

**American College of Occupational and Preventive Medicine
2011 Annual Meeting, Orlando, Florida, November 1, 2011**

**FMCSA Overview–
Module Overview**

Physical Qualifications & Examinations

§391.45 Persons who must be medically examined & certified.

Except as provided in §391.67, following persons must be medically examined & certified in accordance with §391.43 as physically qualified (PQ) to operate CMV:

(a) Any person not medically examined & certified as PQ to operate a CMV;

(b)(1) Any driver not medically examined & certified as PQ to operate a CMV during the preceding 24 months; or

(b) (2) Any driver authorized to operate a CMV only with an exempt intra city zone pursuant to §391.62, **or** only by operation of the exemption in §391.64, if such driver not been medically examined & certified as PQ to drive in such zone during the preceding 12 months;

(c) **Any driver whose ability to perform their normal duties has been impaired by physical or mental injury or disease.**

Goal

FMCSA certified medical examiners (CME) will;

assess the driver's medical fitness for duty

use Federal driver qualification standards & medical guidelines

have an awareness of physical, cognitive & behavioral demands associated with the job of commercial driving.

to the best of their ability, make certifications decisions that reduce the risk for crashes, injuries, & fatalities for which a contributing factor is failure of the driver to be medically fit for duty.

Competencies

Training should:

prepare the examiner to appropriately apply knowledge of driver physical qualification standards & medical guidance,

to use other FMCSA resources in the performance of medical examinations .

certification test items directly assess these tasks.

include a review as a minimum medical examiner responsibilities for obtaining driver medical history.

use standard specific examples to introduce & reinforce cognitive recall, application & analysis skills related to global critical tasks.

(Competencies identified within this module are considered global competencies because they either apply to every certification examination (Identify the driver) or they apply to most if not all the qualification standards.)

Identification & History

Identify, query, & note issues in a driver's medical record

and/or health history as available, which may include:

- Verify ID of the driver
- Ensure driver signed health history statement
- specifics regarding any affirmative history responses
- any illness, surgery, injury in last five years
- any other hospitalizations or surgeries
- any recent changes in health status
- any medical conditions or current complaints
- any incidents of disability / physical limitations
- limitations placed during prior FMCSA emanations
- current OTC/prescription medications/supplements, potential side effects, be potentially disqualifying
- other conditions that could impair a driver's ability to safely function

**Physical Examination &
Evaluation**

NOTE: Critical task stems for the following competencies

describe **minimum expectations** for medical examiners to obtain sufficient medical evaluation data to determine driver health & document ancillary information.

The **detail tasks**, noted in parentheses, are listed in specific standards module competencies.

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**Physical Examination &
Evaluation**

Ensure the driver is properly clothed for the physical examination
Record height/weight, note whether driver is over/underweight
Examine eyes and note
Examine ears and note
Examine mouth/throat, note conditions that may interfere with breathing, speaking, or swallowing
Examine neck and note
Examine heart/lungs, chest, thorax, excluding breasts, and note
Examine abdomen and note
Examine spine and note
Examine extremities and note
Examine neurological status and note
Examine urine & note specific gravity, protein, blood, & glucose
Examine mental status and note

Health Education Counseling

NOTE: Following critical tasks are global tasks.

Medical examiner should provide the driver with appropriate explanation, advice, information, & decision rationale.

Body system specific tasks/examples are also included in the corresponding module competency lists.

Explain to a driver consequences of non-compliance with a care plan for conditions that they have been advised for periodic monitoring with primary healthcare provider

Health Education Counseling

Advise a driver:

- regarding side effects/interactions of medications/supplements (narcotics, anticoagulants, psychotropics) including acquired OTC (antihistamines, cold & cough meds) that could negatively affect their driving
- that fatigue, lack of sleep, undesirable diet, emotional conditions, stress, & other illnesses can affect safe driving
- with contact lenses they should carry a pair of glasses while driving
- with a hearing aid they should possess a spare power source for the device while driving
- who has had a deep vein thrombosis event of risks associated with inactivity while driving & interventions that could prevent another thrombotic event

Health Education Counseling

Advise a driver:

