



NEWSLETTER OF THE

5th European Congress of Aerospace Medicine



**A joint meeting of the European
Society of Aerospace Medicine,
Aerospace Medical Association
and the Norwegian Association
of Aviation Medicine**

**Oslo, Norway
15 to 18 September 2016**

No. 3 April 2016

Welcome

Early Bird Registration

Registration for the 5th ECAM is now open! You can go online now and take advantage of a cost and time-saving 'early bird' offer. You can register for the meeting and book your hotel rooms by visiting the websites of the European Society of Aerospace Medicine:

<http://www.norskflymedisin.no/ecam2016/>

the Aerospace Medical Association:

(<https://www.asma.org/annual-meetings/oslo-norway-5th-european-congress-of-aerospace-med>)

or the Norwegian Association of Aviation Medicine:

http://www.norskflymedisin.no/ecam2016/congress_registration

The Scientific Program

The program for the 5th ECAM is coming together very nicely indeed. We have lined up a host of very interesting sessions and speakers. Invitations to distinguished keynote speakers have been sent and we have already started to receive affirmative responses from some. Although we cannot publish their names at this time, we shall do so in the newsletters that follow. Here, then, is an outline of the Program for ECAM 5:

ECAM 5 PROGRAM

Thursday 15th September

18:00: Reception. The Conference will open with a reception in the Oslo City Hall by kind permission of the Mayor of Oslo. This will be followed by a guided tour of the City Hall.



<http://www.norskflymedisin.no/ecam2016/>

Friday 16 September

09:00 Opening ceremony: Presidents of ESAM, AsMA and NAAM

Session Title: Why have a pilot?

09:30 -10:15: Is the human always the weak link in a safety management system? Keynote speaker.

10:15- 11:00: Presentation of abstracts

11:00-11:30: Morning coffee/tea break

11:30-12:00: Do we need the lift (elevator) boy? Guest speaker

12:00-12:30: UAVs, the solution? Guest speaker

12:30 -13:00: Panel discussion

13:00-14:00 Lunch

Session Title: It is too cold outside for angels to fly. Aspects of cold weather aviation.

14:00- 14:40: Training in Norway. Guest speaker.

14:45 -15:15: Presentation abstracts

15:20-16:00: 'You can't be cold and dead'. Human thermal physiology. Guest speaker

16:00 Afternoon tea break.

16:20-18:20: ESAM General Assembly

Norwegian CMO AME training session.

16:30-17:30: Abstract session for those not involved in GA or AME training

Friday evening: No pre-arranged events.

Saturday 17 September

Session Title: Does regulation make a difference in Aerospace Medicine?

09:00-09:40: 'Aerospace Regulation in the spotlight'. The post German Wings experience. Guest speaker.

09:45-10:45: Presentation of abstracts.

10:45 -11:15: Regulating the 'low risk aviator' the challenge to FAA Class 3. Guest speaker

Saturday 17 September (cont'd.)

11:15 -11:45: Morning tea coffee break.

11:50-12:30: Different approaches to MH assessment. International Survey preliminary results

12:30--13:00: Panel discussion. Regulating for the future.

13:00-14:00 Lunch.

Session Title: Commercial Space Travel. Really?

14:00 Commercial Space travel. Really?

14:00-14:40: Is it worth the cost? Guest speaker

14:45-15:30: Presentation of abstracts

15:30-16:00: Can we see the 'showstoppers' Current space research. Guest speaker

16:00-16:30: Afternoon tea/coffee

16:30-17:00: 'This year, next year, sometime never'. An overview. Guest speaker

17:00-17:15: Panel discussion.

17:15-18:00: Presentation of abstracts

19:00: Drinks reception.

19:30: Gala dinner. With recital, handover of ESAM badge of office.

Dress: 'Black tie', national costume, military uniform or business formal

Sunday 18th September.

Session Title: 'Mad, bad or just dangerous to know': Aerospace Specialists and Mental Health.

09:00-09:30: Secrets and lies. AMEs and pilot mental health.

09:30 to 10:30: Presentation of abstracts

10:30 to 11:00: Pilots, doctors and psychologists 'of one mind'

11:00- 11:30: Morning coffee/tea break

11:30-12:00: 'Does every pilot need a Wingman ' Guest speaker

12:00: 12:30: 'Does every doctor need a wingman' Guest speaker

12:30 -13:00: Panel discussion, including a pilot/doctor/AME perspective

Accompanying Persons Program

The congress Organizing Committee has created an exciting program for accompanying persons. Those wishing to participate in this program must register for the meeting (as an Accompanying Person); payments for program activities must be provided in advance. The Accompanying persons program includes the following:

Thursday 15 September: Transport to and participation in the reception at the Oslo City Hall on Thursday.

Friday 16 September: A guided sight-seeing tour of Oslo and environs, including the Oslo centre, a stop at the Vigelandpark and a visit



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to the Viking Museum at Bygdøy. You will depart congress hotel at 0930 and will return to the hotel at approximately 1330.

Saturday 17 September: The ECAM Gala Dinner

The Organizing Committee is also investigating other possible activities for including a visit to the Ski Museum and Holmenkollen ski jump on Saturday.



By Chris Alban Hansen (Own work) [CC BY-SA 3.0 (http://creativecommons.org/licenses/by-sa/3.0)], via Wikimedia Commons: https://upload.wikimedia.org/wikipedia/commons/3/38/Holmenkollen_Jump_Tower_01.jpg

Please note that these latter activities have not been verified at the time of this writing. You should therefore consult with personnel at the Registration Desk when you arrive at the hotel and/or follow our web page for information updates on these and other program activities.

