

INDEX

1.0 AVIATION PHYSICAL STANDARDS

- 1.1** Introduction
 - 1.2** General Requirements
 - 1.3** Purpose of the Guide
 - 1.4** Classes of Aviation Personnel
 - 1.4.1** Aviation Physical Standards WNR Conditions
 - 1.5** Class I Standards
 - 1.6** Student Naval Aviator Applicant (SNA) Standards
 - 1.7** Designated Naval Flight Officer (NFO) Standards
 - 1.8** Applicant Student Naval Flight Officer Standards
 - 1.9** Designated Naval Flight Surgeons
 - Aeromedical Physician Assistant
 - Aerospace Physiologist
 - Aerospace Experimental Psychologist
 - Aerospace Optometrist Standards
 - 1.10** Applicant Naval Flight Surgeons
 - Aeromedical Physician Assistant
 - Aerospace Physiologist
 - Aerospace Experimental Psychologist
 - Aerospace Optometrist Standards
 - 1.11** Designated and Applicant Naval Aircrew (Fixed Wing) Standards
 - 1.12** Designated and Applicant Naval Aircrew (Rotary Wing) Standards
 - 1.13** Class III Personnel Non-Disqualifying Conditions
 - 1.14** Designated and Applicant Air Traffic Controller Standards (Military and Dept. Of Navy Civilians)
 - 1.15** Critical Flight Deck Personnel Standards
 - Director
 - Spotter
 - Checker
 - Non-Pilot Landing Safety Officer
 - Helicopter Control Officer
 - Any other Personnel Specified by unit Commanding Officer
 - 1.16** Non-Critical Flight Deck Personnel Standards
 - 1.17** Personnel who maintain Aviator Night Vision Systems Standards
 - 1.18** Class IV Physical Standards for Applicants and Designated, Active Duty, DON/DOD-GS Personnel that Operate Unmanned Aircraft Systems (UAS)
 - 1.19** Class V Personnel Mission Specialists and other Non-Aircrew Personnel
 - 1.20** Selected Passenger, Government and Civilian Agency and other Non- Aircrew Personnel
 - 1.21** Naval Aviation Water Survival Training Instructors (NAWSTI) Rescue Swimmer School Training Program Standards
 - 1.22** Applicant Checklist
 - 1.23** Designated Checklist
-
- 2.0** Waivers for Physical Standards
 - 2.1** Introduction
 - 2.2** General Requirements
 - 2.3** Granting Authority

2.4	Requesting Authority
2.5	Routing of Waiver Request
2.6	Waiver Submission Requirements
2.7	Waiver Continuation
2.8	Aeromedical Clearance
2.9	Local Board of Flight Surgeons
2.10	Special Board of Flight Surgeons
2.11	Senior Board of Flight Surgeons
2.12	Aeromedical Summary
2.13	How to submit a Waiver Request
2.14	How to check the Status of a Waiver Request
3.0	Cardiology
3.1	Aortic Insufficiency
3.2	Aortic Stenosis
3.3	Mitral Regurgitation
3.4	Mitral Stenosis
3.5	Mitral Valve Prolapse
3.6	Valvular Conditions (Other)
3.7	Arrhythmias (PAC/PVC/Other)
3.8	Atrial Fibrillation (AFIB)
3.9	Atrial Flutter (AF)
3.10	Atrial Septal Defect (ASD)/Patent Foramen Ovale
3.11	Atrioventricular Conduction Disturbances
3.12	Coronary Artery Disease
3.13	Hyperlipidemia
3.14	Hypertension
3.15	Hypertrophic Cardiomyopathy
3.16	Intraventricular Conduction Abnormalities
3.17	Left Ventricular Hypertrophy
3.18	Pericarditis
3.19	Pre-Excitation Syndromes
3.20	Sinus Bradycardia
3.21	Sinus Tachycardia
3.22	Supraventricular Tachycardia
3.23	Thrombophilia/Venous Thrombosis/Pulmonary Embolism
3.24	Ventricular Tachycardia
3.25	Raynaud's Phenomenon
3.26	Prolonged QT Interval and Long QT Syndrome
4.0	Dermatology
4.1	Acne
4.2	Dermatitis
4.3	Dermatophytosis of the Nail
4.4	Psoriasis
5.0	Endocrinology

