

Road to Better Health

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Health & Wellness
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Located at **Pilot**

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Ask the Nurse Practitioner



The DOT Physical Exam

Q: What information should I bring with me from my physician before a DOT physical exam?

A: A medical release form signed by a physician if an individual has been under a physician's care for a medical condition (i.e., surgery). If an individual is using a Positive Airway Pressure device (CPAP or BIPAP), the last 30 days history is required to show 70% compliance.

Q: What happens if my urinalysis is abnormal?

A: The health care provider will request medical records from your physician.

Q: How can I get my DOT medical card in a timely manner?

A: Give yourself ample time before the expiration date on your medical card. Before the exam, do not consume caffeine or use tobacco products as it can increase blood pressure. Disclose all of your medical conditions and medications. Bring the necessary medical documentation with you.

Understanding the DOT Physical Exam

By Patricia Smith, FNP – Knoxville, TN

Effective May 21, 2014 Commercial Driver's License (CDL) drivers are required to obtain their Federal Motor Carrier Safety Administration (FMCSA) medical card from a certified medical examiner listed on the National Registry. An applicant will find trained and qualified medical examiners who will perform a physical qualification examination.



Federal
Motor Carrier
Safety
Administration

The National Registry website can be found at:

<https://nationalregistry.fmcsa.dot.gov/NRPublicUI/home.seam>.

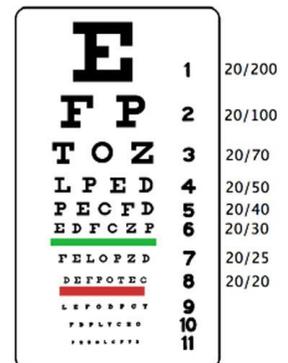
The components of a Department of Transportation (DOT) physical examination can be found at:

http://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/Medical_Examination_Report_for_Commercial_Driver_Fitness_Determination_649-F%286045%29.pdf

THE PHYSICAL EXAM

VISION: Snellen Vision acuity test at 20 feet from the eye chart.

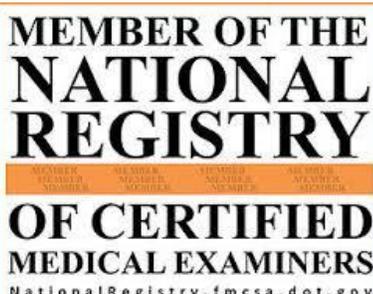
- Must have at least 20/40 vision each eye, corrected or uncorrected.
- Must be able to distinguish the colors red, green and amber.
- Must have peripheral vision of at least 70 degrees in the horizontal median.



HEARING: Whispered voice at 5 feet or greater, with or without a hearing aid. If an individual fails this portion of the exam, the next step is to test with an audiometric device. When audiometry is used, the average hearing loss in the better ear must be less than or equal to 40 dB.

URINALYSIS: This test measures urine specific gravity, and the presence of the following substances in the urine: protein, blood or sugar. Specific gravity ranges from 1.000 to 1.030. This measures the ability of the kidney to concentrate urine.

DOT Physical Exam article continued on next page



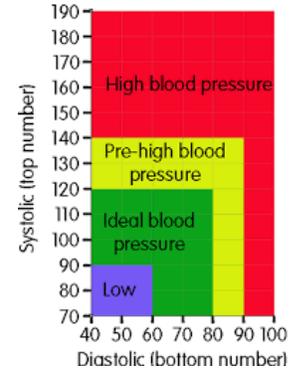
Understanding the DOT Physical Exam (continued)

BLOOD PRESSURE: The American Heart Association considers normal blood pressure to be 120/80. Hypertension is classified in 3 stages on the Department of Transportation Medical Examination form:

Stage 1: 140-159/90-99. Expiration date of medical card is one year.

Stage 2: 160-179/100-109. One-time certificate for 3 months.

Stage 3: Equal to or greater than 180/110. Certifiable if 6 months from the exam, the blood pressure is less than or equal to 140/90.



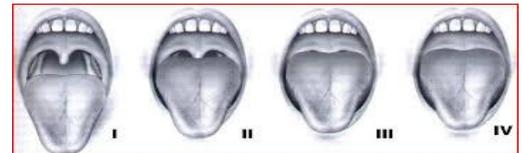
GENERAL APPEARANCE: Obesity, tremors, signs of alcoholism or drug abuse.

EYES: Pupillary reaction to light, mobility of the eye, ocular muscle imbalance, nystagmus (involuntary movement of the eye), exophthalmos (large eyes indicative of hyperthyroidism), glaucoma and macular degeneration.

EARS: Perforated eardrum scarring of the eardrum, occlusion of the external canal.

MOUTH and THROAT: Deformities likely to interfere with breathing.

RESPIRATORY DISORDERS / SLEEP APNEA: Assess Body Mass Index (BMI), hypertension on multiple medications, Mallampati score (anatomy of the jaw/throat), neck circumference, excessive snoring, headache and excessive daytime sleepiness. A Mallampati score of I indicates no airway obstruction, whereas a score of IV indicates complete obstruction.