- with diabetes about blood glucose monitoring frequencies & minimum threshold while driving
- with a diabetes exemption, they should:
 - possess a rapidly absorbable form of glucose while driving
 - self-monitor blood glucose one hour before driving and at least once every four hours while driving
 - comply with each condition of his/her exemption
 - plan to submit blood glucose monitoring logs for each annual recertification

Health Education Counseling

Inform the driver of the rationale for delaying or potentially disqualifying certification, which may include:

- immediate post-operative period
- vision disability (retinopathy, macular degeneration)
- cardiac even (myocardial infarction, coronary insufficiency)
- chronic pulmonary exacerbation (emphysema, fibrosis)
- uncontrolled hypertension
- endocrine dysfunctions (diabetes)
- musculoskeletal challenges (arthritis, neuromuscular disease)
- neurological event (seizures, stroke, TIA)
- sleep disorder (obstructive sleep apnea)
- mental / emotional health (depression, schizophrenia)
- mental health dysfunctions (depression, bipolar)

Risk Assessment

Consider a driver's ability to:

- couple & uncouple trailers from a tractor
- load or unload several thousand pounds of freight
- install & remove tire chains
- manipulate & secure tarpaulins that cover open trailer
- move one's own body through space while climbing ladders; bending, stooping, crouching; entering & exiting the cab
- manipulate an oversized steering wheel
- shift through several gears using a manual transmission
- perform precision prehension & power grasping
- use arms, feet, & legs during CMV operation

Review Skill Performance Evaluation (SPE) cases

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Risk Assessment

Consider a driver's cognitive ability to:

- plan a travel route
- inspect the operating condition of a tractor and/or trailer
- monitor & adjust to a complex driving situation
- maneuver through crowded areas
- quickly alter the course of vehicle to avoid trouble

Consider general health and wellness factors such as:

- adverse health effects associated with rotating work schedules & irregular sleep patterns
- long-term effects of fatigue associated with extended work hours without breaks
- risk factors associated with common dietary choices available to drivers
- stressors likely associated with extended time away from a driver's social support system

Risk Assessment

Consider general health and wellness factors such as

- short- and long-term health effects of stress from tight pickup & delivery schedules
- irregular work, rest, & eating patterns / dietary choices
- adverse road, weather, & traffic conditions
- exposure to temperature extremes, vibration, & noise
- transporting passengers or hazardous products

Integrate FMCSA medical advisory criteria and guidelines

regarding a driver's condition into the risk assessment

Support the rationale for using FMCSA guidelines that have not been published in regulations yet

Risk Assessment

Consider for documented conditions:

rate of progression,
degree of control,
likelihood of gradual or sudden incapacitation, examples

include:

- cardiovascular
- neurologic
- respiratory
- musculoskeletal

Certification Outcomes & Intervals

Apply certification standards to qualify or disqualify a driver

Disqualify any driver who:

- currently taking methadone
- current clinical diagnosis of alcoholism, uses a controlled substance including a narcotic, amphetamine, or another habit-forming drug without a prescription from the treating physician

Disqualify a driver when:

evidence shows a condition exists that will likely interfere with the safe operation of a CMV, include sufficient supporting opinions & information from specialists

Document the reason(s) for the disqualification and/or referral

Advise a driver of the reasons for a disqualification decision and what a driver could do to become qualified

Certification Outcomes & Intervals

Certify any driver: for appropriate interval (3, 6, 9, 12 or 24 M)

Indicate certification status, which may required;

- waiver / exemption, which the medical examiner identifies
- wearing corrective lenses
- wearing a hearing aid
- Skill Performance Evaluation Certificate

Advise any driver certified with limited interval to return for recertification with the appropriate documentation for their condition)

Complete a medical examination report & medical certificate / card ensure:

use of currently required examination form
form includes the examiner's name, examination date, office address, & telephone number
driver signs the medical certificate / card \

FMCSA Content Sources

Rules & Regulations:

At the completion of training,

the medical examiner should be aware of the following Federal regulations, have an awareness of how they relate to driver certification, recall the regulation that cites driver physical qualification standards & regulation that cites medical examiner responsibilities.

