

## **CONSIDERATION FOR SPECIAL ISSUANCE OF A MEDICAL CERTIFICATE WITH REGARD TO DEPRESSION TREATED WITH MEDICATION**

This protocol applies to considerations for special-issuance medical certification for airmen requesting first-, second-, and third-class special-issuance medical certificates, for the exercise of privilege under 14 CFR Parts 121,135, or 91, who are being treated with certain antidepressant medications.

### **Criteria to be Considered:**

#### **Diagnoses:**

Mild to moderate depressive disorders, such as

1. Major Depressive Disorder (mild to moderate) either single episode or recurrent episode
2. Dysthymic Disorder
3. Adjustment disorder with depressed mood

#### **Pharmacologic Agents Considered:** **(single-agent use only)**

1. Fluoxetine (Prozac);
2. Sertraline (Zoloft);
3. Citalopram (Celexa); or
4. Escitalopram (Lexapro)

#### **Specifically Unacceptable diagnoses and or symptoms:**

1. Psychosis
2. Suicidal ideation
3. History of electro convulsive therapy (ECT)
4. Treatment with multiple antidepressant medications concurrently
5. History of multi-agent drug protocol use (prior use of other psychiatric drugs in conjunction with antidepressant medications)

#### **Psychiatric status:**

1. All symptoms of the psychiatric condition for which treatment is indicated must be ameliorated by the single medication and the condition must be stable with no change in or exacerbation of symptoms for 12 months prior to certification;
2. Airman must be on a stable dosage of medication for a minimum of 12 months prior to certification; and
3. Airman must have no aeromedically significant side effects of prescribed medication.

#### **Required Reports and Consultations:** **(initial consideration)**

1. A consultation status report (and follow-up reports as required) from a treating psychiatrist attesting to and describing the applicant's diagnosis, length and course of treatment, dosage of the antidepressant medication taken, and presence of any side effects from the antidepressant the applicant takes or has taken in the past;
2. A written statement prepared by the applicant describing his or her history of antidepressant usage and mental health status;
3. A report of the results of neurocognitive psychological tests with provision of the raw test data: including, but not limited to: COGSCREEN AE, Trails A/B; Stroop Test; CCPT, PASSAT, Wisconsin Card Sorting Test;
4. An evaluation and a written report from a HIMS-trained AME who has reviewed items 1., 2., and 3. above and who makes a recommendation for a special-issuance medical certificate; and
5. Any additional information the Federal Air Surgeon may require to make a determination.

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