State of California

Arnold Schwarzenegger, Governor

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PILOT FITNESS COMMITTEE MEETING
October 6, 2010
MINUTES

The Board of Pilot Commissioners Pilot Fitness Committee met October 6, 2010 at 1:00 p.m. at the Board of Pilot Commissioners office, Pier 9, Suite 102, San Francisco, California.

Commissioner Roberts called the meeting to order at 1:08 p.m. In attendance were Commissioner Roberts, presiding, Committee members Brigadier General Chester Ward, MD, MPH, and Barbara Price. Members of the public present were Dr. Robert Kosnik of the University of California, San Francisco Medical School, Port Agent Peter McIsaac, Executive Director of the American Pilots Association Paul Kurtchner, Assistant direct of the American Pilots Association Clay Diamond, Counsel Ray Paetzold and Staff Services Analyst, Brian Vu.

1. **Approval of Minutes from September 21, 2010.**

   Commissioner Roberts moved to approve the September 21, 2010. General Ward seconded and it passed by unanimous voice vote.

2. **Status report of the study work plan as outlined within the contract with UC San Francisco. Determine UCSF's ability to complete study before contract expiration. Discuss benefits of extending contract one calendar year.**

   There was no new discussion. As per previous meeting's mandate, the contract has been extended with a no cost extension until September 30, 2011.

3. **Review current Board and USCG standards of physical and mental fitness for pilots, inland pilots and pilot trainees/applicants for pilot trainee training program; develop recommendations for amendments to board's standards.**

4. **Review current procedures for determining fitness for duty, appeal procedures (7 CCR 217); develop recommendations for amending or supplementing same.**

5. **Develop recommendations for the establishment of a medical review officer to provide advice on pilot fitness matters, review fitness determinations and ensure consistency in resolving fitness-related issues.**
6. **Review state of the art in assessing mental acuity and fitness and in identifying degradation of performance due to gradual loss of situational awareness or judgment; develop recommendations as warranted.**

Note: The recommendations that follow are in response to agenda items #3 through #6

Dr. Kosnik reviewed the updated recommendations in his Pilot Fitness Study in regards to the transition from Seafarers Health Improvement Program (SHIP) to Navigation and Vessel Circular (NVIC) 04-08, a procedure that provides guidance for evaluating the physical and medical conditions of applicants for merchant marine documents. It also assists medical practitioners in evaluating the mariner's physical and medical status to meet the requirements.

Recommendation #1: The Board of Pilot Commissioners replace the Seafarers health Improvement Program (SHIP) Committee guidelines with the NVIC 04-08 Medical Standards as guidance to the physician performing a medical examination to determine his/her mental and physical health, and fitness for duty as a pilot, inland pilot or pilot trainee in regulation sec. 217 medical Examination (a)(1).

Recommendation #2: The Board of Pilot Commissioners adds language to sec. 217 Medical Examinations to establish that the designated physician who determines the mental and physical health and fitness for duty as a pilot, inland pilot or pilot trainee have the following qualifications:

- Licensed by a California Medical Board
- At least 5 years of experience in general occupational medicine or maritime occupational medicine
- Has accompanied a bar pilot on at least one trip, once per contract period.

Recommendation #3: The Board of Pilot Commissioners adds language to sec. 217 Medical Examination (a)(1) to keep a copy of the following on file in the Board office and to provide these same documents to the medical examiners:

- The current version of the NVIC medical standards and the application for medical certification by the National Mariners Center (CG-719K)
- The current §217 Medical Examination regulations and any associated BOPC procedures on fitness for duty status used in §217 Medical Examination (c)(1)(A), (c)(1)(B) and (c)(1)(C).

Recommendation #4: The Board of Pilot Commissioners amends sec. 217 Medical Examination (a)(1) to require pilots, inland pilots and pilot trainees to provide an updated fitness for duty status from a medical examiner after each of the following:

1. The entry into a training program
2. The issuance of the original license
3. The renewal of a license
4. The addition or change of a medication listed in NVIC 04-08
5. The onset of a new medical condition listed in NVIC 04-08
6. Any change in a current medical condition which results in a decrease in function
7. The return to duty after a medical disability

Recommendation #5: The Board of Pilot Commissioners amend §217 Medical Examination (c)(1) to require pilots, inland pilots a pilot trainees to provide a copy of the Coast Guard form CG- 719K and any information in support of a Coast Guard waiver, and the result of the NMC decision on a waiver as substantiation of the medication, medical condition, and physical examination of the bar pilots to a Medical Review Officer after each of the occasions listed in Recommendation #4.

Recommendation #6: The Board of Pilot Commissioners amend §217 Medical Examination to include a review of the information CG- 719K and information supporting a waiver by a Medical Review Officer who will review the information and provide a statement of confirmation.

Recommendation #7: The Board of Pilot Commissioners amend §217 Medical Examination to undertake to test pilot agility which simulates the embarkation and disembarkation prior to hire, prior to return to work after an accident or illness which affects the musculoskeletal system, annually, and as directed by the examining physician or the Medical Review Officer.

Recommendation #8: The Board of Pilot Commissioners amend §217 Medical Examination undertakes to test pilots through evaluation of general cognitive function with a focus on the, relative motion, situational awareness and memory. The Medical Review Officer will provide guidance on tests used to evaluate cognitive function. It should be recognized that testing for the cognitive requirements may need to be developed from existing psychological tests and from research.

Recommendation #9: The Board of Pilot Commissioners amend §217 Medical Examination include a second designated physician termed a Medical Review Officer who will review the medical information of the first designated physician, issue a
statement of confirmation of fitness for duty, and undertake a systematic monitoring, evaluation and, when needed recommend improvements, of the medical examination process to ensure that the medical standards of the BOPC are being met.

Recommendation #10: The Board of Pilot Commissioners amends §217 Medical Examination to establish that the Medical Review Officer has the following qualifications:

- licensed by the California Medical Board
- Board Certified in Occupational Medicine by the
- American Board of Preventive Medicine
- at least 10 years of experience in occupational medicine
- ideally, experience with biomedical surveillance of groups of workers, and
- has accompanied a bar pilot on at least one trip, once per contract period

Recommendation #11: The Board of Pilot Commissioners seeks to procure all of their medical service and testing requirements from one medical facility.

8. Planning agenda for next committee meeting.

The committee revised the date of the next meeting to November 8 2010 at 9:30 a.m. at the Board of Pilot Commissioner's office.

9. Adjournment

The meeting was recessed at 3:52 p.m.

Respectfully Submitted,

Brian Vu

Brian Vu
Staff Services Analyst