Subpart A—General applicability & definitions §390.5 Definitions

Subpart E—Physical qualifications & examinations emphasize

- 49 CFR 391.41 Physical qualifications for drivers
- 49 CFR 391.43 Medical examination; certificate of physical qualification

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FMCSA Content Sources

Subpart G—Limited exemptions emphasize

- o 49 CFR 391.62 Limited exemptions for intra-city zone drivers
- o 49 CFR 391.64 Grandfathering for certain drivers participating in vision and diabetes waiver study programs
- o 49 CFR Part 40 DOT Procedures for Drug and Alcohol Testing
- o 49 CFR Part 381 Waivers/Exemptions/Pilot Programs
- o 21 USC Sec. 812 U.S. Drug Enforcement Administration

FMCSA Content Sources

Regulation Guidance

FMCSA Medical Examiner Handbook:

- Part I—General FMCSA Information
- Part II—The Job of Commercial Driving
- Part III—Medical Examination Guidelines
- Part IV—Physical Qualification Standards - particularly:
 - o Regulations Versus Medical Guidelines (Guidance)
 - o Ongoing standards and guidelines Review Process

FMCSA Content Sources

Related FMCSA Web Site Resources:

- FMCSA Medical Programs
- Driver Exemption Programs
- Skill Performance Evaluation (SPE)
- About FMCSA
- Medical Examination Form (PDF)

About FMCSA

Topic 1: Background, rationale, mission, goals of the FMCSA medical examiner's role in reducing crashes, injuries, & fatalities involving commercial motor vehicles.

Background:

- Identify the Federal Motor Carrier Safety Administration (FMCSA) as 1 of 9 administrations established within the U.S. Department of Transportation (DOT) agencies.
- Identify the Office of Medical Programs as a key FMCSA driver safety program.
- Recall that proposed National Registry of Certified Medical Examiners(NRCME) is under the direction of the Office of Medical Programs.
- Give an example of documenting the reason(s) for a certification decision that does not conform with guidelines.

About FMCSA

Rationale:

List entities that FMCSA regulates, including: drivers, vehicles, & motor carriers.

Discuss why regulation is needed to protect public safety, which may include describing why crashes involving a commercial motor vehicle (CMV) can be catastrophic;

Rational includes:

- o Greater risk of injury & fatalities to individuals in smaller vehicles.
- o Risk to environment & persons when crashes involve hazardous materials.
- o Some commercial vehicles carry many members of the public.
- o The economic cost of these crashes is exceedingly high.

About FMCSA

Mission:

Discuss the missions of FMCSA & proposed NRCME.

Review FMCSA strategies to achieve goals including:

- o Develops & enforces data-driven regulations that balance motor carrier (truck/bus company) safety with industry efficiency.
- o Employs safety information systems to focus on higher-risk carriers in enforcing safety regulations. Targets educational messages to carriers, commercial drivers, & public.
- o Partners with stakeholders, including Federal, State, and local enforcement agencies, the motor carrier industry, safety groups, & organized labor in efforts to reduce bus/truck crashes.

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About FMCSA

Mission:

List the FMCSA Medical Programs responsibilities including to:

- Oversee the national medical certification process for CMV drivers who operate in interstate commerce.
- Develop/implement medical regulations, policies, and procedures.
- Oversee & support the Medical Review Board in accordance with Federal Advisory Committee Act.
- Develop/implement the national registry program – a national medical examiner system & a linked national driver medical reporting system.
- Conduct/oversee Agency's medical exemption and certificate programs.
- Serve as lead Federal Agency for regulation of CMV driver health, safety & conduct relevant medical research.

About FMCSA

Mission:

Explain the Code of Federal Regulations (CFR) are laws that must be followed.

Recall locations of driver physical qualification regulations found in 49 CFR 391.41 Subpart E—Physical qualifications & examinations.

Explain difference between FMCSA medical standards and medical guidelines.

Discuss the ongoing process FMCSA uses to update current, develop new, medical fitness for duty standards & guidelines.

Medical Examiner Role

Recall purpose of the Federal CMV driver physical examination.

Differentiate between goals of the medical examiner & goals of primary care or specialist provider.

Recall who is responsible for determination of CMV driver medical certification status.

About the Job of Commercial Driving

Topic 2: Familiarization with responsibilities & work environment of CMV operation.