5.1	Diabetes Mellitus
5.2	Gout
5.3	Hyperthyroidism
5.4	Hypothyroidism
5.5	Male Hypogonadism
5.6	Pituitary Tumors
6.0	Ears Nose and Throat
6.1	Rhinitis
6.2	Chronic Sinus/Sinus Surgery
6.3	Nasal/Sinus Polyps
6.4	Disorders of the Salivary Glands
6.5	Hearing Loss
6.6	Peripheral Vertiginous Disorders
6.7	Cholesteatoma
6.8	Vestibular Schwannoma/Acoustic Neuroma
6.9	Oval/Round Window Perilymph Fistula
6.10	Eustachian Tube Dysfunction
6.11	Otolaryngology- Head and Neck Surgical Procedures do not require Waiver
7.0	Gastroenterology
7.1	Eosinophilic Esophagitis (EOE)/PPI-Responsive Esophageal Eosinophilia (PPI-REE)
7.2	Crohn's Disease
7.3	Diverticular Disease (Diverticulitis)
7.4	Cholelithiasis and Cholecystitis
7.5	Gastritis, Duodenitis
7.6	Gilbert's Syndrome
7.7	Viral Hepatitis
7.8	Irritable Bowel Syndrome
7.9	Peptic Ulcer Disease
7.10	Gastroesophageal Reflux Disease(GERD) Hiatal Hernia
7.11	Ulcerative Colitis
8.0	Hematology
8.1	Anemia
8.2	Hemochromatosis
8.3	Sickle Cell Disease/Trait
8.4	Splenectomy
8.5	Thalassemias
9.0	Malignancies
9.1	General Information
9.2	Bladder Cancer
9.3	Breast Cancer
9.4	Cervical Cancer
9.5	Colorectal Carcinoma
9.6	Other Gastrointestinal Tumors

9.7	Hodgkin's Disease
9.8	Kidney Tumors
9.9	Laryngeal Cancer
9.10	Leukemia
9.11	Lung Cancer
9.12	Malignant Melanoma
9.13	Neurological Tumors
9.14	Non-Hodgkin's Lymphoma
9.15	Oral Cavity Cancer
9.16	Ovarian Tumors
9.17	Pituitary Tumors
9.18	Plasma Cell Dyscrasias
9.19	Prostate Cancer
9.20	Skin Cancers(non-Melanoma)
9.21	Testicular Tumors
9.22	Thyroid Carcinoma
9.23	Uterine Cancer
10.0	Neurology
10.1	Cranial Neuralgia
10.2	Decompression Sickness
10.3	Epilepsy/Seizure
10.4	Guillain-Barre Syndrome (Acute Inflammatory Demyelinating Polyneuropathy-AIDP)
10.5	Headaches and Migraine
10.6	Multiple Sclerosis
10.7	Peripheral Neuropathy
10.8	Subarachnoid Hemorrhage(SAH)
10.9	Syncope
10.10	Sleep Disorders
10.11	Obstructive Sleep Apnea
10.12	Transient Ischemic Attack(TIA)
10.13	Traumatic Brain Injury-Minor
10.14	Traumatic Brain Injury-Mild
10.15	Traumatic Brain Injury-Moderate
10.16	Traumatic Brain Injury-Severe
10.17	Traumatic Brain Injury-Permanently Disqualified
10.18	Summary: Aeromedical Disposition of Traumatic Brain Injuries
11.0	Obstetrics and Gynecology
11.1	Chronic Pelvic Pain
11.2	Dysplasia
11.3	Endometriosis
11.4	Hormonal Replacement Therapy and Contraception
11.5	Pelvic Inflammatory Disease
11.6	Pregnancy

12.0 Ophthalmology

- 12.1** Cataract
- 12.2** Color Vision Abnormalities
- 12.3** Decreased Vision Acuity
- 12.4** Defective Depth Perception/Stereo Vision/Stereopsis
- 12.5** History of Strabismus Surgery
- 12.6** Excessive Phorias
- 12.7** Retinal Detachment
- 12.8** Glaucoma and Ocular Hypertension
- 12.9** Keratoconus, Pellucid Marginal Degeneration or Corneal Ectasias
- 12.10** Optic Disc Drusen
- 12.11** Retinal Vascular Occlusion
- 12.12** Uveitis/ Iritis
- 12.13** Pterygium
- 12.14** Ocular Motility Worksheet
- 12.15** Corneal Refractive Surgery(PRK/LASIK/SMILE)
- 12.16** Naval Aviation Contact Lens Policy
- 12.17** Allergic Conjunctivitis
- 12.18** Central Serious Retinopathy
- 12.19** Pigment Dispersion Syndrome
- 12.20** Retinal Degeneration, Hyperpigmentation and Holes
- 12.21** Corneal Dystrophies and Degenerations
- 12.22** Recurrent Corneal Erosion

