

Title: Hypobaric-Chamber-Hypoxia training symptoms and time correlations

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Aim: Hypobaric chamber induced hypoxia training is used regularly to familiarize flying personnel with their individual hypoxic symptoms. Time onset of hypoxia symptoms for Greek flying personnel has not been assessed before.

Material – Method: We retrospectively evaluated 351 Greek air force personnel for hypoxia induced symptoms in hypobaric chamber training at 25000 ft. during years 2003 to 2005. Symptoms were categorized into eight groups: paresthesia, cognitive disorders, temperature sensation, “air-hunger”, dizziness, other body symptoms, impaired vision and personality change.

Results: Mean time of any symptom onset was 3.02min (min=2.19, max=4.04). The most common reported symptom was dizziness (N=116, 33%) (p=0,001) with mean time of occurrence 2.33min. The least reported symptoms was cognitive disorders (N=13, 3,7%) with mean time 2,19min. There was no correlation between different symptoms and mean time of onset (p=0.69).

Conclusions: We suggest a more thorough report of both objective and subjective hypoxia symptoms during hypobaric chamber training which can support better statistical analysis and further evaluation and development of hypoxia training.

Presentation: oral  poster **X**

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Award: yes ☐ no ☐