Safety Considerations:

Factors that Contribute to Job-related Stress:

Identify CMV driving factors that contribute to commercial driving job-related stress, including:

- Route, scheduling, and traffic environment stresses.
- Road, traffic, weather, & night time driving.
- Vehicle size, noise, vibration, & sleeper environment.
- Types of cargo (e.g., hazardous or passenger).

About the Job of Commercial Driving

Driver Responsibilities:

Identify duties in addition to the driving task for which a driver is responsible & needs to be medically fit for duty, including:

- Coupling & uncoupling trailer(s) from the tractor.
- Loading & unloading trailer(s).
- Inspecting operating condition of tractor and/or trailer(s) before, during & after delivery of cargo.
- Lifting, installing, & removing heavy tire chains.
- Lifting heavy tarpaulins to cover open top trailers.

About the Job of Commercial Driving

Driver Population:

Discuss that driver population exhibits same characteristics prevalent in the general population, including; age distribution of work force age-related medical conditions.

Discuss health risks associated with aging & obesity including:

- High risk for chronic disease.
- Increased risk for fixed deficits.
- Increased risk for gradual or sudden incapacitation.
- Increased likelihood of comorbidity.

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About the Job of Commercial Driving

Safety Considerations:

- Identify & discuss CMV driver job-related safety implication considered when making certification determination, including:
- o Severity of physical condition disqualifying because:
 - o Symptoms, even if medically benign, interfere with the ability to drive?
 - o Onset of symptoms may be so fast driver may be unable to stop vehicle safely before becoming incapacitated?
 - o Onset of symptoms may be so gradual driver is unaware of diminished ability to operate a CMV safely.
 - o Presence of mental/physiological condition disqualifying because it interferes with:
 - o Cognitive abilities used to process environmental cues rapidly & make appropriate responses?
 - o Problem solving skills used to function independently of direct supervision in a new environment or in the event of an

About the Job of Commercial Driving

Safety Considerations:

- o Problem solving skills used to function independently of direct supervision in a new environment or in the event of an emergency?
 - o Behavioral inhibitors that suppress inappropriate, irresponsible, or possibly violent actions?
- Is the use of a medical treatment:
- o Qualifying because it controls a physical and/or mental condition allowing the driver to perform tasks more safely than without treatment?
 - o Disqualifying because the effects, even if medically optimal interfere with safe driving?
 - o Disqualifying because the side effects interfere with safe driving?

Health History

Topic 3: Obtaining, reviewing, & documenting driver medical history, including prescription/over-the-counter (OTC) medications.

Health History: Obtaining

Reference Medical Examination Report form health history as minimum guideline for obtaining driver history used to determine medical fitness for duty.

Discuss importance of obtaining accurate/complete driver health history.

Recall driver is to:

- o Complete Medical Examination Report form Driver Information & Health History sections.
- o Disclose (if known), onset date, diagnosis, treating physician's name & address, and/or any current

Health History

Health History: Obtaining

Recall driver is to:

- o Complete Medical Examination Report form Driver Information & Health History sections.
- o Disclose (if known), onset date, diagnosis, treating physician's name & address, and/or any current limitation for positive history.
- o List all current or recently used medication, including OTC drugs & supplements.

Explain by signing Medical Examination Report form driver certifies that the information provided is complete & true.

Health History

Reviewing:

Recall the medical examiner or examiner trained assistive staff should:

- o Verify identity of driver, preferably using at least one government issued photo identification form (driver's commercial license).
- o Confirm identification form information & medical record driver information match.

Discuss purpose of reviewing driver health history to assist in determination medical fitness for duty.

Give examples of why negative history might be inaccurate (driver erroneously applied "last 5 years" time frame to all health history questions or was unaware that a same-day, minimally invasive procedure is surgery).

Health History

Reviewing:

Recall the medical examiner must review & discuss:

- o Any health history —all yes answers.
- o Potential for medication effects or side effects that interfere with safe driving.

Discuss why medical examiners should ask about symptoms of diseases to evaluate the ability to drive safely & effectively on function & relevant history rather than relying solely on history of diagnosis.