13.0 Orthopedics

- 13.1** Abnormal Spinal Curvature
- 13.2** Ankylosing Spondylitis
- 13.3** Chronic Backache
- 13.4** Intervertebral Disc Disease
- 13.5.1** Knees: Ligaments
- 13.5.2** Knees: Meniscal Injuries
- 13.6** Orthopedic Hardware, Retained
- 13.7** Shoulder Dislocation
- 13.7.1** Patellar Dislocation
- 13.8** Spinal Fractures
- 13.9** Spondylolysis and Spondylolisthesis

14.0 Psychiatry

- 14.1** Psychoeducation, non-medical counseling
Supportive Psychotherapy
- 14.2** Adjustment Disorders
- 14.3** Neurodevelopmental Disorders
- 14.4** Substance-Related and Addictive Disorders
- 14.5** Anxiety Disorders
- 14.6** Bipolar and Related Disorders
- 14.7** Depressive Disorders
- 14.8** Disruptive, Impulse-Control, and Conduct Disorders

- 14.9** Feeding and Eating Disorders
- 14.10** Obsessive-Compulsive Disorders and Related Disorders
- 14.11** Personality Disorders, Maladaptive Personality Traits
Aeronautical Adaptability
- 14.12** Psychosis/Schizophrenia Spectrum
Other Psychotic Disorders
- 14.13** Sexual Dysfunctions and Paraphilias
- 14.14** Sleep/Wake Disorders
- 14.15** Somatic Symptom and Related Disorders
- 14.16** Suicidal Behavior and Nonsuicidal self Harm
- 14.17** Trauma and Stressor-Related Disorders

15.0 Respiratory

- 15.1** Asthma
- 15.2** Chronic Obstructive Pulmonary Disease
- 15.3** Pneumothorax
- 15.4** Sarcoidosis
- 15.5** Covid-19(SARs-CoV 2)

16.0 Urology

- 16.1** Congenital Abnormalities of the Kidneys
- 16.2** Hematuria
- 16.3** Prostatitis
- 16.4** Benign prostatic Hypertrophy
- 16.5** Reiter's Disease
- 16.6** Renal Stones
- 16.7** Proteinuria

17.0 Miscellaneous Conditions

- 17.1** Allergic Reactions to Insects
- 17.2** Breast Implants and Surgery
- 17.3** Heat Exhaustion/Stroke
- 17.3A** Rhabdomyolysis
- 17.4** Human Immunodeficiency Virus (HIV)
- 17.4.1** HIV Pre-Exposure Prophylaxis (PREP)
- 17.5** Lyme Disease
- 17.6** Motion Sickness/Air Sickness
- 17.7** Bone Marrow Donation
- 17.8** Malaria
- 17.9** Urticaria, Angioedema & Anaphylaxis
- 17.10** Reactive Arthritis, Conjunctivitis, Urethritis

18.0 Medications

- 18.1** NATOPS on Medications
- 18.2** Antimicrobial
 - Anti-Bacterial Medications
 - Anti-Malarials

	Anti-Tuberculosis
	Isoniazid
	Fluoroquinolones
	Ciprofloxacin
	Macrolides
	Erythromycin
	Nitrofurantoin
	Penicillins
	Sulfonamides
	Tetracyclines
	Anti-Fungal Medications
	Anti-Viral Medications
18.3	Anti-Hyperlipidemics
	Fiber Acids
	Resins
	Statins
18.4	Anti-Hypertensives
	Ace Inhibitors
	Angiotensin Receptor Blockers
	Antiadrenergic Agents
	Beta Blockers
	Calcium Channel Blockers
	Combination Agents
	Thiazide Diuretics
	Potassium-Sparing Diuretics
18.5	Immunizations
18.6	Miscellaneous Medications
18.7	Psychotropic Medications
19.0	Nutritional and Ergogenic Supplements
19.1	Aircrew Guidance and Policy
19.2	General Dietary Supplementation Guidelines
19.3	Flight Surgeon, Aviation Medical Examiner
	Aeromedical Physician Assistant Responsibilities
19.4	Dietary Supplement Policy
19.5	Class C Supplement List by Effect
19.6	General Guidance for Newly Developed
	Dietary Substances
19.7	Additional Resources
19.8	Printed Resources