



NEWSLETTER OF THE

5th European Congress of Aerospace Medicine



A joint meeting of the European Society of Aerospace Medicine, Aerospace Medical Association and the Norwegian Association of Aviation Medicine

**Oslo, Norway
15 to 18 September 2016**

Nr. 1 August 2015

NAAM WELCOMES YOU TO OSLO!

It is a great pleasure for the Norwegian Association to welcome you to this joint conference arranged by the three organisations: European Society of Aerospace Medicine (ESAM), Aerospace Medical Association (AsMA) and the Norwegian Association of Aviation Medicine (NAAM).

The 5th European Congress of Aerospace Medicine will also be the first congress co-arranged by Association of Aerospace Medicine outside North America! It is a great honour for us to host this great event that will take place in Oslo in the autumn of 2016. This part of the year is normally very nice as this picture below from Bogstadvannet illustrates!



The venue will take place at the spectacular Holmenkollen Park Hotel close to the famous ski jump Holmenkollen!

We are all invited by the Mayor of Oslo to the Town Hall for a reception at Thursday evening! A great honour and we hope that as many as possible of the participants (including accompanying guests) will attend!



A NOTE FROM ESAM

ESAM holds the European Congress (ECAM) once every two years, and this will be the 5th, coinciding with our 10th anniversary. We are all very excited about the joint venture with our colleagues from AsMA and the Norwegian Association. We have tried to find a specific style for our meetings and in Bucharest last year we succeeded in encouraging our delegates to engage in debate about the topics being presented, so that their views are heard.

FROM THE EXECUTIVE DIRECTOR OF AsMA

The Aerospace Medical Association (AsMA) is pleased to join with the European Society of Aerospace Medicine (ESAM) and the Norwegian Association of Aerospace Medicine (NAAM) in the joint sponsorship of the 5th European Congress in Aerospace Medicine (5th ECAM). This sponsorship will mark the first time AsMA will be sponsoring an educational event outside of North America. We are excited to be working with our ESAM and NAAM colleagues to bring a high quality Aerospace Medicine Congress to Europe. We hope many of our AsMA members that have not had the opportunity to attend one of our Annual Scientific

Meetings in North America will be able to attend the 5th ECAM in Oslo, Norway.

Mark your calendars and save the dates...September 15-18, 2016. Join us in beautiful Oslo, Norway for an exciting continuing medical education event!

Information from the Scientific Program Committee

The Scientific Program Committee is making good progress in defining the program for the ECAM 5 in Oslo. It was discussed at the recent Executive Committee of ESAM, and a first draft program has been sent to the committee members. We are trying to create a program that will be of interest to a wide range of aerospace professionals, as well as other with an interest. We are mindful that we are 'pushing the limits together' at a time when in some parts of the world the very value of aeromedical assessment is being questioned. The 'togetherness' aspect of our congress title has never been more important, as we work together to defend the specialty for which we share a passion, and which will bring us together in Oslo to help demonstrate the contribution we make to flight safety.

With this in mind we are proposing to have sessions comprising invited speakers on specific topics, presentation of relevant abstracts, and panel discussions comprising invited speakers, abstract presenters and other experts.

The submission of abstracts will start earlier than presenters are accustomed to, likely to be later in 2015, and all topics will be welcomed but we would particularly welcome abstracts on the following:

- Preventive health.
- Psychosocial wellbeing.
- Psychological/MH assessments.
- UAV operations, particularly health aspects for operators.
- Physiological/psychological aspects of space flight, including passenger travel
- The challenges of medicine in a cold climate.
- The limitations of regulation in a rapidly changing health environment.
- The lessons to be learned from military aviation.

Kevin Herbert
President ESAM. Chairman S&P
Committee ECAM5

Continuing Medical Education Credit Points

For US physician members of AsMA living outside of the United States, the 5th ECAM will be offering *AMA PRA Category 1 Credits™* to help meet your Continuing Medical Education (CME) requirements. More information related to CME credits for US physicians will be provided in future newsletters.

Information about credit points for Norwegian and European physicians will be provided in the next Newsletter.

Costs and Exchange Rate!

As per the current exchange rate, the Norwegian kroner is much weaker towards both the US \$ and the €! That means you will get much more for the \$ and the €...a good incentive to register early. Further information in the next newsletter.



„Oslo center - panorama“ von Pudelek (Marcin Szala) - Eigenes Werk.
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Please visit our web site for more details.

<http://www.norskflymedisin.no/ecam2016/>

Please forward this newsletter to all you know that could be interested to come to this Congress!

Next Newsletter in mid/late October!

Looking forward to see you in Oslo!

Lars Tjensvoll
President
NAAM



<http://www.holmenkollenparkhotel.no/en/gallery#PhotoSwipe1438325044725>



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Welcome

Welcome to this second Newsletter for the 5th ECAM in Oslo 2016! Herein you will find an outline of the scientific program, information about continuing medical education credit points and word of the “Call for Papers” that will be published on the ECAM web site at the beginning of December.

As we approach the start of a new year, we are delighted to report that the planning and preparation for the congress are on schedule! Indeed, the Organization and Scientific Committees have been working hard to create what is sure to be an exciting meeting in one of Europe's most beautiful cities.