Discuss importance of ensuring medication history discloses:

- o If effects of medication contribute to ability to drive safely.
- o If the effects or side effects of medication interfere with the ability to drive safely.
- o Increased risk for sudden or unperceived interference with the ability to drive safely resulting from:

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Health History

Reviewing:

Discuss importance of ensuring medication history discloses: Drug interactions with another drug, food, and/or supplement.

- Synergistic effects from a combination of prescription and/or OTC medications.
- Reactions to new medication or one with a narrow therapeutic range.
- Reactions to single late or missed dose of a medication.

Documenting

Ensure that driver has completed both sections, signed, & dated the Medical Examination Report form.

When appropriate, request specific report details as treating provider may not be familiar with CMV driver physical qualification requirements:

- Request medical details (dates, treatment effects and/or side effects, test results, etc.) identified by regulation and/or recommendations.
- Ensure appropriate medical information release forms are provided when required.
- Include supporting documentation with Medical Examination report form.

Documenting

Fully document health history review, which includes:

- Noting discussions of medication effects and/or side effects that can interfere with driving.
- Identifying when history indicates additional tests or evaluation are required to make a certification decision.
- Explaining if health history is cause for disqualification.

Physical Examination

Performing:

Recall the Medical Examination Report form describes minimum physical examination required for determining driver certification.

Discuss medical examiner responsibility to adequately assess medically fit for duty may require additional driver testing and/or medical evaluation by primary care provider and/or specialist provider.

Identify the 4 tests required as a part of every driver certification & recertification examination:

- Vision
- Hearing
- Blood Pressure/Pulse
- Urinalysis (dipstick)

Review the body systems listed in the physical examination

Physical Examination

Performing:

Review body systems listed in physical examination section, noting that check for lists are minimum examination requirements.

Discuss implications of general examination (medical examiner must be able in inspect for scars, therefore driver must disrobe).

Identify 4 tests required as a part of every driver certification and recertification examination:

- Vision
- Hearing
- Blood Pressure/Pulse
- Urinalysis (dipstick)

Physical Examination

Performing:

Review body systems listed in physical examination section, noting that check for lists are minimum examination requirements.

Discuss implications of general examination (medical examiner must be able in inspect for scars, therefore driver must disrobe).

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Physical Examination

Reviewing

- Recall all **abnormal findings** are to be noted.
- Distinguish between **disqualifying/non-disqualifying** abnormalities.
- Discuss rationale for why a medical examiner may choose to **temporarily disqualify**, including:
 - o Obtain additional testing or evaluation.
 - o Conform with **recommended waiting periods** (post-surgical minimum recovery, newly started on medication or treatment).
- Discuss importance of **ascertaining affect of a condition or treatment on the driver's ability to operate a CMV safely**.
- Discuss medical examiner responsibility to distinguish between optimal medical treatment, prognosis, & risk to public safety.

Physical Examination

Documenting

- Review** Medical Examination Report form instruction for documenting physical examination.
- Recall** that all abnormal findings must be documented.
- Recall** that noting the affect on driving ability is required.
- Give examples of noting that organic disease has or has not been compensated for adequately for driver certification.

Additional Diagnostic Tests & Medical Expert Opinion

Topic 5: Performing, obtaining, & documenting additional diagnostic tests or medical opinion from a medical specialist or treating physician.

Performing:

- Distinguish between testing/evaluation to diagnose/treat driver & testing/evaluation to determine medical fitness for duty & to protect public safety.
- Give examples of examination finding that may indicate the need for additional testing and/or evaluation, such as:
 - o An abnormal urinalysis.
 - o An occurrence of cardiovascular insufficiency.
 - o Abnormal affect at examination.
 - o Recently prescribed treatment/medication.
- Give examples of additional tests examiner might perform, such as: Random blood glucose, Pulse oximetry.

