

DOT Physicals for Diabetic Drivers and Drivers Suspected of Having Diabetes



Background:

Diabetes is a common condition that has the potential for causing many complications such as vision loss, kidney failure, circulation problems, and early heart disease. The American Diabetes Association and medical specialty groups who care for diabetic patients recommend strict control of blood sugars in order to minimize or delay these complications. When the blood sugar is very high, some

diabetics will have blurred vision or impaired thinking, and when extremely high a patient may go into a coma. Similar problems may occur if the blood sugar is very low. Because insulin has the potential to cause very low blood sugars, DOT drivers usually are not certified medically if they are on insulin. There is a waiver program available for those who require insulin; this requires a long period of blood sugar monitoring, good control, and must be obtained through a Diabetes specialist.

The DOT physical requires a urine test be performed, mainly to screen for possible Diabetes. When there is sugar in the urine it usually signifies the person is diabetic, but this is not the case 100% of the time. The level of sugar in the urine does not indicate how well or how poorly the diabetes is controlled. There is a laboratory measure called an A1C that gives a measure of the level of control over a period of the last three months. This is as important as the fasting sugar level in determining overall control of a person's Diabetes.

Regrettably, the DOT does not have protocols for diabetic patients on oral meds. Due to the safety concerns outlined above, Texas MedClinic has developed an internal procedure, which should provide consistency among our physicians, and which is in keeping with our role of protecting the public safety. The process will begin with a check of the blood sugar, by finger stick method, of all drivers who have sugar in their urine, whether or not they are known to be diabetic, when they come in for a DOT physical. Also, random blood sugar check on all those who state that they have Diabetes, unless they have a lab result of A1C level available at the time of the physical.

Procedure:

- I. The Known Diabetic Driver will have the required urine test for the physical and will have a random blood sugar check. He will be asked to provide a lab result for A1C done within the previous 6 months.**

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- If the driver has a lab result and the A1C level is 10 or less, he will receive a 1 year card.
- If a lab results is not available and the blood sugar is greater than 250, the driver will be denied a card.
- If the A1C is not available and the blood sugar is 250 or less, the driver will receive a 3 month card. Before the card expires, he will have to bring in a lab report of A1C level. At 3 months, if the A1C level is 10 or less, the driver will receive a 9 month card. If the level is greater than 10 he will not receive a DOT medical certificate.
- If the driver has the A1C lab result at the time of the physical, and if the level is 12 or greater he will not receive a card. If the driver returns in the future he will be required to have new physical exam.
- If the driver has an A1C level between 10 and 12 at the time of the physical, he will be given a 3 month card. At 3 months, if the A1C level is 10 or less, the driver will receive a 9 month card. If the level is greater than 10 he will not receive a DOT medical certificate.

II. A driver suspected having Diabetes will have random blood sugar check at the time of the physical exam.

- If the blood sugar is greater than 250, the driver will not receive a medical certificate. When he returns with A1C result the procedure in part I will be followed.
- If the blood sugar is 250 or less, the driver will receive a 3 month card. At 3 months, if the A1C level is 10 or less, the driver will receive a 9 month card. If the level is greater than 10 he will not receive a DOT medical certificate. If he later returns he will be required to have a new physical exam. If the driver's physician states that he does not have Diabetes and provides an A1C in support of this, he will receive a 2 year card.

III. When a driver returns to Texas MedClinic at 3 months with lab results, the driver will be required to see a physician.

There will be a charge for this evaluation. In 2010, this charge will be \$31.

The following pages contain graphic illustrations of these procedures, which may be easier to understand.

