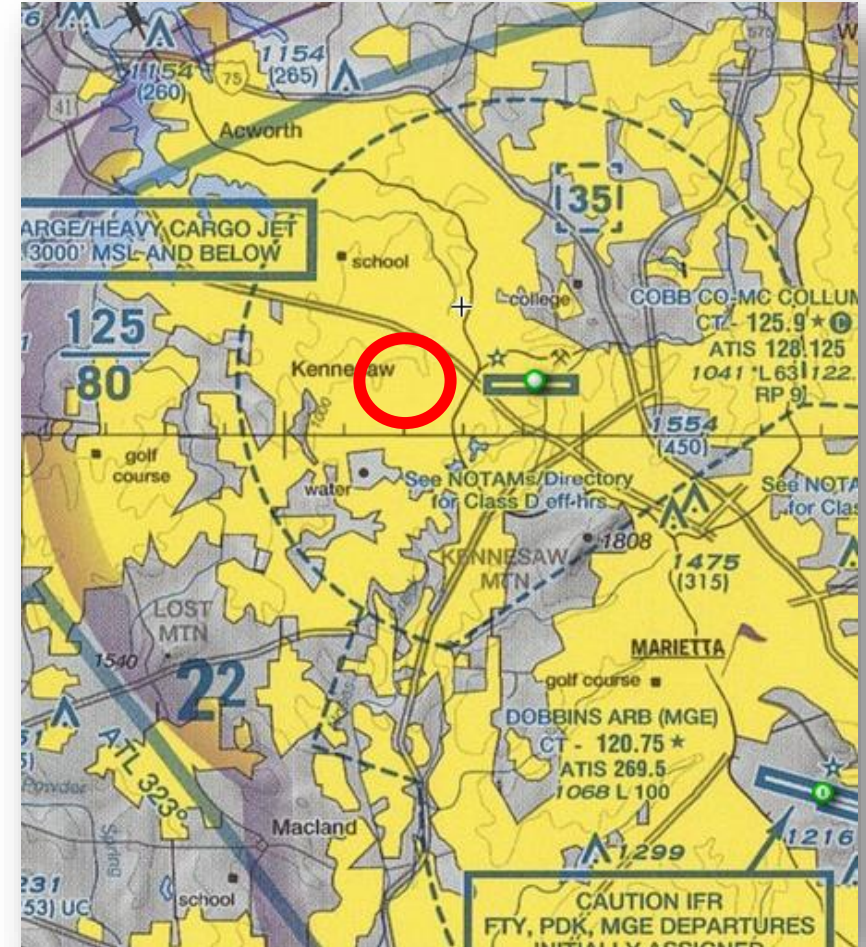
# LOC Case Study

- **Pilot**
  - Private Pilot
  - Total Time .....975
  - Time in type ....44
- **Aircraft**
  - TBM 700
- **NTSB Number**
  - MIA08FA141



# LOC Case Study

- enVironment
  - Cobb County Field, GA (KRYY)
  - Runway 9/27 1078 MSL 6311x100'
  - Final Approach to Runway 9
  - Weather
    - 5,500 BKN, 10 SM
    - Wind 120@6







# LOC Case Study

- **Toxicology Findings**

- Alfuzosin
  - Prostate
- Bisoprolol\*
  - Blood pressure
- Ezetimibe/Simvastatin\*
  - Cholesterol
- Quinine
  - Unapproved use for Arthritis, Night Leg Cramps
- Tramadol
  - For moderate to severe pain

**\*Known to AME and FAA**





# Tips

- **Consult your AME before flying while using prescription and/or OTC Drugs.**
- **Make sure your AME knows about all the drugs you take and the medical conditions requiring their use.**
- **Let your prescribing doctor know that you are a pilot**
- **Ask about adverse effects associated with drug combinations.**
- **In between doctor visits you're self assessing your condition before each flight. Ground yourself when you're not fit to fly.**



# Questions?

- **Special Thanks to:**
  - Jon M. Grazer, MD
  - William J. Tsai, MD
  - G. J. Salazar, MD, MPH
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# Have you earned your *WINGS*?

- **Proficient Pilots are:**
  - Confident
  - Capable
  - Safe
- ***WINGS*** will keep you on top of your game



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# The Paul & Fran Burger 2019 WINGS \$10,000 Sweepstakes

This screenshot shows the 'WINGS Sweepstakes Pilot Entry Form'. The form is set against a background with a repeating pattern of the FAA logo. The form fields include: Pilot Name, Primary Email address, Email Registered on faasafety.gov, WINGS Phase Completed (a dropdown menu), and Date Completed. A 'Submit' button is at the bottom of the form. Below the form, a note states: 'Please refer to the Rules for entry before submitting. (Deadline for entry December 31, 2018)'.

***Complete WINGS Phases and WIN Cash Awards!***

**<http://www.mywingsinitiative.org/>**



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# How To Win – It's Easy

- Whenever you complete a *WINGS* phase, select *WINGS* Sweepstakes on the Team Member Award section of your My *WINGS* page
- Or Visit [www.mywingsinitiative.org](http://www.mywingsinitiative.org) & click on “Sweepstakes Entry”
- Complete the form, get chances to win one of 10 cash prizes!

***Four \$1,500, Four \$750, Two \$500 Winners***



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# Proficiency and Peace of Mind

- Fly regularly with your CFI
- Perfect Practice
- Document in *WINGS*





# Thank you for attending

- You are vital members of our GA safety community



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