

Respiratory Physiology – Altitude simulation and fitness to fly

Presenter Bio: Ms Leigh Seccombe MSc, is a Senior Respiratory Scientist within the Department of Thoracic Medicine, Concord Hospital. Research interests include hypobaric hypoxia; resulting in several publications and is a member of the American College of Chest Physicians Aviation Workgroup.

Presentation outline:

- *The clinical concern of commercial aircraft travel
- *Aircraft cabin environments
- *International guideline recommendations
- *Laboratory altitude simulation testing
- *The response to simulated and actual altitude exposure: Normal and lung disease
- *Risk assessment and prescription of in-flight oxygen
- *Case reports

Reading material:

*British Thoracic Society Standards of Care Committee. Managing passengers with respiratory disease planning air travel: *Thorax* 2002; 57:289–304

<http://www.brit-thoracic.org.uk/clinical-information/air-travel/air-travel-guideline.aspx>

* American Thoracic Society: Management of Stable COPD: Air Travel

<http://www.thoracic.org/clinical/copd-guidelines/for-health-professionals/management-of-stable-copd/index.php>

*Airline Policies: Airline Oxygen Council of America: www.airlineoxygenCouncil.org

*Seccombe LM, Peters MJ. Oxygen supplementation for chronic obstructive pulmonary disease patients during air travel. *Curr Opin Pulmon Med* 2006 12: 140-144.

*Seccombe LM, Peters MJ. Patients with lung disease. Fit to Fly? *Australian Family Physician* 2010 39: 2-5.