



AIR NEW ZEALAND

Medical Fitness for Air Travel (MEDA) - May 2011

PLEASE PRINT IN BLOCK CAPITALS

Flight Details

- Your Travel Agent will complete this.

Air New Zealand Booking Reference: _____

NAME: _____ AGE: _____ DAYTIME TELEPHONE: _____ () _____

Flight No: NZ Date: _____ From: _____ To: _____

Flight No: NZ Date: _____ From: _____ To: _____

Flight No: NZ Date: _____ From: _____ To: _____

Flight No: NZ Date: _____ From: _____ To: _____

Are you travelling with: (please circle): A companion? A doctor? A nurse?

Their Name: _____ Their Air New Zealand Booking Reference : _____

Medical Details

- Your Doctor will help complete this.

DIAGNOSIS OR CONDITION

DESCRIPTION : _____

SEVERITY

Mild ☐

Moderate ☐

Severe ☐

Date of Injury/Illness/Surgery (if applicable): _____ Date of Discharge from Hospital (if applicable): _____

Services Requested – Your Doctor can help with this. Tick (✓) as required.

☐ Aisle Seat ☐ Wheelchair to the aircraft steps (can manage steps if required)

☐ Seat Near Toilet ☐ Wheelchair to the aircraft door (cannot manage steps)

☐ Quadriplegic torso harness ☐ Wheelchair to the aircraft seat (cannot walk from door to seat)

Note: Ambulance arrangements to/from airports are passenger/escort responsibility.

☐ Oxygen 2 litres per minute by Nasal Prongs needs to be **AVAILABLE THROUGHOUT THE FLIGHT. Passenger is able to use a PULSE DELIVERY oxygen concentrator** ☐ **Yes** ☐ **No** (extra charge applies for oxygen supply see note page 2)

Note: Other flowrates available by special arrangement

☐ Stretcher } **Air New Zealand International Services Only.**

☐ Oxygen Bottles to drive ventilator } **must be escorted by Qualified Doctor/Nurse(See Page 2)**

Other Requests:

PLEASE NOTE: Flight attendants can not provide assistance with heavy lifting, eating, personal hygiene, ostomy devices or administering medication. Passengers needing help with these need to be accompanied by someone who can assist.

DOCTOR'S CERTIFICATE

AIR NEW ZEALAND LIMITED acknowledges that in providing the requested/attached MEDA information the medical practitioner concerned is providing an opinion to the best of his/her knowledge and assessment of the subject and that the final decision as to whether to accept the subject for carriage on its services rests with Air New Zealand Limited alone.

I have read the considerations overleaf and on the notes attached to this form. In my opinion this person is safe to undertake the proposed flight, is not contagious, and is not likely to affect the safety or well-being of other passengers. I agree that the services requested above are appropriate in the circumstances. This passenger is able to take care of his/her own meals, transfers, personal hygiene, administering medication and other needs in flight (or escorted by someone who can assist with these needs).

Additional Comments:

Doctor's Name: _____ Signed: _____ Date: _____
Qualification / Speciality: _____
Doctor's Email Address: _____
Contact Phone Number: _____ Address: _____

Office Use Only:

PLEASE FAX THIS PAGE ONLY TO AIR NEW ZEALAND CARINA Services : (+64 - 9) 336 2856 OR EMAIL TO medaclearance@airnz.co.nz



Medical Fitness for Air Travel (MEDA)

Please complete this form if you have any of the following:

- a. An injury, illness or medical condition that could cause a significant problem for you or others in flight.**
Examples include active heart disease, severe mobility problems, and psychiatric problems.
- b. A medical condition that may be made worse by the flight itself**
Examples include significant lung disease, ear and sinus problems, and recent major surgery.
- c. An infectious disease**
Any illness that could be contagious at the time of travel, particularly chickenpox, tuberculosis, measles, mumps.
- d. A requirement for special medical equipment**
Equipment requiring power supply (such as nebulisers, syringe pumps, CPAP units) must be approved at least two weeks in advance but no later than 48 hours prior to travel. Battery powered devices may be used in flight (except take-off and landing) if they have self-contained batteries, and are no larger than standard cabin baggage items. Maximum cabin baggage dimensions are;
- | | | |
|----------------------|---------------------------------------|---|
| International | Pacific Economy | 1 bag not exceeding the following dimensions:
56cm + 36cm + 23cm; 7kg (15 lbs) maximum weight. |
| | Premium Economy &
Business Premier | 2 bags combined dimensions not exceeding 115cm (45in); Total 7kg (15lbs)* |

* Exception - Only one piece is permitted for travel to, through or from USA.

