# International Operator’s Best Practice Medical Checklist

## Pre-Trip Planning
- Establish protocol for unexpected medical incident in SMS & ERP
- Engage 24/7 ground-based medical company for telemedicine assistance
- Research general health information for destination
- Obtain current aviation medical travel briefings
- Arrange Trip Watch for at-risk passengers
- Assess travel risks for medical threats
- Sign up for email updated alerts during trip
- Identify & obtain needed immunizations (carry personal records)
- Review medical insurance policy for international coverage
- Equip & maintain medical equipment onboard:
  - Medical kits for treating allergies, infections, cardiac, burns, cuts, asthma, motion sickness, dehydration, gastrointestinal issues
  - Pediatric medical kit for younger passengers (0 to 12-year old pax)
  - Automated External Defibrillator (AED)
  - Remote telemedicine device to transmit vital signs to medical provider
- Complete annual flight crew scenario-based aviation-specific medical training (CPR/AED)
- Enter emergency phone contact information in cell phones
- Post ground based assistance provider’s phone number in aircraft
- Download aviation app to iPads and iPhones - MedAire Trip Ready
- Consider crew Fitness for Duty concerns - Medical, Psychological, Fatigue, Drugs/Alcohol & Nutritional
- Carry personal prescribed medications in original packaging
- Conduct practice drill for medical emergencies in aircraft
- Understand scope of medical services and providers

## In-Flight Medical Emergency
- Follow established protocols for medical emergency
- Assess situation using skills learned & practiced during crew medical training
- Contact medical provider for advice
- Retrieve medical kits and defibrillator, as needed
- Aid ill passenger or crewmember, as directed by medical support
- Coordinate arrangements with provider, if diversion is recommended
- Use best practices for food handling to prevent illness
- Wash your hands to avoid sharing germs
- Document activities, when time allows

## At Destination Medical Emergency
- Follow established protocols for medical emergency
- Take preventative action and call early when symptoms begin
- Know how to get medical assistance 24/7
- Assume personal medical safety - wear seat belts, use caution experimenting with foreign foods
- Prevent mosquito bites - to reduce risk use an effective insect repellent (i.e. DEET)
- Establish Guarantee of Payment for treatment
- Request prescription replacement coordination - referral for medical or dental appointment
- Wash your hands to avoid sharing germs
- Develop awareness of cultural differences of medical facilities: 24/7 availability, limited X-rays, testing, foreign language translation - possible overcrowding - local folk-lore remedies

## Post-Trip Follow-Up
- Contact your personal physician for any medical concerns experienced during trip
- Monitor your health for two to three weeks
- Seek medical attention if new symptoms develop and advise your doctor of your travel history