Initial Class 1 applicants or Class 1 holders with a new diagnosis of asthma require review by a Consultant in Respiratory Medicine.

Class 1 holders with an established diagnosis of asthma who are stable, or initial Class 2 applicants, require local respiratory specialist review.

Risks to Aviation of Asthma include:
- Sudden incapacitation
- Subtle incapacitation
- Susceptibility to aircraft fumes or smoke
- Hypoxaemia

Key features of concern that may be disqualifying:
- Severe asthma likely to reduce operational efficiency
- Brittle asthmatics
- Repeated courses of oral steroids
- Poor control on inhaled cortico-steroids
- Hospital/A&E attendance
- Frequent exacerbations
- Those requiring UNACCEPTABLE medication eg:
  - Oral steroids
  - Oral theophylline
  - Steroid-sparing agents eg methotrexate, cyclosporins, azathioprine

Required Investigations:
- Standard Spirometry (Lung Function Tests)
- Bronchial Reactivity Test: either 6 minute free running test (see separate Bronchial Reactivity Test Form) OR a Chemical Challenge with histamine/metacholine/mannitol

Acceptable Treatment:
In accordance with British Thoracic Society (BTS) Guidelines

The following medication is ACCEPTABLE for certification:
- Inhaled β₂ agonists
- Inhaled cortico-steroids
- Long acting β₂ agonists
- Leukotriene receptor antagonists
- Inhaled cromoglycate

Class 1/2 Certification:

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Certification</th>
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<tbody>
<tr>
<td>Well-controlled asthma: No adverse history, satisfactory spirometry, fall in FEV₁ of less than or equal to 10% on Bronchial Reactivity Test, inhaled corticosteroids less than 800μg day</td>
<td>Unrestricted Class 1 Unrestricted Class 2</td>
</tr>
<tr>
<td>Moderately controlled asthma: No adverse history, satisfactory spirometry, fall in FEV₁ of 11-16% on Bronchial Reactivity Test, or inhaled corticosteroids equal to or greater than 800μg day</td>
<td>Class 1 OML Unrestricted Class 2</td>
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<tr>
<td>Sub-optimally controlled asthma: No adverse history, satisfactory spirometry, fall in FEV₁ of 16-20% on Bronchial Reactivity Test</td>
<td>Class 2 OSL</td>
</tr>
<tr>
<td>Uncontrolled asthma: Fall in FEV₁ of greater than 20% on Bronchial Reactivity Test AND/OR adverse history</td>
<td>Unfit all Classes</td>
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