By Japhoon [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons

The Scientific Program

The 2016 European Congress of Aerospace Medicine will take place in Oslo Norway, from 15-18th September 2016. The scientific sessions will occupy two and a half days of the congress, and will consist of five themed sessions where scientific papers will be presented. There will also be a ‘potpourri’ session for

presentations which don't fit neatly into one of the five themed sessions and poster sessions as well as poster displays. Each session will generally include a keynote speaker and presentations of scientific papers. There will also be time for questions and discussion following each presentation.

In keeping with the congress theme of ‘Pushing the Limits of Aerospace Medicine Together’, the five themes of the scientific program have been designed challenge some of the commonly held beliefs and even misconceptions associated with aerospace medicine and human performance.

The five themed sessions are based on a set of questions addressing timely and, in some cases, rather controversial topics. These include:

- **What is the point of aeromedical specialists doing mental health assessments?** Aircrew mental health is a timely and hotly debated topic. In this session we will explore whether the current methods of aeromedical assessment are fit for purpose for the Psychological and Mental Health aspects of pilot health. We will compare aspects of professional and psychological support for pilots and doctors and in doing so, discuss the pilot's perceptions on this topic. We will ask the critical questions: How should/can pilots/doctors and psychologists work together to improve safety. What tools do we have? Do we know what ‘success’ will look like?
- **Why bother with regulations and regulators?** We will present different approaches to regulation as practiced in various countries, with a special focus on those aspects relating to Mental Health problems. We will examine why medical regulations for ‘low risk’ aviators are being challenged in some jurisdictions. In this regard, we will also discuss whether or not rules contribute to flight safety, and if so, how they can keep pace with the rapidly changing global technological,

communications and medical environments.

- **What is the point of commercial passenger travel in space?** There are plans underway to send astronauts on increasingly long-duration missions (such as to Mars) and to start commercial manned space flight ventures within the near future. But, are we really on the brink of a new frontier of commercial space travel? This session will explore some critical questions that mission planners, crews, physicians, scientists and regulators will have to address. For example, what does space exploration teach us and at what cost? What do we know today about the physiological challenges of long duration space flight? Can research from space be applied in the wider sphere of aerospace medicine and can we justify the medical assessment of fare paying passengers?

- **What is the point of pilots?** In recent years, statistical analyses have suggested that human factors are the primary causes or contributors to aviation mishaps. If this is indeed the case, then one must ask if the human crews are always the weakest points in a safety management and, if so, would flight safety improve by the use of autonomous and semi-autonomous flight control systems. This session will explore the increasing use of Unmanned Aerial Vehicles (UAVs), the military experience with expanding UAV use, and the challenge of medical and psychological screening of those who would monitor and control UAVs from distant locations. We will discuss whether or not there is a future for pilotless commercial cargo and passenger-carrying flights. We will also look at the general impacts of automation and challenges associated with its expansion into other areas of daily life. In the end, will your grandchildren ask you "What is a pilot"?

- **Is it "too cold outside for angels to fly"?** There is a sizeable body of knowledge regarding some of the physiological challenges of extreme cold. However, the impacts of thermal stressors (cold and

heat) continue to have substantial impacts on aircrew performance. This session will look at some of the medical challenges of low temperature aviation, from both civilian and military perspectives. Delegates will also be asked to decide whether or not there is such a thing as being 'too warm'.

Kevin Herbert
Chairman S&P Committee
President ESAM.

Continuing Medical Education (CME) Credit Points

Physicians from the United States (US) and European Union (EU) attending the congress will have the possibility to earn continuing education credit points. The administrative processes for managing international education credits are currently being explored by the Organizing Committee. What is known to-date is that for participants from EU nation states, the European Union for Medical Specialists (UEMS) can grant credit points according to the principles as noted by the European Accreditation Council for CME (EACCME®).

To wit: "Since the UEMS-EACCME® is an institution of the UEMS which formally represents European countries, its credits are recognised by National Accreditation Authorities in Europe. As UEMS-EACCME® accreditation concerns only EU-wide and international CME-CPD activities, it is not competitive but rather complementary to the competence and activities of National Accreditation Authorities."

In this regard, the Organizing Committee would like you to know that there has been a mutual agreement regarding continuing medical education credits for physicians signed between the American Medical Association (AMA) and the UEMS.

As per the UEMS website (<http://www.uems.eu/uems-activities/accreditation/eaccme/mutual-recognition-with-the-united-states>), " In 2002 the UEMS-EACCME® and the AMA signed an agreement of mutual recognition of CME credits between Europe and the USA whereby European physicians attending an event in the USA have their credits recognized in Europe and American physicians attending an event in Europe have their credits recognised in the USA."

"The issue of territoriality is very important; both organizations are fully responsible for the activities taking place or organized in their remit. The UEMS-EACCME® is the central body for accrediting events in Europe and the AMA is the central body for accrediting events in the USA."

Call for Papers

The ECAM web site will shortly be open for the submission of abstracts for the ECAM congress in Oslo. It should be available no later than mid-December!

Hotel and Registration

Information regarding hotel booking and registration will soon be available at the web side and in detail in the next Newsletter.



Photos: <http://www.holmenkollenparkhotel.no/>

Please visit our web site for more details.

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Please forward this newsletter to all you know that could be interested to come to this Congress!

Looking forward to see you in Oslo!

Lars Tjensvoll
President
NAAM