Exploring Oslo and Environs

Oslo is a beautiful historic city, filled with much to see and do. If you wish to head off on your own to explore the city, a bit of pre-departure research might provide you with some valuable handy information about Oslo and what it has to offer to visitors. A great resource that you might wish to consult in this regard is called **Visit Oslo**. It can be found online at:

- <http://www.visitoslo.com/en/>

The Visit Oslo sightseeing pages can be found at:

- <http://www.visitoslo.com/en/activities-and-attractions/sightseeing/>

In many of the world's great cities, one can often find bus companies that permit passengers to 'hop on' and 'hop off' at many major sites. Information about these 'hop on'-'hop off' services in Oslo can be found at the following online pages:

- http://www.grayline.com/tour_search?q=oslo
- <http://www.citysightseeing.no/oslo/oslo-online-booking>
- <http://www.city-sightseeing.com/tours/norway/oslo.htm>

All buses stop at the National Theatre. You can go there by the tram that departs close to the Congress Hotel. Information will be available at the Registration Desk.

Norway in September

As, during your stay, you may wish to be out and about exploring Oslo and other parts of Norway, it would be valuable to know a bit about the country's weather....especially if you are trying to decide what types of clothing to pack for your journey.

Weather in Oslo, Norway in September offers average high temperatures of 61-deg F (16-deg C) with lows averaging 45-deg F (7-deg C). There are approximately 12 hours of daylight each day and about 2.8 inches (70

mm) of rain during the month. These are general average conditions. It is highly recommended that you consult timely weather conditions just prior to your departure for Oslo.

Why AsMA Members Should Attend the 5th ECAM

Each year, the Aerospace Medical Association (AsMA) hosts an Annual Scientific Meeting in a US city. In 2016, we will host our 87th Annual Scientific Meeting in Atlantic City, New Jersey. These meetings are the pinnacle continuing education meetings for Aerospace Medicine professionals from around the world. However, we know that many non-US Aerospace Medicine professionals, including US government employees assigned outside the US, cannot attend our Annual Scientific Meetings due to funding and other mission requirements. AsMA has discussed the idea of offering smaller scientific meetings outside the US for a few years, but we could never identify the right time or location outside the US for additional Aerospace Medicine scientific meetings.

In 2014, AsMA was approached by the European Society of Aerospace Medicine (ESAM) with the idea of jointly sponsoring the 5th European Congress on Aerospace Medicine. We were intrigued and worked closely with ESAM as the 5th ECAM started to develop. ESAM selected Oslo, Norway to host the 5th ECAM and together with ESAM and the Norwegian Association of Aerospace Medicine (NAAM) we decided to jointly sponsor the 5th ECAM. We did so as a first effort to offer AsMA members and other Aerospace Medicine professionals an opportunity to attend a quality Aerospace Medicine scientific meeting outside the US. AsMA wanted to offer attendees the same opportunities for high quality science, Continuing Medical Education (CME), and Maintenance of Certification (MOC) as they would encounter during one of our US Annual Scientific Meetings.

Working with ESAM and NAAM, AsMA can assure attendees that they will enjoy a high quality scientific program presented by world experts in Aerospace Medicine and Human Performance. The academic component will occupy two and a half days, and will comprise five themed sessions. In keeping with the congress theme of 'Pushing the Limits of Aerospace Medicine Together' we will

challenge some of the commonly held beliefs and misconceptions about our specialty. Each session will generally involve a key note speaker, support speakers, and presentations of relevant abstracts.

The Congress will also offer physician attendees the opportunity to earn CME credits through the European Union of Medical Specialties European Accreditation Council for CME (EACCME®). Physicians may earn AMA PRA Category 1 Credit™ for participation in select international educational activities. The American Medical Association will convert CME credit issued to physicians for participation in live and e-learning activities certified by the European Accreditation Council for Continuing Medical Education (EACCME), the accrediting arm of the UEMS, to AMA PRA Category 1 Credit™.

US physicians, board certified in Aerospace Medicine, can also earn MOC credits by attending the 5th ECAM. As a joint sponsor, AsMA will coordinate the Congress with the American Board of Preventive Medicine and ensure MOC Part 2 Life-Long Learning and Self-Assessment (LLSA) credits for attending the Congress are available.

So, join us won't you? The 5th European Congress on Aerospace Medicine will offer attendees a high quality scientific program, CME and MOC opportunities, as well as excellent networking and social events.

Learn more about the 5th European Congress on Aerospace Medicine at:

<https://www.asma.org/annual-meetings/oslo-norway-5th-european-congress-of-aerospace-med>

You will be able to register for the Congress and book hotel reservations at the Holmenkollen Park Hotel

<http://www.scandichotels.com/Hotels/Norway/Oslo/Holmenkollen-Park/#.VuIG3fkrK70>

directly from this AsMA webpage.

See you in Oslo, Norway for the 5th ECAM, 15-18 September 2016!

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Call for Abstracts

If you would like to actively participate in the 5th ECAM, one excellent way to do so would be by making a presentation. In this regard, you are invited to submit an Abstract for review. You can do so via the congress website at:

http://www.norskflymedisin.no/ecam2016/abstract_process

There you will be able to learn about the Abstract format and submission process. Please note that **the deadline for Abstract submission is 15 July 2016.**

The Latest Information

You can receive the latest information on the upcoming 5th ECAM via email. Please see the congress webpage at for more information:

<http://www.norskflymedisin.no/ecam2016/>

Looking forward to see you in Oslo!

Lars Tjensvoll
Chair of the Organising Committee
and President NAAM



<http://www.holmenkollenparkhotel.no>