

## Diabetes

## Regulation

- A person is physically qualified to drive a commercial motor vehicle if that person has no established medical history or clinical diagnosis of diabetes mellitus currently requiring insulin for control
- This concludes my presentation

## Diabetes

- 23.6 million people or 7.8% of population have diabetes
- 5.7 million of those are undiagnosed
- Majority are type two

## Blood Glucose Control

- Poor glucose control in drivers
  - Fatigue
  - Lack of sleep
  - Poor diet
  - Irregular meal timing
  - Stress
  - Emotional conditions
  - Concomitant illness
  - Difficulty in timing testing
  - Difficulty in timing medications
- Poor glucose control in drivers can hasten the onset of need for insulin therapy

## The Risks

- Hyperglycemia (acute effects)
  - Lethargy
  - Sluggishness
  - Cognitive dysfunction (usually gradual onset and low in frequency)
- Hyperglycemia (chronic effects)
  - Neuropathy
  - Nephropathy
  - Accelerated atherosclerosis
  - Retinopathy
  - Painless MI

## The Risks

- Detection and management of hypoglycemia is more relevant to (immediate) safety considerations
  - Tachycardia
  - Sweating
  - Weakness
  - Hunger
  - Seizure
  - LOC
  - Impaired cognitive dysfunction

## History and Physical Exam

- Fundamental obligation is to establish if driver is an unacceptable risk for sudden death or incapacitation
- Risk may be from disease itself or medications used to treat disease

## Key Points

- Medical qualification should be determined on a case by case evaluation of the ability of the driver to manage the disease and meet qualification standards
- You should ask questions beyond those on the form regarding DM symptoms, treatment and driver adjustment to living with a chronic condition

## Regulations

- You must review and discuss with the driver any “yes” answers
- Does the driver have diabetes mellitus or elevated blood glucose controlled by:
  - Diet?
  - Pills?
  - Insulin?
  - Other injectable medications?

## Recommendations

- You may/should ask if the driver:
  - Monitors blood glucose levels
  - Uses OTC medications or supplements
  - Uses and incretin mimetic
  - Has history fainting, dizziness or LOC
  - Has history of hypoglycemic reactions resulting in:
    - Seizure
    - LOC
    - Need for assistance
    - Impaired cognitive function that presented w/o warning

## Important (it is in RED)

- If driver says they have had severe hypoglycemic episodes you need to ask if:
  - Driver has had one or more occurrences within the last 12 months?
  - Driver has had two or more occurrences within last 5 years?

## Regulations

- You must evaluate:
  - For glycosuria
  - Signs of TOD
    - Retinopathy
    - Macular degeneration
    - Peripheral neuropathy
    - CHD
    - TIA/CVA
    - PVD
    - Autonomic neuropathy
    - Nephropathy
- Record your findings

## Regulations

- You must document discussion with the driver about:
  - Any affirmative history
    - Onset date, diagnosis
    - Medications dose/ frequency
    - Current limitations
  - Potential negative effects of medication use including OTC while driving

## Regulations

- You must document discussion with the driver about:
  - Any abnormal findings noting:
    - Effect on driver ability to safely operate a CMV
    - Necessary steps to correct the condition ASAP particularly if the condition if neglected, could result in more serious illness that might affect driving
  - Any additional medical tests and evaluation

## Additional Testing

- May perform
  - Finger Stick
  - A1C

## Specific Certification Guidance

- Diabetes not on insulin
  - Consider consultation with primary care provider to assess medical fitness
  - Don't certify driver unless it is shown that treatment is adequate/effective safe and stable (your call)
  - Certify if driver meets all standards, has appropriate treatment plan that does not include insulin and does not interfere with safe driving
  - May certify up to two years but FMCSA recommends 1 year certification (but if on oral hypoglycemics 1 year)



## Specific Certification Guidance

- Diabetes not on insulin
  - Recommend not to certify if:
    - Hypoglycemic reaction in the last 12 months or two or more reactions in the last 5 years resulting in:
      - Seizure
      - LOC
      - Need for assistance from another person
      - Period of impaired cognitive functioning

## Specific Certification Guidance

- Diabetes not on insulin
  - Recommend not to certify if driver has:
    - Proprioceptive deficits
    - Loss of pedal sensation
    - Resting tachycardia
    - Orthostatic hypotension
    - Diagnosis of:
      - Peripheral neuropathy
      - Proliferative retinopathy

## What about incretin mimetics?

- Can be used without exemption
- May certify if treatment has been shown to be adequate/effective, safe and stable. (your call)
- Certify if driver meets all standards, has appropriate treatment plan that does not include insulin and does not interfere with safe driving
- Maximum certification is one year

## What about incretin mimetics?

- Don't certify if you feel that the nature and severity of the medical condition and/or the treatment of the driver endangers the safety and health of the driver and the public (your call)
- May certify if treatment has been shown to be adequate/effective, safe and stable. (your call)
- FMCSA recommends written statement from the treating provider describing tolerance to meds, frequency of monitoring for control and efficacy of treatment

## Oral Hypoglycemics

- Maximum certification 1 year
- Don't certify if you feel that the nature and severity of the medical condition and/or the treatment of the driver endangers the safety and health of the driver and the public (your call)
- May certify if treatment has been shown to be adequate/effective, safe and stable. (your call)

## Insulin Therapy

- Small number of drivers given exemption in 1996
- Driver can apply for insulin exemption with the FMCSA (lots of hoops, some flaming)
- Full requirements for application on FMCSA website

**American Osteopathic College of Occupational and Preventive Medicine  
DOT FMCSA National Registry of Certified Medical Examiners Course**

Questions?

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