Additional Diagnostic Tests & Medical Expert Opinion

Obtaining

- Give examples of additional tests the examiner might require, such as:
 - o Arterial blood gas analysis (ABG).
 - o Stress exercise tolerance test (ETT).
 - o Sleep studies.
 - o Drug test.
- Distinguish between role of consulted healthcare providers to adequately assess driver health & medical examiner role to determine medical fitness for duty.
- Give examples of additional evaluations a examiner might require, such as:
 - o Report of effectiveness of procedure, surgery, or treatment.
 - o Evaluation of medication effects and/or side effects.
 - o Results of cognitive and/or behavioral evaluation.
 - o Evaluation of completion/success of rehabilitation program

Additional Diagnostic Tests & Medical Expert Opinion

Documenting

- Recall test results & consulting provider reports are to be included with the Medical Examination Report form.
- Discuss advantages of providing appropriate documentation to increase likelihood of obtaining adequate evaluation report information, including:
 - o Copy of Medical Examination Report form, including the driver role.
 - o Medical release form.
 - o Copy of or list of applicable regulation and/or medical guidelines assessment criteria.
 - o Medical examiner contact information.
- Recall medical clearance to drive from a consulting provider is an opinion with which the medical examiner may or may not concur.
- The medical examiner makes the qualification decision.**

Additional Diagnostic Tests & Medical Expert Opinion

Documenting:

- Discuss rationale for FMCSA reliance on FMCSA CME's to determine driver certification, including CME knows the:
 - o Driver physical qualification requirements.
 - o Physical, mental, & behavioral demands of commercial driving.
 - o Driver is certified for the driver's role, not a specific job description which may be less demanding.
 - o Limitations of CME role (cannot limit driving to daylight hours, etc.).

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Informing and Educating

Topic 6: Informing/educating the driver about medications & non-disqualifying medical conditions that require remedial care.

Medications:

Recall potential effects/risks associated with use of medication & supplements should be discussed with driver & may include:

- o Identifying possible side effects, interaction, and/or synergistic affects that interfere with driving ability.
- o Advising driver read warning labels on all medications.
- o Recommend driver carry extra medication when driving so that doses are not missed due to trip delays.
- o Recommend driver have a method for refilling prescription when driving.
- o Educating driver that effectiveness of medications can be affected by improper storage, including exposure to light, heat, cold, and moisture.

Informing and Educating

Non-disqualifying Medical Conditions:

Recall potential risks to driver & public safety associated with the job of commercial driving should be discussed with driver.

Discuss rationale for delaying or potentially disqualifying driver and may include:

- o Recommended waiting periods.
- o Presence of or unacceptable risk for occurrence of disqualifying symptom.
- o Presence of or unacceptable risk for disqualifying effect of medication or treatment.

Recall that option of applying for a **Federal exemption** should be discussed with the otherwise medically qualified driver with monocular vision or diabetes mellitus who uses insulin.

Determining Driver Certification

Topic 7: Determining driver certification outcome & period for which certification should be valid.

Recall FMCSA relies on CME to assess/determine when a person is medically fit to operate CMV in interstate commerce.

Recall CME who signs Medical Examination Report form is the examiner accountable for driver certification decision.

Discuss fundamental issue of risk to public safety for determining driver certification. Does driver have a condition/treatment that:

- o Interferes with the ability of driver to safely operate a CMV.
- o Poses an unacceptable risk for gradual or sudden incapacitation.

Determining Driver Certification

Recall CME must determine for each certification/recertification examination whether or not driver is medically:

- o Qualified for commercial driving & will be certified & issued a medical examiner's certificate.
- o Unqualified for commercial driving & will not be certified.

Determining Driver Certification

Certification Outcome & Period:

Discuss fundamental issue when deciding certification period is the probability of an event occurring within certain period of time.

Recall For Interstate CMV driver medical certification:

- o Maximum certification period is 2 years.
- o CME can certify for less than 2 years, when:
- o More frequent monitoring is indicated by history and/or physical examination.
- o Medical guidance recommends a period less than 2 years.
- o Provision of Federal exemption requires annual medical examination.
- o Needed to ensure adequate monitoring of a medical condition that may change and be potentially disqualifying.

Determining Driver Certification

Certification Outcome & Period:

Discuss CME authority to indicate driver is medically qualified

"only when" in compliance with one or more of 6 requirements printed on the medical examiner's certificate:

- o Wearing corrective lenses.
- o Wearing hearing aid.
- o Accompanied by a ___ waiver/exemption. (Federal vision or diabetes exemptions).
- o Driving within an exempt intracity zone (49 CFR 391.62).
- o Accompanied by a Skill Performance Evaluation (SPE) certificate.
- o Qualified by operation of 49 CFR 391.64.

