

## **Thyroid Dysfunction**

1. Initial applicants with an established diagnosis of thyroid dysfunction will have the issue of their medical certificate referred until acceptable reports have been received. On diagnosis of thyroid dysfunction a certificate holder shall be assessed as unfit.
2. A report from an endocrinologist or GP will be required to confirm details of history, investigations, diagnosis and treatment, optimised thyroid function, no side-effects from either the disorder or the treatment and plans for follow-up care.

### **Hypothyroidism**

Any changes in management, including medication changes, must be notified to the AME. If the certificate holder is asymptomatic then no grounding period will be required for minor (up to 25mcg) changes in dose of thyroxine. If any symptoms are present then the certificate holder will be assessed as unfit until symptom free.

### **Hyperthyroidism**

- a. Anti-thyroid drugs in the absence of side-effects are not disqualifying.
  - b. i) Class 1 and European Class 3 holders will undergo review with an ophthalmic specialist to ensure satisfactory eye movements and no diplopia. If normal, a fit assessment can be made by the AME, otherwise review by the AMS will be required. An OML may be required.  
ii) Class 2 certificate holders will undergo review with an AME to ensure satisfactory eye movements and no diplopia.
3. An annual report as detailed above will be submitted to the AME for review.
  4. All changes in management will be notified to an AME and the certificate holder will be assessed as unfit until clinically euthyroid and a satisfactory report has been received.

### **Thyroidectomy**

Following thyroid surgery (complete or partial) the certificate holder will be assessed as unfit. A fit assessment can be made following full surgical recovery, and demonstrated stability of thyroid function.

A report from the specialist will be required confirming details of the surgery, recovery and ongoing treatment and confirmation of euthyroid state. Minimum follow up is annual blood test confirming euthyroid status.

### **Radioactive Iodine Treatment**

The certificate holder will be assessed as unfit until all treatment is complete and a euthyroid state has been achieved. A report from the specialist will be required and should confirm details of treatment and follow-up care including confirmation of euthyroid state. Minimum follow up is for an annual blood test confirming euthyroid status.