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Dear Colleagues

Information for Psychiatrists assessing aviation personnel

The Medical Department of SACAA often receives insufficient information from Psychiatrists assessing aviation personnel who are required to comply with Mood Disorder Protocol. This causes unnecessary delays in making a decision regarding the fitness of aviation personnel.

Upon submitting reports kindly ensure the following information is included:

1. Personal information (background information, including work history / experience, marital status etc.)
2. Main complaint and history of main complaint (list dates); name and describe possible stressors
3. Previous psychiatric history including previous treatment
4. History of substance use / abuse / dependence
5. Any comorbidity
6. Family history of psychiatric treatment
7. Medical history
8. All medications used / on at present
9. Special investigations done
10. Mental status evaluation, including rating scales, e.g. Hamilton D scale (this has to be done)
11. Diagnosis of present complaint
12. Treatment of main complaint
 - a. Medication: name, dose prescribed, duration of treatment, side effects
 - b. Psychotherapy: type, qualifications of psychotherapist, e.g. clinical psychologist, frequency, duration
 - c. Other treatments
13. Compliance with treatment
14. Response to treatment, any residual symptoms; Hamilton D scale done at first consultation and at follow up; any other rating scales done
15. Course of illness if not covered under point 13
16. Risk assessment (suicide, homicide)
17. Length of symptom-free period
18. Have stressors been resolved?
19. Plans in place to detect relapse, e.g. if the problem is one of substance abuse.

Should you have queries, please contact our office.

Yours Faithfully

Dr. Lesego Bogatsu

SM: Aviation Medical Department