Oxygen

The aircraft oxygen supplies are for emergency use only and not for planned use. However, oxygen is available for medical reasons with adequate notice (minimum of 72 hours but preferably 4 days) and is normally supplied by the use of an "Airsep Lifestyle" oxygen concentrator on international flights. For domestic New Zealand flights Air New Zealand will refer you to an authorised provider who can supply the required oxygen directly to you. You will be responsible for operating the equipment and following any safety instructions.. Your doctor can advise on whether oxygen will be necessary in flight, but if you are breathless on the ground or use home oxygen it is likely to be required. Your own oxygen bottles may be carried but will need to be packaged and transported per "Dangerous Goods" carriage regulations.

While Air New Zealand will make every effort to have oxygen available on the flight that you request it may not be possible to fulfil the request. In these instances Air New Zealand reserves the right to request that you travel on a flight where oxygen can be supplied.

Please note that Air New Zealand will only supply oxygen in flight. If oxygen is required on the ground (including during transit) it is the passengers responsibility to arrange supply.

Stretchers (Air New Zealand International Services Only) – PLEASE COMPLETE PAGE 4 AS WELL

A stretcher can be provided at extra cost for patients travelling with appropriately qualified and equipped nursing or medical escorts.

Ventilators (Air New Zealand International Services Only) – PLEASE COMPLETE PAGE 4 AS WELL

Any passenger requiring a ventilator will need to have the ventilator and assorted equipment approved for use on board the aircraft.

There is no need to complete this for:

Uncomplicated Pregnancy unless after 36 weeks and a flight duration time of more than 5 hours.

Mobility problems requiring only a wheelchair to the aircraft door.

NOTES TO THE DOCTOR. All information on this form is treated in strict confidence, used only to facilitate medical clearance and special handling arrangements, and is necessary to ensure that your patient and other passengers are carried safely and efficiently. Please consider the following factors:

- Reduced atmospheric pressure – most airlines cruise at an equivalent cabin altitude of 5000-8000 feet. This reduced pressure produces two main effects:

GAS EXPANSION – At normal cruising cabin altitudes, gas expands by 20-35%. This is important for the middle ear, the sinus, and for any trapped gas present such as in the lungs, gut, thorax, or eyes.

REDUCED OXYGEN TENSION – At 8000 ft, alveolar oxygen pressure for a healthy individual is reduced from a normal 103mmHg to 64mmHg. Peripheral oxygen saturation is reduced from 97% to 93%. Sea level equivalent can be restored by as little as 10% added oxygen (2 litres per minute by mask). Passengers with PaO₂ below 60mmHg at sea level are likely to be worse at altitude and should breathe continuous oxygen. PaO₂ 60-80mmHg may require oxygen if distressed.
- Other effects: low humidity, motion and turbulence, immobility and confinement.
- Inflight care: Passengers need to be able to manage their own inflight care including meals, personal hygiene and administering medication, or travel with a companion who can – flight attendants cannot assist with these tasks. They are able to assist a wheelchair-bound passenger in getting to the toilet door. For safety reasons, they are not able to lift passengers.

4. For the sake of other passengers, any passenger with a contagious disease in the active stage should not travel.

Guidance notes for specific conditions can be found on page ⑨. For further advice call Air New Zealand Medical phone +64-9-256-3521

Notes on Specific Conditions

Allergies: We are not able to provide a meal free of a specific food allergen. You may bring your own food (subject to the quarantine requirements at your destination), but we are not able to refrigerate, store, or warm it for you. **If you have a life threatening food allergy which may require treatment in-flight, you should discuss with your doctor what medication to bring with you. If you need injections, you must be able to administer them yourself or travel with a companion who can do this.**

Asthma: This is rarely a problem in-flight; however please ensure you carry your medication in your cabin baggage. If you need a nebuliser we recommend a battery powered one; however, inhalers with a spacer device are usually just as effective; please discuss with your doctor. All our International flights carry an oxygen driven nebuliser for emergency use, NOT ROUTINE requirements.

