



7-1-2024

Health Promotion Within General Aviation

Nancy Smith
University of the Pacific

Follow this and additional works at: <https://scholarlycommons.pacific.edu/ot-capstones>



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Smith, Nancy, "Health Promotion Within General Aviation" (2024). *Occupational Therapy Student Capstones*. 57.

<https://scholarlycommons.pacific.edu/ot-capstones/57>

This Capstone is brought to you for free and open access by the Occupational Therapy Program at Scholarly Commons. It has been accepted for inclusion in Occupational Therapy Student Capstones by an authorized administrator of Scholarly Commons. For more information, please contact mgibney@pacific.edu.

Health Promotion Within General Aviation



Created by: Nancy Smith OTD/S
Site Mentor: Brandon Brown
University Mentor: Megan Asher
OTD, OTR/L

(AOPA, 2024)



UNIVERSITY OF THE
PACIFIC | School
Health

Background

- Federal Aviation Administration (FAA)
- FAA Regulations
- General Aviation: pilots who fly recreationally, provide transportation for clients, or services for a business
- 609,000 US general aviation pilots



Literature Review

- ~40% of pilots admit withholding medical concerns to their physician
- 56% of pilots are healthcare avoidant
- Takes on average of 138 days to be issued/denied a medical certificate

Gap:

- Minimal literature of OT's role in aviation
- Pilot's perspective of educational supports



Needs Assessment

- Learning aviation
- Observations
- Environmental scan
- Informal conversations
- SWOT analysis



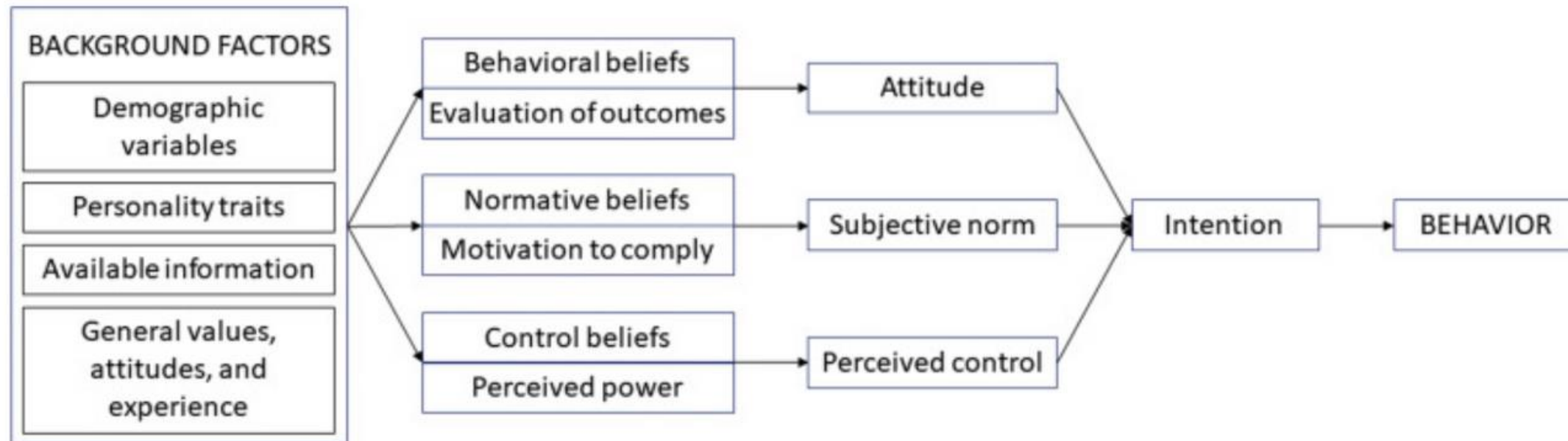
Program Purpose

- Prevent common health conditions associated to aviation
- Integrate health through a holistic OT lens
- Provide evidence to leverage policy change

