

# 1st AVIOMED Forum

Building bridges  
Together for health in the aviation industry

Zagreb Croatia, Hotel Antunović  
October 24th-25th, 2025



Focus on the health issues of aviation professionals for both doctors and aviation personnel



Subjects covering ICAO, EASA, and AA medical challenges



Panel discussions include Aviation Medicine topics from aircraft and helicopter pilots, engineers, ATCOs, cabin crew, and general aviation personnel



Certificates of completion provided at the end of the event, AME refresher training hours accredited by CCAA



Coffee breaks during both days, lunch, and networking dinner on 24.10.2025. included



Great network-building opportunity among aviation industry stakeholders in attendance



Early bird registration fee until 15.6.2025. 200 EUR,  
after that date 250 EUR

IBAN: HR8023800061180003918  
SWIFT: ISKBHR2X

Registration:  
[aviomedforum@optimamed.com.hr](mailto:aviomedforum@optimamed.com.hr)

<b>Registration</b>
<b>Welcome/Announcements</b>
Medical examinations in selection of astronauts
Health aspects of flying in helicopters/HEMS in Croatia
Hyperoxygenation treatment for flight personnel - does it help?
Circadian rhythm and sleep hygiene
<b>Coffee break &amp; Healthy snacks</b>
Managing the Operational Response to Regional Infectious Disease Outbreaks
Novo Nordisk- Current therapy of insuline resistency and diabetes mellitus
MESI/Measurement of AB index in AME office/prevention of PAD
New treatments and diagnostic measures for CV diseases-Pilots and ATCOs CV evaluation(CaVD-PACE)
Deterioration of Pilot Flight Skills with Age
<b>Lunch</b>
Spirituality in maintaining mental health
Mental health: Intercultural differences
Use of medications in aviation environment and the impact on urine drug screening
New FAA criteria for class 1 mental health assessment
<b>Networking dinner and party</b>

## Welcome/Announcements

Airline pilots (peer support, selection, HF, CRM, FRM, well-being, work-life balance)

Maintenance of aircrafts (workplace stressors, FRM, work-life balance)

Helicopter pilots (HEMS, police- work stressors, work-life balance, FRM, CRM)

Coffee break & Healthy snacks

ATCO (selection, HF, work stressors, well-being, TRM, FRM, resilience, work-life balance)

ATSEP staff (workplace stressors, FRM, work-life balance)

Cabin crew (working in commercial/business, work-life balance, CRM, FRM)

General aviation (paragliding, parachuting, gliders, airplanes, gyrocopters, hot air balloons)

## Healthy snacks

## Conclusions/ Feedback/Time to say good-bye

## Announcement for 2nd Zagreb AvioMed forum

### Organisation board:

Martina Elez, MD, Head of HR.AeMC.04

Domagoj Slavić, MD, HR.AME.32

Marinka Šimunović Gašpar, MA in nursing, MA in Healthcare Quality Management

### Sponsors:

To Be Announced

### Registration:

aviomedforum@optimamed.com.hr