Deep Vein Thrombosis (DVT): Prolonged immobility can increase the chance of blood clots in the legs (DVT or Deep Vein Thrombosis). Those with a previous or family history of DVT (or Pulmonary Embolism) should seek advice from their doctor before flying. Other risk factors include older age, blood clotting tendencies, pregnancy, oestrogen therapy (including oral contraceptives), certain cancers and heart conditions, lower limb injuries and recent major surgery. Customers with any of these risk factors are also advised to contact their doctor before travel to discuss measures such as compression stockings or drug therapy.

Ear and Eye Problems: You should not fly with a current middle ear infection (otitis media) or within two weeks after surgery to the inner ear. (Please check with your surgeon). Following eye surgery which involved leaving gas in the eye, you need to have this form completed by your eye surgeon.

Fractures: Complete this form for all new long bone fractures (72 hours or less) and for full leg casts. Plasters should be split for fresh leg injuries which could swell inside the cast (especially the first 72 hours) on a long flight. Passenger should receive instruction on method of loosening the plaster cast in the event of the leg swelling causing pain or disturbance to circulation. Extra leg room for leg elevation is not possible in economy class, however an aisle seat can be reserved, please state whether the injury is left or right. If you have a fractured jaw which is wired closed, you must have a way of releasing the wires in an emergency.

Heart Disease: A form is required only for recent or unstable heart failure, arrhythmias or recent heart attacks. For the first few weeks following a heart attack, a medical escort will usually be required. Following heart surgery, check with your surgeon whether a form is required.

Lung Disease: If you have lung disease which prevents you walking more than 100 metres on the flat, or has required you to use oxygen in hospital or at home (or in-flight previously), please ask your doctor to complete the form describing the severity of your problem. The aircraft oxygen is for emergency use only, but extra oxygen can be made available with adequate notice (minimum 72 hours). Your own oxygen cylinders cannot be used but may be carried subject to certain conditions and prior arrangement; please ask your travel agent to assist with this.

Mental Stress: Flying can be stressful for many people, particularly the elderly and those with specific phobias. Please check with your doctor, but a form is required only where the ability to cope with flight is in question.

Physical Disabilities: There is no need for this form if you simply require a wheelchair; your travel agent can indicate this on your reservation. Longhaul aircraft have on-board wheelchairs, and seats with moveable armrests. For safety reasons the upper deck of the Boeing 747 is only available to those who can manage stairs unassisted. An upper torso harness should be requested for passengers who have difficulty sitting upright in an aircraft seat. **Note: Civil Aviation Rules require all passengers to be able to use the aircraft seat with the seatback in the upright position.**

Pregnancy: For travel beyond 36 weeks of pregnancy on journeys of 5 hours or more, and for any complicated or multiple pregnancy, the form is required. Ask your doctor or midwife to indicate the risk of early labour or complications.

Psychiatric Problems: Passengers with unstable psychiatric problems which could pose a hazard to other passengers will normally require a doctor or nurse escort. In particular passengers treated with sedation will need to be escorted.

Special Meals: Special meals for religious, ethnic, or dietary reasons can be arranged through your travel agent or the website without using this form, on selected flights. If you have a food allergy please see the section on "allergies" above.

Terminal Illness: Passengers in the advanced stages of terminal illness will normally require a medical or nursing escort.

SUPPLEMENTARY MEDA FORM

PATIENT NAME: _____

Booking Ref: _____

Name of Air New Zealand approved Air Ambulance Service Provider **(for stretcher patients only)**

_____ Contact name: _____

Tel _____ Fax _____ Email _____

List of all Medical Equipment being carried:

Requires aircraft power supply	Own power supply but for use during all phases of the flight	Items exceeding the dimensions and weights listed on page 2 of this form	Small portable electronic devices not being used during take-off or landing

If travelling to New Zealand For Medical / Surgical Treatment:

Has admission to hospital in New Zealand been arranged? Yes ☐ No ☐

Which hospital? _____ Name of doctor there _____

Has ambulance been arranged from Auckland airport to the hospital Yes ☐ No ☐

(Note: Ambulance arrangements to / from airports are passenger / escort responsibility)

Is the escort medically or nursing qualified? Yes ☐ No ☐

Has escort been briefed about case history? Yes ☐ No ☐

The escort is qualified to undertake the transfer and has all necessary equipment to deal with the patient's needs and any likely complications during the journey.

SIGNATURE OF DOCTOR _____ **DATE** _____

Please fax this page along with page 1 to;

Air New Zealand MEDA Desk

Telephone (64-9) 255 7757

Fax (64-9) 336 2856