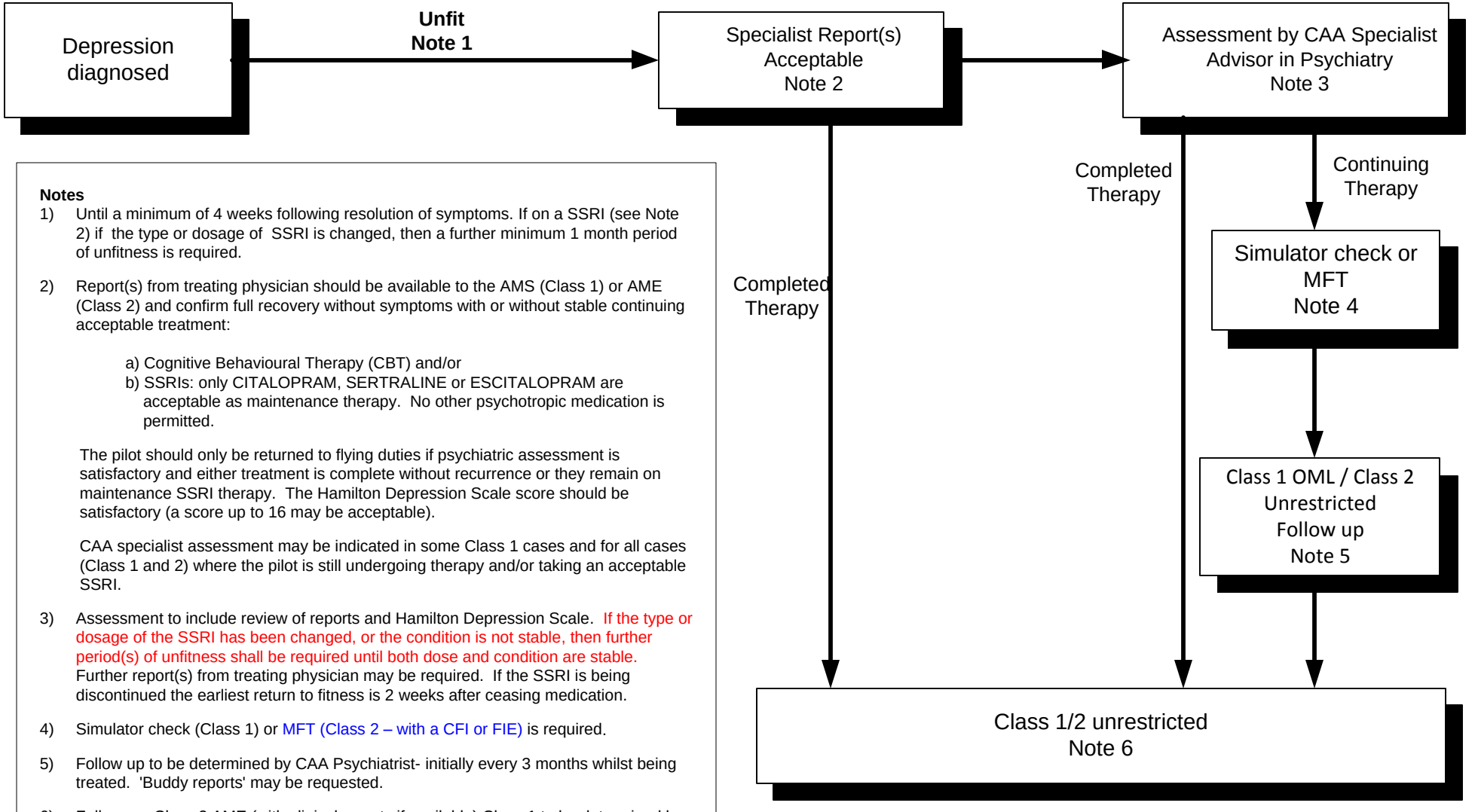
Class 1/2 Certification - Depression



Notes

1) Until a minimum of 4 weeks following resolution of symptoms. If on a SSRI (see Note 2) if the type or dosage of SSRI is changed, then a further minimum 1 month period of unfitness is required.

2) Report(s) from treating physician should be available to the AMS (Class 1) or AME (Class 2) and confirm full recovery without symptoms with or without stable continuing acceptable treatment:

   a) Cognitive Behavioural Therapy (CBT) and/or
   b) SSRIs: only CITALOPRAM, SERTRALINE or ESCITALOPRAM are acceptable as maintenance therapy. No other psychotropic medication is permitted.

   The pilot should only be returned to flying duties if psychiatric assessment is satisfactory and either treatment is complete without recurrence or they remain on maintenance SSRI therapy. The Hamilton Depression Scale score should be satisfactory (a score up to 16 may be acceptable).

   CAA specialist assessment may be indicated in some Class 1 cases and for all cases (Class 1 and 2) where the pilot is still undergoing therapy and/or taking an acceptable SSRI.

3) Assessment to include review of reports and Hamilton Depression Scale. If the type or dosage of the SSRI has been changed, or the condition is not stable, then further period(s) of unfitness shall be required until both dose and condition are stable. Further report(s) from treating physician may be required. If the SSRI is being discontinued the earliest return to fitness is 2 weeks after ceasing medication.

4) Simulator check (Class 1) or MFT (Class 2 – with a CFI or FIE) is required.

5) Follow up to be determined by CAA Psychiatrist- initially every 3 months whilst being treated. 'Buddy reports' may be requested.

6) Follow up: Class 2 AME (with clinical reports if available) Class 1 to be determined by CAA Psychiatrist. Unrestricted Class 1 is only possible 6 months after cessation of all treatment.

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