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Lack of Guidance and Counseling Within Federal Aviation Administration

Student's Name

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Lack of Guidance and Counseling Within Federal Aviation Administration

Introduction

The Federal Aviation Administration is involved in developing systems and procedures required for efficient and safe navigation and air traffic control. The Federal Aviation Administration assists in developing medical regulations and requirements for evaluating aviation systems and individuals before traveling on air to ensure each individual's life is protected (Hamilton, & Nilsson, 2020). The Federal Aviation Administration researches aeromedical through Aviation Safety (AVS), ensuring that pilots and people travel on air for safety-related positions. The Federal Aviation Administration is also responsible for developing civil flight operations and regulations.

Problem of Statement

Most of those traveling and pilots are affected by the psychological stressors in their daily lives. Stress is caused by factors such as arguments within family members, pressure from the aviation industry management, or prolonged illness. To deal with anxiety, pilots and travelers need to be counseled and guided. Unfortunately, the Federal Aviation Administration on counseling for possible factors linked to flying has not been implemented. The Federal Aviation Administration is only considering treating different medical conditions affecting pilots and travelers and coming up with restrictions controlling traveling (Hamilton & Nilsson, 2020). The temporary use of medication to disqualify people from flying duties without giving them necessary guidance and counseling is not resolving it. The extended recovery period (two months) is long for some of the medication conditions that can be resolved through guidance and counseling.

Significance of the problem

Guiding and counseling air travelers will make them function well and improve the situation, thus reducing risks associated with air traveling. Therefore, it is essential to report the counseling if there is no individualized psychiatric diagnosis or treatment with medication. The Federal Aviation Administration needs to consider visits to Employee Assistance Program (EAP), reducing anxiety amongst travelers and pilots. The Federal Aviation Administration needs to consider certification of the controllers and pilots disorganized with anxiety or depression and treated with medication to ensure high concentration while traveling.

Development of Alternative Actions

The Federal Aviation Administration needs to work in conjunction with Chief Psychiatrists in Washington DC to promote guidance and counseling amongst travelers. Before submitting the cases for special insurance considerations, controllers and pilots should not be on medications but work with counselors to complete full neuropsychiatric testing (Clark MAS, 2020). The Federal Aviation Administration should work with the guidance team to ensure all travelers are guided and aware of their status before and after traveling.

Advantages

- a) The plan will be helping reducing anxiety or depression amongst travelers and pilots, improving their health status for traveling

- b) There will be reduced accidents due to the high concentration of both travelers and pilots.

Disadvantages

- a) The program requires an extra amount of money to be implemented as professionals in guidance and counseling must be employed.
- b) Some travelers or pilots may not be ready and willing to share their social problems leading to anxiety or depression.

Recommendations

For Federal Aviation Administration to effectively ensure individuals' health safety, it should consider the certification of pilots and controllers diagnosed with anxiety and depression through guidance and counseling (Clark MAS, 2020). For the pilots and travelers who have undergone recent depression, or anxiety, Federal Aviation Administration should seek treatment with SSRI medication and guiding the individuals.

References

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ADMINISTRATION 4

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