

Class 1/2 Certification - Sarcoidosis

Diagnosis of Sarcoidosis

Unfit
(note 1)

**Specialist assessment:
Respiratory (note 2)
Cardiac (note 3)**

Assessment (AMS for Class 1,
AME for Class 2) and results
acceptable

**Class 1 OML
Class 2 unrestricted
Follow-up (note 4)**

Satisfactory follow up:
2 years with no systemic involvement
5 yrs with history of systemic involvement
(note 5)

**Class 1/2 unrestricted
Follow-up (note 4)**

- NOTES:**
- 1) Pilots should be made unfit on diagnosis.
 - 2) The disease should be inactive clinically or until disease progression/stability has been demonstrated for a minimum of 3 months.
 - Activity is defined as worsening within a system, or new system involvement. Particular attention to be paid to potential for cardiac, eye and CNS involvement.
 - Multiple system involvement requires individual assessment.
 - The need for treatment is normally disqualifying. However, up to 10mg prednisolone may, in individual cases, be acceptable following AMS case assessment (ILA limitation), subject to stability and confirmation of absence of side-effects.
 - Non-progressive serial imaging, and stable lung function (<10%/yr fall in FVC or <15%/yr fall in gas transfer factor (no lower than 70% of predicted)).
 - 3) Cardiology review to include:
 - 12 lead resting ECG;
 - 24 hour ECG
 - echocardiogram

Any cardiac symptoms or investigation abnormality will require further evaluation to include cardiac MRI. Evidence of cardiac sarcoidosis likely to cause incapacitation will disqualify.
 - 4) Class 1 follow-up should be 6 monthly for 2 years then annually. Class 2 follow up should be annual. Review to include Chest Xray if clinically indicated, pulmonary function tests, resting ECG and 24hr ECG. Remains fit if <10%/yr fall in FVC or <15%/yr fall in gas transfer factor (no lower than 70% of predicted). Other tests may be indicated. Follow up may cease with resolution of disease and at the discretion of the AMS.
 - 5) A previous history of systemic involvement includes: skin (except erythema nodosum), bone, eye, heart, central nervous system and lung parenchyma.