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Reporting & Documentation

Topic 8: FMCSA reporting & documentation requirements.

Documenting Certification Status:

Compare Medical Examination Report form certification status & CME's certification to identify minimum requirements for documenting certification decision.

- o Note that both status & CME's certificate have list of 6 certification modifications CME may impose.
- o Show relationship between examination date, status certification period, CME's certificate expiration date.

Discuss importance of Medical Examination Report form status & medical examiner's certificate being accurate, complete & reflecting the same certification decision.

Recall there is no issuance of medical examiner's certificate to driver who is not medically qualified.

Review 49 CFR 391.43 (g)(h) requirements for completion and distribution of the medical examiner's certificate.

Reporting & Documentation

Reporting:

Discuss minimum requirements for retention of driver medical records.

Discuss national registry listing **requirement for CME to report monthly interstate CMV driver physical examinations including months when no examinations were performed.**

Discuss requirements to produce records when requested by FMCSA or designated representative as part of investigation of CMV crashes.

About FMCSA Recall

Self-checks are a stem & key example resource for developing knowledge mastery learning strategies, such as: discussion, drill & practice, pre- & post-topic comprehension assessment interactions. Use of self-check content is optional.

Stems and Keys:

Stem: What is purpose of Interstate CMV driver physical examination?

Key: purpose of driver physical examination is to detect the presence of physical, mental, or organic conditions of such character & extent as to affect driver ability to operate a CMV safely. This examination is for public safety determination & considered by FMCSA to be a "medical fitness for duty" examination.

About FMCSA Recall

Stem: What is the mission of the FMCSA?

Key: "The FMCSA is focused on reducing crashes, injuries, & fatalities involving large trucks & buses."

Stem: Who and what does FMCSA regulate?

Key: The FMCSA regulates **interstate** commercial operation, including driver, vehicle, motor carrier, & transport of hazardous materials.

Job of Commercial Driving Recall

Stem: Give examples of CMV driver stress factors.

Key: Stress factors may include:

- Interruption of normal sleep, exercise, & eating patterns
- Access to social support networks resulting in fatigue, obesity, and/or alienation of affection.
- Environment that may have excessive vibration, noise, & extremes in temperature, and/or adverse road or traffic conditions can interfere with driver ability to recognize a driving hazard, cause temporary or permanent physical damage to sensory perception or affect driver behavior.
- Increased potential for injury & fatalities should there be a crash when driver is responsible for passenger safety or hazardous cargo.

Regulation & Medical Guidance Recall

Stem: What are differences between medical standards & medical guidelines?

Key: Regulations are law. CME must use standards found in 49 CFR 391.41 to determine **interstate** CMV driver medical fitness for duty. Medical guidelines are based on expert review & considered best practices, & intended to assist CME in determining driver certification.

Stem: In which regulation(s) are driver physical qualification standards & CME responsibilities cited?

Key: Driver physical qualification standards are found in 49 CFR 391.41. CME responsibilities are found in 49 CFR 391.43.

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Medical Examination Recall

Stem: What objective tests & measurements are required as part of driver physical examination.

Key: Driver:

- Height and weight.
- Vision.
- Hearing.
- Blood pressure and pulse.
- Urinalysis (dipstick) for specific gravity, protein, blood, and glucose.

Determining Driver Certification Recall

Stem: What are possible outcomes of driver physical examination?

Key: Certification OR Disqualification

Stem: What date is used to determine medical examiner's certificate expiration

Key: Date noted on medical examination report form; day the physical examination was started.

Documentation Application

Stem: What is medical examiner certificate expiration date for the following drivers?

Driver A – Examination 4/16/2011 – Meets standards in 49 CFR 391.41; qualifies for 2 year certificate.

Driver B – Examination 4/16/2011 – Meets standards, but periodic monitoring required due to hypertension – driver qualified for 1 year.

Driver C – Examination 4/16/2011 – Disqualified due to not having results of post-CABG stress test for review. 4/25/2011 – Return to medical examiner's office with test results (attached) – driver qualified for 1 year.