HEART: Murmurs, extra sounds, pacemaker, implantable defibrillator.

LUNGS and CHEST: Abnormal chest wall expansion, abnormal respiratory rate, abnormal breath sounds.

ABDOMEN: Enlarged liver, spleen, masses, hernias, significant abdominal wall weakness.

VASCULAR SYSTEM: Abnormal pulse and amplitude, carotid or arterial bruits, varicose veins.

GENITOURINARY: Hernias.

EXTREMITIES: Mobility and strength in limbs. Loss or impairment of any extremity.

SPINE, MUSCULOSKELETAL: Previous surgeries, deformities, limitation of motion.

NEUROLOGICAL: Impaired equilibrium, coordination of speech pattern, sensory or positional abnormalities.

National Registry of Certified Medical Examiners

All commercial drivers whose current medical certificate expires on or after May 21, 2014, at expiration of that certificate must be examined by a medical professional listed on the National Registry of Certified Medical Examiners. **All**

UrgentCareTravel medical professionals have been certified and are listed in the National Registry – Walk-In DOT Physical Examinations are available at all UrgentCareTravel locations.

To the left are the front and back sides of the UrgentCareTravel DOT medical card (business card size). Below is the new UrgentCareTravel Dallas clinic.

Signature of Medical Examiner	Telephone	Date
Medical Examiner's Name (Print)	<input type="checkbox"/> MD <input type="checkbox"/> Chiropractor <input type="checkbox"/> DO <input type="checkbox"/> Advanced Practice Nurse <input type="checkbox"/> Physician Assistant <input type="checkbox"/> Other Practitioner	
Medical Examiner's License or Certificate No./Issuing State	National Registry No.	
Signature of Driver	Intradable Only (OK) <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	Driver's License No. State
Address of Driver	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Medical Certification Expiration Date:		

UrgentCareTravel MEDICAL EXAMINER'S CERTIFICATE

I certify that I have examined in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties, I find this person is qualified, and, if applicable, only when:

wearing corrective lenses accompanied by a waiver/exemption
 wearing a hearing aid qualified by operation of 49 CFR 391.64
 driving within an exempt intrastate zone (49 CFR 391.42)
 accompanied by a Skill Performance Evaluation Certificate (SPE)

The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office.



Be Prepared for Your DOT Physical Exam

The DOT physical exam for your CDL license can potentially be fraught with much unnecessary stress, angst and worry. Before your next DOT physical, take a little bit of time and thought to adequately prepare for your physical.

1. Have UrgentCareTravel remind you via e-mail or make a reminder in your phone's calendar to alert you 1 month prior to your Medical Card expiration date. This will help you plan for when and where to get your exam, based on where you will be at the time of expiration.
2. Get plenty of rest the night before your exam. Lack of sleep can lead to higher blood pressure readings.
3. Drink plenty of water prior to the exam, as we will need to collect a urine specimen. We test the urine for blood, protein, and glucose. These can be markers for some disease processes.
4. Give yourself plenty of time for the exam. Don't rush. If you are in a hurry and get upset, your blood pressure may read higher than usual.
5. Be honest about your medical history on the DOT physical form. If you are not honest, the medical exam and card may be deemed invalid. It also takes much more time to complete your physical when you are dishonest. We usually figure out the truth by the end of the exam when we request your medical records. Being honest from the beginning is the best policy!
6. Routinely take your medications for your chronic diseases. If you are taking your medications, your diseases will more likely be under control. This will give you a valid medical card for a longer period of time than if you are not controlled.
7. Have the names and dosages of your medications with you. You will need to know the names, addresses and telephone numbers of your physicians. If you are using a CPAP or a BIPAP, you will need the most recent physician's printout from your machine.
8. Avoid caffeine and nicotine, as these both contribute to higher blood pressure readings.
9. Bring a valid US driver's license. We will need to see this in order to administer the exam.

About UrgentCareTravel

UrgentCareTravel is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel's **GOLD Healthcare Membership program** provides members with DOT Physicals and unlimited no deductible / no co-pay visits (in-clinic services) at UrgentCareTravel locations for a low monthly fee. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **GOLD Healthcare Membership program** is an affordable option to address the healthcare needs of drivers, local businesses and communities. To enroll or request additional information about the **Gold Healthcare Membership Program**, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

UrgentCareTravel Locations

Knoxville, TN

7200 Strawberry Plains Pike
Knoxville, TN 37914
(865) 329-9492

Oklahoma City, OK

406 South Morgan Road
Oklahoma City, OK 73128
(405) 789-0212

Atlanta, GA Metro Area

970 Cassville-White Rd NE
Cartersville, GA 30120
(770) 386-0707

Dallas, TX

7383 Bonnie View Rd
Dallas, TX 75241
(214) 238-0797