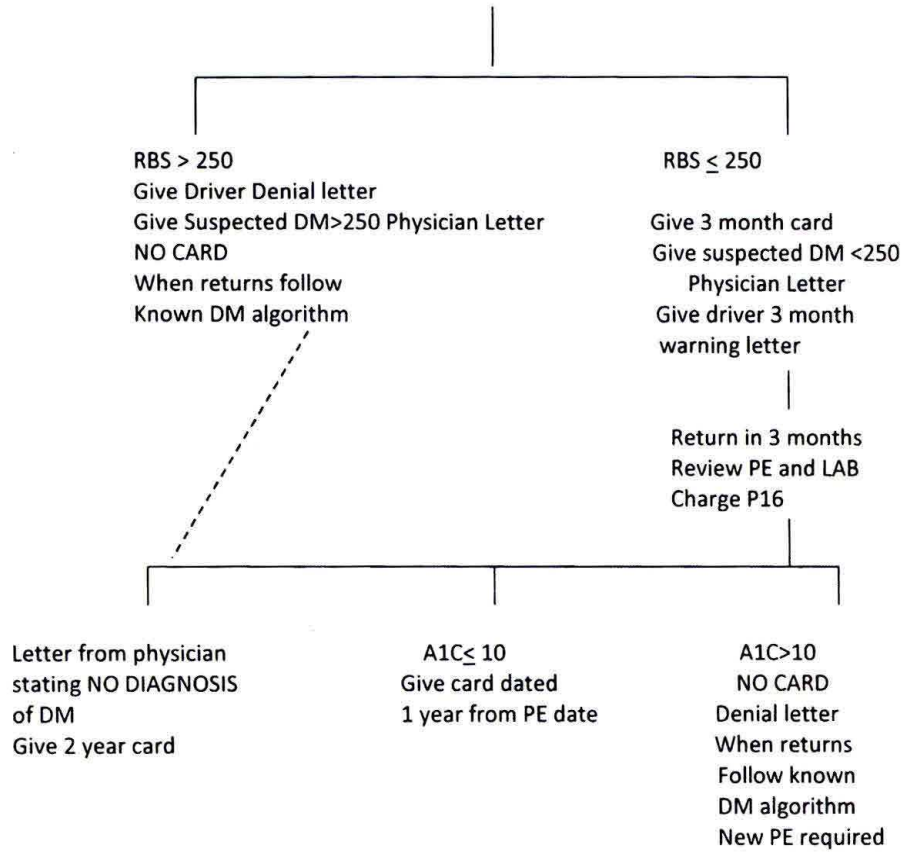
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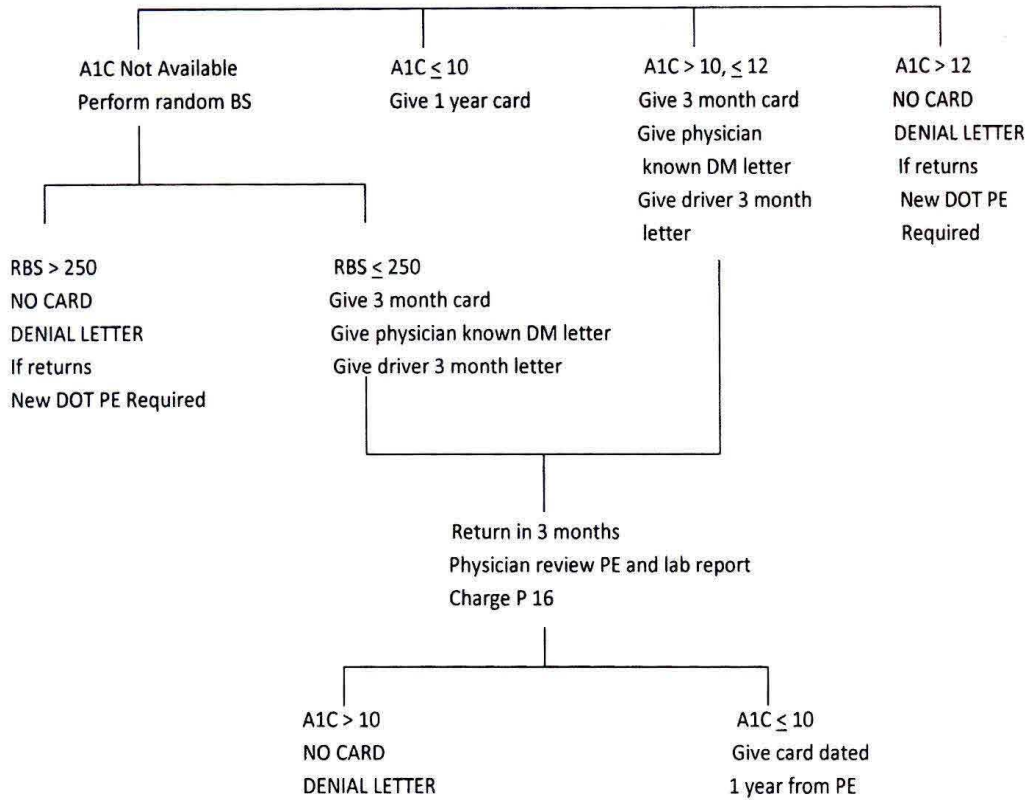


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DOT Physical in Non Diagnosed but Suspected Diabetes



DOT Physical for Known Type II DM
A1C within 6 months required



Algorithm/Known DM/4/10