Pol J Aviat Med Bioeng Psychol 2024; 30(2): 37-38
DOI: 10.13174/pjambp.30.10.2025.04

MEETING REPORT

REPORT FROM THE RAMS/NATO STO HFM-376 TECHNICAL COURSE

Katarzyna SOWA
Department of Simulator Studies and Aeromedical Training, Military Institute of Aviation Medicine, Warsaw, Poland

Source of support: The participation of Katarzyna Sowa was funded by the Military Institute of Aviation Medicine from statutory activity resources.

Author's address: K. Sowa, Military Institute of Aviation Medicine, Krasińskiego 54/56 Street, 01-755 Warsaw, Poland, e-mail: k.sowa@wiml.waw.pl

Report: On March 19-22, 2024, the NATO S&T Collaboration Support Office and the Human Factors and Medicine (HFM) Panel held a technical course in Garmisch-Partenkirchen.

The course aimed to provide participants with advanced knowledge and practical skills in aerospace medicine, with particular emphasis on the latest research and technologies affecting the health and performance of aviation personnel. The goal of the course is to facilitate the exchange of experience among NATO flight surgeons and to assess innovative approaches to health issues related to aviation. The main theme of the course, "Together Toward the Future: The Sky Is No Longer the Limit," focused on current and future challenges faced by aerospace medicine in an operational context, including in multinational environments and operational zones.

The course covered the following key topics: Health management in aviation: Analysis of factors affecting the health of pilots and crews, including environmental conditions, stress, fatigue, and their impact on performance and operational safety. New technologies in diagnostics and treatment: Presentation of innovative medical technologies, such as telemedicine, health monitoring systems, and new diagnostic methods that can be applied in aerospace medicine. Health issues in high-pressure environments: Discussion of the health effects that may occur due to prolonged exposure to high-pressure environments, including decompression sickness, and methods of preventing and treating these conditions. Interoperability in aerospace medicine: Discussion on best practices regarding international cooperation in aerospace medicine, including standards for medical evacuation and operational procedures in complex environments. Psychology

Cite this article: Sowa K: Report from the RAMS/NATO STO HFM-376 Technical Course. Pol J Aviat Med Bioeng Psychol 2024; 30 (2): 37-38. DOI: 10.13174/pjambp.30.10.2025.04

and human factors in aviation: Analysis of the effects of psychological stress, fatigue, and other human factors on performance and operational safety in aviation. The sessions were conducted in the form of lectures, workshops, and discussion panels, which enabled active participant engagement and the exchange of experience.

The RAMS / NATO STO HFM-376 technical course provides a unique opportunity to gain advanced knowledge in aerospace medicine and to establish cooperation with experts and practitioners from various NATO countries. Participants had an opportunity to learn about new trends and technologies that may have a significant impact on the health and safety of aviation personnel.

AUTHORS' DECLARATION

Manuscript preparation: Katarzyna Sowa. The Author declares that there is no conflict of interest.