

# INTERNATIONAL OPERATOR'S BEST PRACTICE MEDICAL CHECKLIST

<b>PRE - TRIP PLANNING</b>	
	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:
	<ul style="list-style-type: none"> <li>➤ Medical kits for treating allergies, infections, cardiac, burns, cuts, asthma, motion sickness, dehydration, gastrointestinal issues</li> <li>➤ Pediatric medical kit for younger passengers (0 to 12-year old pax)</li> <li>➤ Automated External Defibrillator (AED)</li> <li>➤ Remote telemedicine device to transmit vital signs to medical provider</li> </ul>
	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 - <i>MedAire Trip Ready</i>
	Consider crew Fitness for Duty concerns- <i>Medical, Psychological, Fatigue, Drugs/Alcohol &amp; Nutritional</i>
	Carry personal prescribed medications in original packaging
	Conduct practice drill for medical emergencies in aircraft
	Understand scope of medical services and providers
<b>IN - FLIGHT MEDICAL EMERGENCY</b>	
	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
<b>AT DESTINATION MEDICAL EMERGENCY</b>	
	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: <i>24/7 availability, limited X-rays, testing, foreign language translation - possible overcrowding - local folk-lore remedies</i>
<b>POST - TRIP FOLLOW-UP</b>	
	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