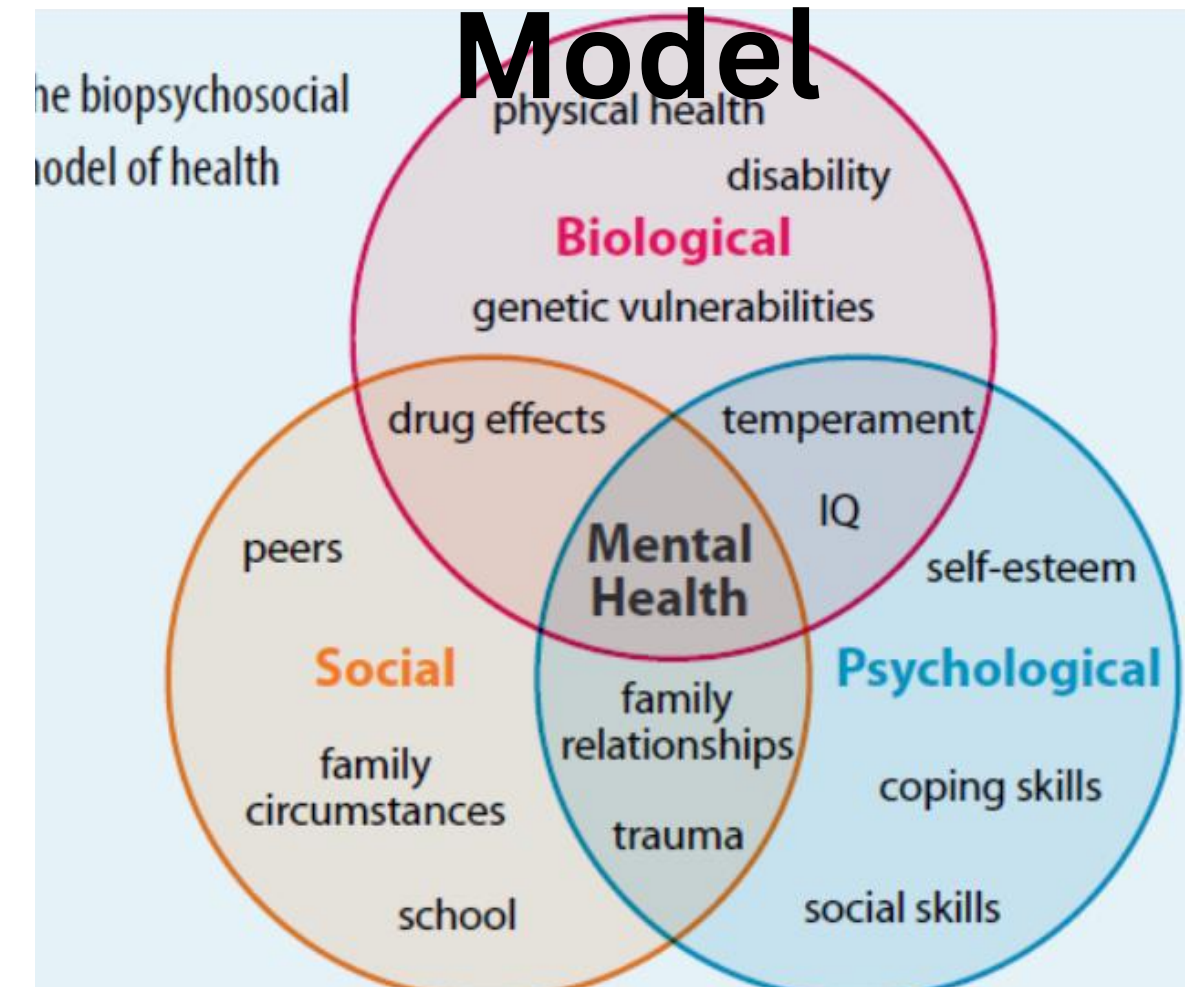


Guiding Theory

Theory of Reasoned Action & Theory of Planned Behavior



Biopsychosocial Model



Outcomes

PILOT'S SOCIAL GROUP



- Help create a social group based on your interests!
- Strengthen the aviation community at Auburn Airport!
- Anonymous survey

