

Post-Traumatic Stress Disorder (PTSD) Decision Tool for the AME
(Updated 10/14/2021)

AME Instructions:

Address each the following items in your in-office exam and history review:

1. Is there any additional mental health diagnosis other than PTSD? (Including but not limited to depression, anxiety, ADHD, substance disorder.).....
2. Is there **any** history of suicidal (or homicidal) ideation or attempt(s) ever in the individual's life?.....
3. Have there been any symptoms of PTSD (such as: re-living, avoidance, or increased arousal) within the **past two (2) years?** ^a
4. Has the individual taken medication or undergone psychotherapy for the PTSD in the **past two (2) years?**.....
5. Is there any history of the individual being limited by the PTSD in performing the functions of any job (aviation related or not)? ^b
6. Are there any elements of the history (such as: nature of the triggers, social dysfunction) which cause you to question whether the PTSD is in full remission or is of aeromedical concern? ^c
7. Do you have ANY concerns regarding this airman or are unable to obtain a complete history?

No	Yes*
No	Yes*
No	Yes*
No	Yes*
No	Yes*
No	Yes*
No	Yes*

If **ALL** items fall into the clear/No column, the AME may issue with notes in Block 60 which show you discussed the history of PTSD, found no positives to the screening questions, AND had no concerns.

***If ANY SINGLE ITEM falls into the SHADED/YES COLUMN, the AME MUST DEFER. The AME report should note what aspect caused the deferral and explain any Yes answers (shaded column).**

Notes:

The AME should elicit what triggers the PTSD episode(s). If the airman has recently been exposed to their triggers (such as smells or loud noises), do they continue to react to these triggers? The AME should also take into consideration the likelihood of the triggers being encountered when flying or in everyday life. If the AME is unsure of any of the above criteria, the diagnosis, or severity - DEFER and note in Block 60

^a For additional information on PTSD see: <https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd>

^b AMEs should pay specific attention to cockpit or flight-specific PTSD triggers. Has the airman changed jobs or occupations to avoid triggers or due to symptoms? Do they have any current accommodations for school or work due to PTSD?

^c In the past 24 months, has the airman been given an increase in VA PTSD benefits or is there evidence of social impact such as divorce or severe isolation?

This decision tool is for AME use; it does not have to be submitted to the FAA.