Contents

II Preflight advice ___________________________________________ 57

1 Medications, checklists, travel medicine _____________________________  59
  1.1 Preflight checklists __________________________________________  60
  1.2 Personal travel medications____________________________________  62

2 Time zone changes ______________________________________________  65

3 Problems of adjustment to pressure changes (barotrauma)_______________  71
  3.1 Ear, nose and throat _________________________________________  72
  3.2 The lungs __________________________________________________  75
  3.3 Gastrointestinal tract ________________________________________  75

4 Traveller’s thrombosis ____________________________________________  77

5 Medical conditions and flight fitness ________________________________  79
  5.1 Eye disorders _______________________________________________  80
  5.2 Blood disorders _____________________________________________  82
  5.3 Ear, nose and throat disorders _________________________________  84
  5.4 Heart and circulatory disorders ________________________________  86
  5.5 Infectious diseases __________________________________________  91
  5.6 Lung diseases ______________________________________________  95
  5.7 Gastrointestinal disorders ____________________________________  99
  5.8 Neurological disorders _______________________________________ 100
  5.9 Psychiatric disorders _________________________________________ 101
  5.10 Kidney disorders __________________________________________ 102
  5.11 Metabolic disorders _________________________________________ 103
  5.12 Surgeries __________________________________________________ 107
  5.13 Dental disorders ____________________________________________ 110

6 Pregnancy and flight fitness _______________________________________ 113

7 Travelling with children (medical advice) _____________________________ 115

8 Travelling with toddlers (legal regulations) ___________________________ 117

9 Disabled passengers ______________________________________________ 119
  9.1 The MEDIF/MEDA forms ______________________________________ 120
  9.2 The Frequent Traveller’s Medical Card ___________________________ 125
  9.3 Disabled passengers and passengers with reduced mobility ________ 127
### Contents

#### III Treatment of medical emergencies on board

1. Medical diversions
2. General considerations regarding medical emergencies
   - 2.1 Assistance from flight attendants
   - 2.2 Decision-making for cardiopulmonary resuscitation
   - 2.3 Diagnostic and therapeutic options
   - 2.4 Space limitations
   - 2.5 Illumination
   - 2.6 Noise
3. Motion sickness
4. Fear of flying
5. Cardiovascular emergencies on board
   - 5.1 Circulatory collapse and unconsciousness
   - 5.2 Tachycardia
   - 5.3 Hypertensive emergencies
   - 5.4 ACS, angina pectoris and myocardial infarction
   - 5.5 Pulmonary embolism
   - 5.6 Complications of pacemakers and ICDs
6. Pulmonary problems
   - 6.1 Bronchial asthma and asthma attacks
   - 6.2 Non-specific breathing problems
   - 6.3 Hyperventilation
   - 6.4 Pneumothorax
7. Unconsciousness/seizures on board
   - 7.1 Stroke/Transient ischaemic attack (TIA)
   - 7.2 Hypoglycaemia
   - 7.3 Seizures
8. Intoxication from alcohol, medications or drugs
9. Food poisoning
10. Choking from foreign body aspiration on board (adults)
11. Colics
   - 11.1 Biliary colic
   - 11.2 Renal and urinary colic
Contents

12 Injuries and burns
  12.1 Scalding and burns
  12.2 Injuries

13 Problems and emergencies with children
  13.1 Ear, nose, and throat infections in children
  13.2 Fever and febrile seizures in children
  13.3 Abdominal pain in children
  13.4 Choking fits (children)

IV Cardiopulmonary resuscitation on board
  1 Cardiopulmonary resuscitation (CPR) on board commercial aircrafts
  2 Resuscitation procedures in general
  3 Resuscitation on board – Adults
  4 Resuscitation on board – specific considerations for infants and children

V Service/Appendix
  1 Documentation of medical emergencies on board
  2 Doctor-On-Board programme
  3 Lufthansa Medical Operation Center – worldwide unique
  4 Recommended literature

Index