

# UPDATE FOR MEDICAL EXAMINERS

NATIONAL REGISTRY OF CERTIFIED MEDICAL  
EXAMINERS (NRCME)

FEDERAL MOTOR CARRIER SAFETY ADMINISTRATION  
US DEPARTMENT OF TRANSPORTATION

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**New England College of Occupational and  
Environmental Medicine Annual Meeting  
December 2, 2016**

**Ron Blum, MD, FAAFP, FACOEM  
Jay Poliner, MD, MPH, FACOEM**

# Today's update topics

- National Registry statistics
- Insulin-dependent diabetes mellitus – MRB report
- Medications: zolpidem (Ambien ®)
- Obstructive sleep apnea recommendations
- Revisions to forms MCSA-5875 (report) and -5876 (cert)
- In brief:
  - Exceptions for 18-21 year olds
  - Cardiovascular disease risk
  - Reporting change in 2018
  - Status of the Medical Examiner Handbook revision
  - “Determination pending” status
  - Third party organization reporting
  - Medical records review for eligibility determination

# One ME's thoughts:

- “It is amazing to me how confusing this whole certification process has become. Determination pending. Needs new exam. Doesn't need a new complete exam. 45 days. Only for one year. Needs clearance from his PCP. Needs a sleep study. Can only drive within the state. 140/90 is a magic number. ‘Recommendations not requirements.’ Examiners have to be ‘certified.’ “
- “When did all this happen and to what benefit? This is not rocket science or even medicine. Intelligent skilled clinicians are confused and frustrated about interpretation of arbitrary regulations which for the most part, have not been scientifically validated. When did the providers lose control over their own judgment?”
- This is embarrassing !” (Dr. Joe Morales)

# National Registry statistics

- 52,435 certified medical examiners (as of Nov 2016)
- What is the length of the driver certification period?

For 4,256,021 certifications from January 2016 to present:

<u>2 years</u>	<u>1 year</u>	<u>3 months</u>	<u>&lt;3 mons</u>	<u>Fail</u>
2,439,053	1,398,683	202,875	49,024	166,386
57.3%	32.9%	4.8%	1.2%	3.9%

For certifications during September 2016

<u>2 years</u>	<u>1 year</u>	<u>3 months</u>	<u>&lt;3 mons</u>	<u>Fail</u>
203,214	113,710	16,016	3341	15,009
60.4%	33.8%	4.8%	1.0%	4.5%

Source: NRCME Statistics, October 12, 2016

# Insulin dependent diabetes mellitus – Medical Review Board (MRB) report

- Assessment form completed by treating clinician (insulin prescribing MD, DO, NP, PA)
- Eye examination every 2 years
- Certify for maximum of 1 year
- Disqualifying conditions: ineligible for minimum of 6 mons
  - Severe hypoglycemia in prior 6 months
  - Blood glucose <60 in current logs
  - Hypoglycemia unawareness
  - A1c Hgb > 10%
- Disqualify if evidence of target organ damage until resolved
- Disqualify if inadequate records – needs to demonstrate adequate blood glucose recording for minimum of 1 month
- Permanent disqualification for stage 3 or 4 retinopathy

## Verboten Medications:

Schedule I drugs, including medical marijuana

Methadone

Insulin

Anticonvulsants prescribed for seizures

? Zolpidem (Ambien ®)

? Varenicline (Chantix ®)

# Revisions to report form and certificate

Both have new heading: OMB 2126-0006 Expires 8/31/2018

- MCSA-5875 (Medical Exam Report Form)

- Removal of Privacy Act statement
- Addition of disclaimer statement

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- <https://nationalregistry.fmcsa.dot.gov/ResourceCenter/documents/MCSA-5875%20final%20508.pdf>

## MCSA-5876 (Medical Examiner's Certificate)

<https://nationalregistry.fmcsa.dot.gov/ResourceCenter/documents/MCSA-5876%20final%20508.pdf>

Oct 4, 2016 FR notice about acceptable versions:

<https://www.gpo.gov/fdsys/pkg/FR-2016-10-04/pdf/2016-22996.pdf>

# Medical Review Board recommendations on obstructive sleep apnea

MRB met August 22-23, 2016 and prepared recommendations for Oct 2016 MRB / Motor Carrier Safety Advisory Committee meeting:

- Referral for diagnostic sleep study for OSA if:
  - BMI of 40 or higher OR
  - BMI of 33 – 40 in addition to at least 3 of 11 risk factors below:
    - Hypertension (treated or untreated)
    - Type 2 diabetes (treated or untreated)
    - Neck size: male >17 inches, female >15.5 inches
    - History of stroke, coronary artery disease, or arrhythmias
    - Loud snoring
    - Micrognathia or retrognathia (small or recessed jaw)
    - Witnessed apnea symptoms
    - Hypothyroidism (underactive thyroid; untreated)
    - Age 42 or older
    - Male or post-menopausal female
    - Mallampati Scale score of Class 3 or 4 (small airway)
- Proposed rule at: <https://federalregister.gov/a/2016-05396>



# “Determination Pending”

- ME is allowed up to 45 days to obtain additional medical information and/or examination results in order to determine whether a driver is physically qualified to drive a CMV in accordance with 391.41(b).”
- If “Determination Pending” is used, ME is required to inform the driver that:
  - Additional information and results must be provided within 45 days
  - “Determination pending” status will be reported to FMCSA
- Driver can continue to operate a CMV if current valid MEC
- If requested info/results not provided within 45 days:
  - Examination is no longer valid
  - New examination required to obtain MEC
- Expiration date determined by the date the examiner makes the certification determination

# ME Certification Integration Final Rule

- Beginning **June 22, 2018:**
- MEC info electronically transmitted for CLP/CDL applicants/holders to state driver license agencies - no longer need to provide paper MEC to these drivers
- Paper copy of MCSA-5876 to non-CDL drivers and requesting employers
- ME reporting of exam results for interstate drivers by midnight local time of next calendar day after the exam
- ME reporting of “Not medically qualified”
  - Inform driver of determination and reporting of info to FMCSA
  - All previous MECs are invalid; FMCSA will report to SDLAs
  - Driver must be re-examined before certification

# FMCSA Medical Examiner Handbook

<https://nationalregistry.fmcsa.dot.gov/ResourceCenter/documents/FMCSAMedicalExaminerHandbook-2014MAR18.pdf>

Please Note: This document is in the process of being updated.  
**A revised version will be published shortly.**

The FMCSA Medical Examiner Handbook provides information and guidance to the medical examiner who performs the commercial driver medical examination. Determining driver medical fitness for duty is a critical element of the FMCSA safety program. Specialists, such as cardiologists and endocrinologists, may perform additional medical evaluation, but it is the medical examiner who decides if the driver is medically qualified to drive.

## Reporting by Third Party Organizations

- Authorized TPOs can electronically transmit CMV driver exam results to NRCME
  - TPO must register and be approved by NRCME
  - NRCME will maintain a list of approved TPOs – accessed by going to the link “Manage Third Party” under “My Account” tab on NRCME website
- “Designating a TPO does not exempt ME from the requirement to report “no examinations” at the end of the month if they have not performed any CMV Driver Medical Exams”