

## Alternative Method to the General Medical Examination

Routine examinations that could safely be deferred unless clinical concerns

- Please list any routine examinations that have been deferred on the Medical Assessment Report (MAR)
- Deferred routine examinations that are required within the duration of the certificate must be imposed by way of a condition of surveillance on the medical certificate

Routine examinations	Status	Action
ECG	<ul style="list-style-type: none"> <li>• No history of cardiovascular disease &amp; age under 65 and 5-year CV risk estimate &lt; 10%</li> <li>• History of stable cardiovascular disease and/or age over 65</li> <li>• 5-year CV risk estimate &gt;10% or history of cardiovascular disease that may have progressed or relapsed since last application</li> </ul>	<p>→ Defer ECG to next application</p> <p>→ Defer ECG for no more than three months</p> <p>→ Alternative method generally not acceptable. Discuss with CAA Medical Unit</p>
Blood lipids	<ul style="list-style-type: none"> <li>• No diagnosis of coronary or other significant cardiac disease</li> <li>• History of coronary artery disease</li> </ul>	<p>→ Defer to next application &amp; use last available results for cardiovascular risk estimation</p> <p>→ Alternative method generally not acceptable. Discuss with CAA Medical Unit</p>
HBA1c	<ul style="list-style-type: none"> <li>• No diagnosis of diabetes</li> <li>• History indicates controlled and stable non-insulin treated diabetes</li> <li>• Unstable non-insulin treated diabetes; or Insulin treated diabetes</li> </ul>	<p>→ Defer testing to next application &amp; use last available results for cardiovascular risk estimation</p> <p>→ Defer testing for no more than three months</p> <p>→ Alternative method generally not acceptable. Discuss with CAA Medical Unit</p>
CV Risk Estimate	<ul style="list-style-type: none"> <li>• If previous 5-year CV risk estimate &lt; 10% based on last data</li> <li>• If previous or new 5-year CV risk estimate &gt; 10% based on last data</li> </ul>	<p>→ Use most recent data for estimating 5-year risk</p> <p>→ Alternative method generally not acceptable. Discuss with CAA Medical Unit</p>

Routine examinations	Status	Action
Special Eye report	<ul style="list-style-type: none"> <li>• No eye disease or stable treated eye condition; and last GME and / or Special Eye report documented that vision met the CAA standards (corrected or uncorrected)</li> <li>• New visual symptoms or eye condition; or progressive / unstable eye condition</li> </ul>	<p>→ Defer testing to next application</p> <p>→ Discuss with CAA Medical Unit</p>
Audiometry	<ul style="list-style-type: none"> <li>• Previously normal audiogram</li> <li>• Stable hearing loss within CAA standards</li> <li>• History of stable hearing loss (aided or unaided) last meeting the medical manual guideline</li> <li>• New onset of hearing loss; or hearing loss not meeting the medical manual guideline</li> </ul>	<p>→ Defer testing to next application</p> <p>→ Defer testing to next application</p> <p>→ Defer testing to next application</p> <p>→ Discuss with CAA Medical Unit</p>
Spirometry	<ul style="list-style-type: none"> <li>• No respiratory disease but history of smoking</li> <li>• Stable respiratory disease on history and previously acceptable spirometry</li> <li>• New onset respiratory disease; or unstable respiratory disease (i.e.) interim acute respiratory episode (i.e. acute asthma); or previous borderline spirometry</li> </ul>	<p>→ Defer testing to next application</p> <p>→ Defer testing to next application</p> <p>→ Discuss with CAA Medical Unit</p>
Other reports, Specialist reports	<ul style="list-style-type: none"> <li>• Cancer, rheumatological conditions, mental health etc.</li> </ul>	<p>→ Defer for no more than three months, if stable on history.</p>