



CIVIL AVIATION AUTHORITY
OF NEW ZEALAND

Te Mana Rererangi Tūmatanui o Aotearoa

2 / November 2025

Medical Unit

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med@caa.govt.nz

Upcoming Events

CAA ME Day 2026

Tentative date – Friday
11 September 2026 in
Wellington

Let us know your thoughts on
this tentative date.

Have a think about anything
you would like discussed –
maybe something you
periodically encounter during
assessments, that burning
question you have. Make a
note and send them to us.

Update for MEs

*Welcome to this newsletter which contains
important information.*



CAA ME Day 2025 – Blenheim

Thank you to everyone who attended online and in-person. It was a successful day of collaboration and information sharing. **Please reach out if you haven't received the link and password to the presentations.**

Medical certificates

Conditions on medical certificates – Often the ME refers to the AMC document or MAR as the 020/059 letter. This is not best practice and there should be an accompanying letter in simple language to the applicant outlining the conditions of their certificate. Please reach out if you need a letter template.

You can request a copy of an AMC conclusion in word format to make it easier to cut and paste into the letter template.

Expiry dates – There has been a subtle change to CAR Part 67.61 (c)(d)(e)(f), making it easier to calculate expiry dates.

When the assessment is conducted within 30 days prior to a Medical Certificate expiring, the expiry dates for all the certificates can be calculated from the previous expiry date as well.



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Reminders

Please include printouts for lab results. Refer to Examination Procedures GD for the reporting requirements.

Christmas Hours

CAA will be closed from Thursday 25 December 2025 and will reopen on Monday 5 January 2026.

We will have reduced staff 22-24 December 2025. Please send information to us early if certification is required prior to Christmas.

Delegation expiry

Please ensure you note your delegation expiry date in your diary. Renewal documentation must be submitted at least **four weeks prior** to expiry to allow time for processing. If your delegation lapses, you **must not** exercise any delegation privileges—including examining, issuing, or suspending—until your delegation is renewed and you have been issued a new instrument of delegation.

Application form accuracy

We are seeing an increasing number of application forms where applicants are not declaring medical conditions that were previously disclosed. Please ensure the **previous assessment** has been reviewed thoroughly. The form clearly asks, “Have you ever?”—this refers to any past or present condition, not just current status.

Change of medical condition information

Please provide any medical notes or information regarding change of medical condition that is available to you when you are suspending a certificate. This is helpful for the follow up actions that need to be undertaken such as extension of suspension or disqualification. As these are reviewable decisions, it helps the medical officers to have sighted the relevant medical notes. We do understand that often medical notes may not be available, in such situations, please include any email or consult notes between you and pilot/ATC with your suspension documentation.

Baricitinib (Olumiant) for rheumatoid arthritis and alopecia areata

CAA recently received a request about Baricitinib. Baricitinib is a non-biologic Janus kinase (JAK) inhibitor used for rheumatoid arthritis and severe alopecia areata. More common potential adverse effects of aeromedical significance include nausea, vomiting, mild anaemia, cough, fever, and LFTs abnormalities. More rarely VTE and increased skin cancer risk. Patients on this medication are advised to remain up to date with routine recommended cancer screening e.g. bowel screening and mammograms.



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Contacting CAA

med@caa.govt.nz

This email address is where all enquiries should be directed. The team will ensure your enquiry / request gets to the right person or the Duty Doctor inbox as required.

The considerations for aeromedical certification are:

- Rheumatoid arthritis is stable or confirmation that the treated condition is alopecia areata
- Initial 2-week ground trial to verify there are no side effects
- If well tolerated there is no post dose flying or ATC operational restriction time

For pilots or ATCs taking this medication an AMC should be considered for any application for a new medical certificate. You are welcome to contact CAA AvMed by med@caa.govt.nz for further advice on this medication or other non-biologics, biosimilars, or biologics.

Continuing professional development requirements

Holders of a Medical Examiner certificate must meet the following requirements:

- Attendance at a minimum of 18 hours CME in aviation medicine and aviation regulation courses acceptable to the Director during the previous 36 months
- Attendance at at least one CAA NZ Medical Examiner annual refresher training day during the previous 36 months (in person or by virtual meeting)

Activities such as attendance of aviation medicine conferences overseas are acceptable for gaining points for this purpose, and the point value will be considered on a case by case basis. If you have any queries about CME requirements, or CME that is acceptable, please contact us on med@caa.govt.nz

Best regards

Aviation Medicine Team