Specification for DIABETES REPORTS

The European Regulations and UK CAA's Guidance Material for fitness decision, acceptable treatments and required investigations (if specified) can be found in the medical section of the CAA website (www.caa.co.uk). For many conditions, there are also flow charts available for guidance on the assessment process.

The following subheadings are for guidance purposes only and should not be taken as an exhaustive list.

1. **Diagnoses**
   - Type
   - Comorbidities
2. **History**
   - Presenting complaint and symptoms (incl date of diagnosis)
   - Nature of condition, circumstances surrounding onset, precipitating factors
   - Number of severe hypoglycaemic episodes in past year
   - Loss of hypoglycaemic awareness
   - Other relevant medical history
3. **Examination and Investigation Findings**
   - Blood Tests (required 6 monthly for Class 1 & Class 3 certificate holders, otherwise 12 monthly)
     - HbA1c
     - Liver and Renal Function (eGFR)
     - Lipids
   - Confirmation of stable blood sugars, correlated with symptom review
   - Screening for Complications
     - Retinopathy (for Class 1 & 3 by an ophthalmologist/specialist clinic)
     - Neuropathy
     - Nephropathy
   - Cardiovascular risk assessment confirming no evidence of cardiovascular disease
     - With consultant cardiologist for professional certificate holders, to include an exercise tolerance test to the Bruce Protocol
     - Risk factors incl family history, smoking, alcohol intake and weight (BMI)
   - Blood Pressure within acceptable parameters (British Hypertension Guidelines)
4. **Treatment**
   - Recent past and ongoing treatment must be detailed
   - Current and recent past medication (dose, frequency, start dates)
   - Confirmation no side effects from medication
5. **Follow up and further investigations/referrals planned or recommended**
   - Anticipated follow up/frequency of clinical reviews and investigations
   - Confirmation disease is well controlled at date of report on stable dose of acceptable medication
6. **Clinical Implications**
   - Any concerns regarding disease progression, treatment compliance or risk of sudden incapacity