

- Drunkenness is temporary suicide. ~Bertrand Russell, *The Conquest of Happiness*

SUBSTANCE MISUSE



A REGULATORY VIEW
The size and scope of the
problem

Paul COLLINS HOWGILL
Head, Aeromedical Certification Unit

A Year in the life of the Substance Misuse Clinic 2004

- Held every other Friday
- 116 consultations
- 29 initial assessments
- 87 follow ups

A Year in the life of the Substance Misuse Clinic 2007

- Still held every other Friday
- 135 consultations
- 34 initial assessments-9 for drink driving-1 referred for in-patient Rx
- 101 follow ups

SEX

- 1 Woman
- 33 Men

3 Cocaine

2 Cannabis

1 Heroin

1 Sustanon

SUBSTANCE

27 Alcohol

7 Drugs

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Prosecutions 2007

- American pilot who drank whiskey 'in his sleep' is cleared
- He claimed a sleeping disorder may have led to him drinking from a bottle of Bush-mills the night before.
- He insisted that he had not intended to carry out his duties as the flight's first officer that morning, but was turning up at the airport simply to inform his captain that he was unfit to fly. BAC 130
- Acquitted by jury

PILOT OVER DRINK LIMIT

21/04/2007

- A PILOT called in for duty was found to be more than three times the alcohol limit for flying.
- He drank a glass of vodka and orange in the fridge thinking it was breakfast.
- £2500 fine- No prison sentence

IN AMERICA



AAME 2008

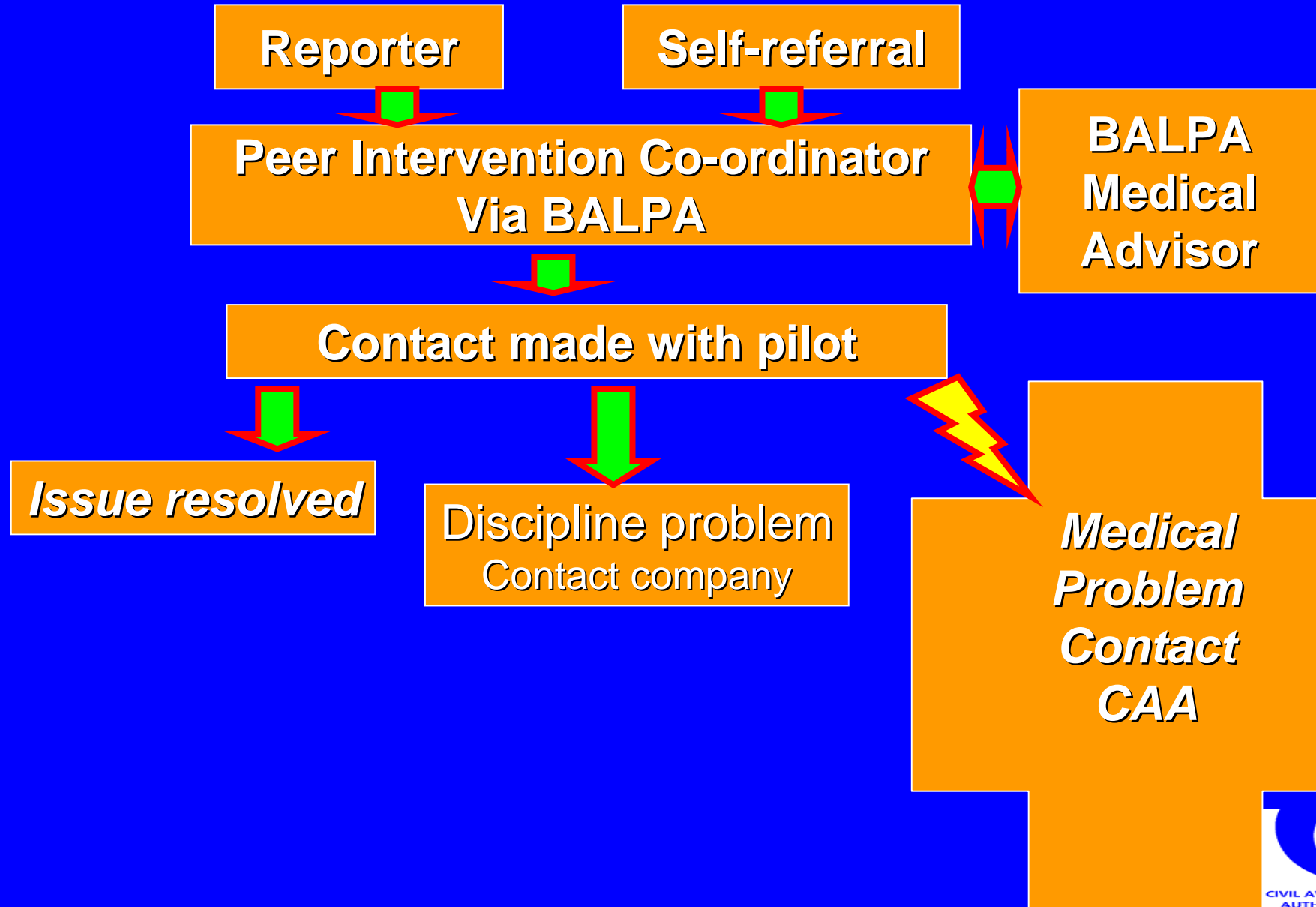
Special Issuances granted for Substance Abuse 04-07

	1 st Class	2 nd Class	3 rd Class	Total
Alcoholism	1000	343	523	1866
Alcohol Abuse	915	888	1813	3616
Drug Dependence	41	12	23	76
Drug Abuse	594	489	758	1841

Scope of the problem in USA 2000-2004

- 405 DUIs
- 53 +ETOH tests (random/for cause)
- 6 Drunk Flying convictions
- 62 ETOH related incidents on layovers
(from FAA Aeromedical Office files)

Peer Intervention Programme



HIMS Results- Relapse

- 1972 – 2004
- Petitions/ S.I. 4077/3580

- Overall 532 (15%)
- First 24 months 315 (9%)
- Multiple 71 (2%)

HIMS Results- How effective

- A major U.S. airline experience 1980-2005
- N= 35,000 approx
- Presumed prevalence 5%
- Potential cases 1750
- Petitions 305 (17%)

Call Sign 013H

- 0 - drinks within prohibited times (JARs or Company rules)
- 1- drink per hour MAX
- 3 – drinks in any given 12 hour period MAX
- H – HIMS – if either you or fellow pilot cannot consistently adhere to these guidelines within 24 hours of duty, contact HIMS rep

Science/Logic background

- 0 – self explanatory
- 1 – based on 15mg/100ml/hour & gender differences – should keep one below 20mg/100ml
- 3 – keeps one below definition of binge drinking and coupled with '0' should not lead to BAC result > 20mg/100ml in proximity to duty
- H – yardstick for considering peer intervention

<http://www.himsprogram.com/>

