

## D.O.T. PHYSICAL EXAMS

In May, 2014 the Federal Motor Carrier Safety Administration instituted a federal regulation that requires healthcare providers performing commercial driver (DOT) medical exams to complete a rigorous study course and pass a proctored exam in order to be certified DOT medical examiners.

Healthcare providers now have much more specific guidelines to consider when making decisions regarding driver medical certification. This could include more than just a personal health history in order to determine if the driver can safely operate a commercial motor vehicle.

In some circumstances, the healthcare provider performing the DOT exam may ask the driver to provide documentation from other treating provider(s) regarding any health conditions that may exist. Drivers should bring with them all their medications (or the precise names and dosages thereof), the names of the prescribing provider(s), and in some cases, more complete records.

The following medical conditions are *disqualifying* for DOT driver certification, meaning they are *not* discretionary and are *not* left to the clinical judgment of the examiner:

1. Epilepsy (current diagnosis, within the past ten years) or seizures. If the driver's seizures are controlled on medication, a complete medical record of neurologic care, as well as, monitoring and a list of medications must be brought to the DOT exam.
2. Significant hearing loss
3. Vision loss that is not correctable
4. Insulin dependent diabetes mellitus (without waiver)
5. Implantable defibrillators
6. *Untreated* sleep apnea can be considered a disqualifying condition.

The following conditions are *likely disqualifying* and may result in a time restriction on the CDL, depending on current treatment, control and/or health status:

1. Benign nervous system tumors
2. Stable angina or recent heart attack
3. Mood disorder
4. Pacemaker
5. Use of blood thinners
6. Previous stroke
7. Multiple sclerosis

Further details about these federal regulations can be found on the DOT FAQ website:  
<http://www.fmcsa.dot.gov/rules-regulations/topics/medical/faqs.aspx#question1>

NRCME and the DOT's Medical Examination Report can be found at:  
<http://www.ushealthworks.com/Services/Occupational-Medicine/Pre-Employment-Physicals.html>

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