Driver D – Examination 4/16/2011 – Disqualified due to diagnosis of benign positional vertigo 3/15/2011 – Return to medical examiner's office for Certification Examination on 5/20/2011. Note asymptomatic since 3/11/2011 but periodic– driver qualified for 2 years.

Documentation Application

Key:

Driver A – Expiration date 4/16/2013 (2 years from date of PE)

Driver B – Expiration date 4/16/2012 (1 year from date of PE).

Driver C – Expiration date 4/16/2012 (1 year from date the physical examination was started, not the follow-up date when driver returned with test results needed to complete physical examination).

Driver D – Expiration date 5/20/2013 (Time & conditions of waiting periods should be completed before considering driver for certification. Medical examiner disqualified Driver, explaining that a 2 month, symptom-free waiting period must elapse. Medical examiner performed a complete physical examination, including starting a new Medical Examination Report form, on 5/20/2011 & determined driver could be certified for 2 years. Expiration date is 2 years from the date the examination was performed.

Scenarios

Objective of the clinical scenario is to reinforce application of the FMCSA regulations/guidance in the clinical setting to effectively perform driver physical examination.

Use of example cases are optional. When used, the scenario can be used as a whole or in part to develop learning strategies such as vignettes, role plays, simulations, & group discussion.

Remember that all FMCSA Medical examiner certification test items assess knowledge acquired through training in the context of medical examiner performance of critical tasks.

Format used to present medical facts for scenarios is based on the data a medical examiner records on the Medical Examination Report form.

Scenarios

Medical Examination Report Form — Ms. Karen Anderson

Ms. Anderson—Recertification Examination

Sex: Female | Age: 42 | Height: 67" | Weight: 172 lbs.

Health History:

Yes response(s): None.

Medication(s): None.

Health History Comments:

Reports negative health history. Denies any current or recent prescription medication or supplement use other than taking one-a-day multivitamin formulated for women.

American College of Occupational and Preventive Medicine 2011 Annual Meeting, Orlando, Florida, November 1, 2011

Scenarios

Vision:

Uncorrected Acuity: Rt. Eye: 20/20 Lt. Eye: 20/30 Both: 20/20
Horizontal Field of Vision: Rt. Eye: 80° Lt. Eye: 80°
Meets standard only when wearing: corrective lenses? No
Color: Can distinguish red, green, and amber colors? Yes
Monocular Vision? No

Hearing:

Hearing aid used for test? No
Hearing aid required to meet standard? No
Whisper test: Rt. Ear: 5 Feet Lt. Ear: 5 Feet
Audiometric test hearing loss average: Rt. Ear: N/A Lt. Ear: N/A

Blood Pressure/Pulse: BP-134/88 P-80 & Regular

Urinalysis

SP. GR.: 1.020 | Protein: 1+ | Blood: 4+ | Glucose: Neg
Hemoglobin: 12.4

Scenarios

Physical Examination Comments:

Currently on 4th day of menses with heavy bleeding. Driver denies any change in alertness affecting driving ability. Advised her to consult primary care provider or GYN specialist for evaluation of excessive bleeding that might lead to anemia which could cause her to tire easily, increasing her risk for unsafe driving.

Stems and Keys:

Best Outcome

Stem: What is the certification decision in this scenario?

Key: Certify Ms. Anderson for 2 years. She has no disqualifying health history or physical examination abnormalities

Scenarios

Health History Documentation:

Stem: Even though Ms. Anderson reported a negative health history, what important information did the medical examiner ask about when reviewing her health history?

Key: CME asked about medication usage, including supplements, which many drivers may not report because they do not consider them medications & are unaware of medical implications of the use of supplements.

Required Test Documentation

Stem: Which reported test result did CME Obtain based on physical examination findings & not as part of the required testing?

Key: Hemoglobin.

Scenarios

Physical Examination Comments:

Stem: Do you think the comment is adequately documents the findings? Justify your answer.

Key: CME correctly noted body system in which there was an abnormal finding. The note reflects inquiry as to the affect on driving ability and is also supported by hemoglobin test results. CME also documented advice for medical follow up for a condition that could worsen and interfere with safe operation of a CMV.