

24 HOURS OBSERVATION OF PILOTS' CARDIAL STATUS

BY HOLTER METHOD

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The authors followed up the daily fluctuation of pilots' pulse rate, using longitudinal /Holter/ EKG. The investigations were performed in pilots from different age groups and flying on different types of plane. They followed what daily fluctuation can be found in extrasystole incidence in pilots with ventricular extrasystoles. During real flights the effect of flying load on cardiovascular system were examined by Holter-EKG and the trainer pilots' results were compared to the candidates. Their investigations give evidence that this method offers a good possibility for exact registration of daily fluctuation in pulse rate. The number of ventricular extrasystoles shows fluctuation during sections of the day. During all phases of real flights the experienced trainer pilots performed lower pulse rate than candidates, except for the case of great g-loads, when their pulse rates were higher.