**GUIDANCE TO THE PHYSICIAN**

\* Conditions involving in air travel:

Civil aircraft fly at an altitude of 7.000-12.000 meters through the stratosphere at almost the speed of sound 900km per hour. At high altitude where barometric pressure is much lower than on the ground, aircraft cabin is mechanically pressurized during the flight. The cabin air pressure during the cruise is maintained at equivalent to that of 1.500-2.000 meters height mountain top. Particularly, cabin air pressure changes greatly during 15-30 minutes after take off and before landing. Therefore, it should be noted, in diagnosing the incapacitated passengers, that the following conditions will be produced in aircraft cabin:

1. Comparative low pressure in the aircraft cabin: as air pressure become lower, internal gas in human body expands. The gas trapped in the body and which does not get discharged expands during the flight. This may put pressure on affected parts or internal organs and may cause pain and/or breathing difficulty.

2. Comparative low oxygen concentration: Passengers (patients) having problem with respiratory organs, heart, cerebral blood vessel and serious anemia will be influenced by decreasing oxygen concentration in the high altitude. Also women in the late stage ofpregnancy and new born babies may be affected.

3. Light turbulence (could cause uneasy felling)

4. The safety and control of other passengers to be considered.

5. In spite of the foregoing, the fact that in some occasions, the passenger may have to be carried when the saving of the passenger’s life is involved.

\* Guiding principles in deciding whether or not a person is physically and mentally fit to travel by air:

Persons under following conditions are generally considered unfit for air travel on Vietnam Airlines:

1. Those suffering from severe and critical heart disease: e.g. severely decompensated cardiac failure, cyanotic conditions or myocardial infraction (those who had an attack within the past 6 weeks are not acceptable even if the infraction was minimal).

2. Those suffering from severe disease or lesion of respiratory organs, which cause severe dyspnea, those patients with entrapped gas such as a recent spontaneous pneumothorax or who may has residual air in nerve system after medical examination such as encephalopneumography or ventriculography; deep sea divers are not acceptable for air travel within 24-48 hours of a deep dive or working in scuba room.

3. Those with lesions that may cause reiterate hemoptysis, hematemesis, melena, vomiting or severe groaning.

4. Those with cerebral apoplexy (those who had an attack within pas 4 weeks are not acceptable).

5. Those with large mediastinal tumors, extremely large unsupported hernias, intestinal obstruction.

6. Those with cranial diseases, cephalic lesions resulted in increased intracranial pressure, fracture of the skull and those with recent fracture of the mandible with permanent wiring of the jaw.

7. Those who have severe anaemia with Hemoglobin level less than 8g/dl.

8. Those suffering from severe otitis media and sinusitis with blockage of the Eustachian tube.

9. Those who have not completely recovered from surgery (because of insufficient time for the wounds to close) of head, chest or abdomen: within 10 days of simple abdominal operations and 21 days of chest surgery; or women in the immediate afterbirth.

10. Person obviously under the influence of alcohol, drugs or other narcotics; those mentally ill and medical condition is unstable, who may be hazardous to others and/or to themselves.

11. Recent cases of poliomyelitis at any time unless special arrangements are made with the carrier.

12. Person with skin diseases that are contagious or repulsive in appearance or smell that may cause discomfort to other passenger.

13. Persons who are suspected or suffering from infectious diseases: e.g. cholera, dysentery, typhoid fever, paratyphoid fever, eruptive typhoid, smallpox, scarlet fever, diphtheria, plaque, epidemic meoningoencephalitis, Japanese encephalitis, active tuberculosis (infectious) or any other epidemic infections or any contagious diseases are not acceptable for air travel.

14. Infant within 14 days op birth.

15. Pregnant women beyond the thirty-second week.

\* Note: However, with a particular case, if the medical condition or the state of health of the person is considered stable and the attending/examining physician certifies the person fit for air travel with prognosis and escorted by an attending physician who is responsible for take care patient, he/she may be assessed by the airline for acceptation for air travel