Survey Ends
6/14/24



Survey Responses

Social Health Manual



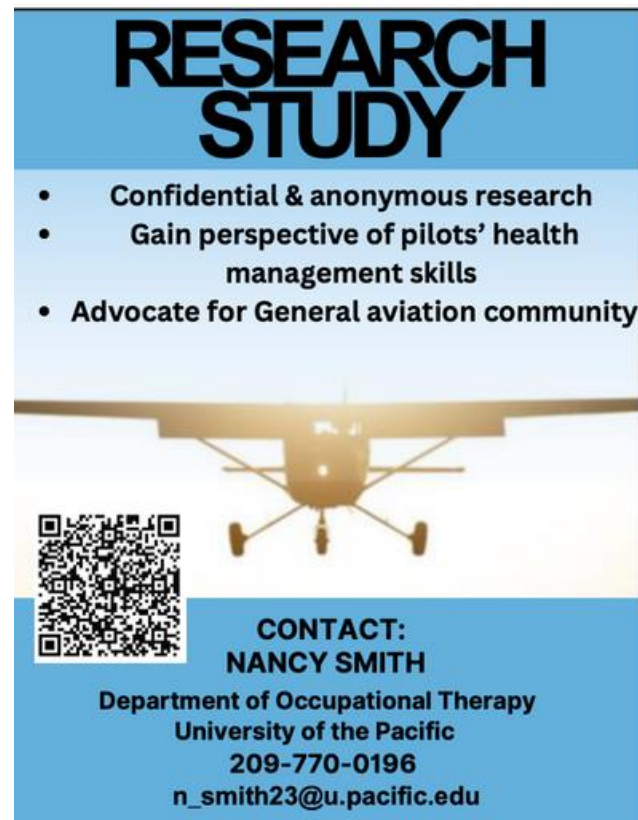
UNIVERSITY OF THE
PACIFIC | School
Health

Outcomes

34 Flight schools & 8
Airports

27 Participants

Journal Manuscript



UNIVERSITY OF THE
PACIFIC | School
Health

Outcomes

In-Service

Pre/posttest
survey

Health Workbook

FREE EDUCATIONAL

Session

LEARN ABOUT GOAL
ATTAINMENT & HABIT
BUILDING





SIGN UP

TAUGHT BY	MEETING PLACE	DATE/TIME
Nancy Smith	Pilot's lounge	7/8: 11am-11:30
Doctoral candidate, department of occupational therapy, University of the Pacific		7/8: 1pm-1:30
		7/9: 2pm-2:30
		7/9: 4pm-4:30

Can't attend? Join with Zoom or include your availability by
following the sign up link

Questions? Contact: n_smith23@u.pacific.edu or 209-770-0196

Habit Building & Goal Attainment
Workbook

Created by: Nancy Smith

Doctoral candidate, Department of I
Occupational Therapy, University of the Pacific

July 2024



Discussion

- Supplied evidence to enhance pilot health-related materials
- Improved pilots' learning outcomes related to the skill of achieving goals and implementing healthy habits
- Provided independent health materials for pilots to utilize in one's routine
- Offered tailored strategies to improve social connectedness



Impact

OT Profession	Community	Individual
<ul style="list-style-type: none">• Enhance literature• Expand OT's role	<ul style="list-style-type: none">• Coping strategies• Evidence-based practices	<ul style="list-style-type: none">• Therapeutic use of self• Research skills



Future Implications

- Strengthen Evidence
- Integrate OT services
- Measuring outcome of health workbook



References

AOPA, 2019. *State of general aviation*. https://download.aopa.org/hr/Report_on_General_Aviation_Trends.pdf

AOPA, (2024, March, 4). *Piper M700 fury earns type certification by the u.s. federal aviation administration*. <https://www.piper.com/press-releases/piper-m700-fury-earns-type-certification-by-the-u-s-federal-aviation-administration/>

FAA, (2016 June, 27). *What we do*. <https://www.faa.gov/about/mission/activities>

Federal aviation administration. (2016, June 27). What we do. <https://www.faa.gov/about/mission/activities>

Federal aviation administration. (2021, August 20). Guide for aviation medical examiners. https://www.faa.gov/ame_guide/app_process/exam_tech/item47/amd/denials

Federal aviation administration. (2022, December 28). Synopsis of medical standards. https://www.faa.gov/ame_guide/media/synopsis.pdf

Federal aviation administration. (2023, August 30). Guide for aviation medical examiners. https://www.faa.gov/ame_guide/app_process/exam_tech/item47/amd/table

Hoffman, W., Chervu, N., Geng, X., & Üren, A. (2019). Pilots' healthcare seeking anxiety when experiencing chest pain. *Journal of Occupational and Environmental Medicine*, 61(9), e401-e405. DOI: 10.1097/JOM.0000000000001662

Physiopedia, 2024. *Biopsychosocial model*. https://www.physio-pedia.com/Biopsychosocial_Model

Vincent, E. (2023). FAA conducts comprehensive evaluations of pilots with mental health challenges, but opportunities exist to further mitigate safety risks. U.S. Department of Transportation Office of Inspector General.



UNIVERSITY OF THE
PACIFIC | School
Health

Acknowledgements

Brandon Brown
Megan Asher
Site, Flight Schools, &
Airport
UOP 2024 Cohort & Faculty
Participants



UNIVERSITY OF THE
PACIFIC | School
Health