

APPENDIX C

**State Materials Used in the
Process to Permit Some Individuals
with ITDM to Operate CMVs in:**

**Utah
Michigan
Deleware**

Materials Used By Utah

CATEGORY A: DIABETES MELLITUS AND OTHER METABOLIC CONDITIONS

| Profile Level | Diabetes Mellitus | Thyroid Parathyroid, Pituitary and Other Metabolic Conditions | Med Conf Req | Interval for Review | License Class and Restrictions |
|---------------|---|--|--------------|---------------------|---|
| 1 | No history of diabetes mellitus or elevated blood sugar | No history of metabolic condition | Yes | 2 Years | Commercial Unlimited |
| | | | No | NIA | Private Vehicles |
| 2 | History of elevated blood sugar. No positive diagnosis of diabetes | Abnormal laboratory findings. No diagnosis made. | Yes | 2 Years | Commercial Unlimited |
| | | | | Upon Renewal | Private Vehicles |
| 3 | Any diabetes stable on diet; adult onset of diabetes stable on oral agents | Stabilized under treatment or recovered after surgery without symptoms for one month | Yes | 1 Year a. | Commercial Unlimited |
| | | | | 1 Year a. | Private Vehicles |
| 4 | Stabilized diabetes with with no episodes of ketosis or altered consciousness for 1 yr c. | Stabilized under treatment with minimal symptoms not affecting driving | Yes | 6 Months | Commercial Intrastate (may be issued for diabetes only if special qualifications listed in Appendix III are met. Health care professional approval required). |
| | | | | 1 Year a. | Private Vehicles |

| | | | | | |
|----|---|--|-----|----------------|---|
| 5 | Stabilized diabetes with no episodes of ketosis or altered consciousness for 6 mths | Stabilized under treatment with minimal or slight persisting or intermittent symptoms. Profile recommendations should be based on anticipated effect on driving. | Yes | 1 Year a. | Private Vehicles |
| 6 | Stabilized diabetes with no episodes of ketosis or altered consciousness for 3 mths | | Yes | 6 Months a. | Speed limitation |
| 7 | Episodes of ketosis or altered consciousness within 3 months. Profile recommendation should be based on anticipated effect on driving. b. | | Yes | 3 Months a. | Speed and area limitations |
| 8 | | | Yes | 3 Months a. | Speed, area and time of day limits |
| 9 | | Stabilized condition with unpredictable temporary reoccurrence of more severe symptoms. | Yes | 3 Months a. | Any of above, as rec. by health care professional if accompanied by licensed driver. |
| 10 | Special circumstances not listed above, without episodes listed above | Special circumstances not covered above | Yes | As Recommended | Special limitations not covered above recommended by health care professional, advise DLD |
| 11 | Patient under evaluation | Patient under evaluation | Yes | As Recommended | To be determined, health care professional advise DLD |
| 12 | Severe unstable insulin dependent diabetes or | Severe disorder not responsive to treatment | | | No driving |

| | | | | | |
|--|--------------------------------------|--|--|--|--|
| | diabetes or persisting ketosis | | | | |
|--|--------------------------------------|--|--|--|--|

- a. Or as recommended by health care professional, longer or shorter according to stability.
- b. Driving only with specific recommendation by health care professional.
- c. If driver is a commercial applicant profiled at level 4 for diabetes, a written health care professional approval must accompany evaluation (see special qualifications in Appendix III).

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APPENDIX III

SPECIAL QUALIFICATIONS FOR PERSONS WITH DIABETES MELLITUS FOR COMMERCIAL DRIVER LICENSES

Current federal commercial driver qualification requirements read:

“A person is physically qualified to drive a motor vehicle if that person has no established medical history or clinical diagnosis of Diabetes Mellitus currently requiring insulin for control. ” “If insulin is necessary to control a diabetic condition, the driver is not qualified to operate ‘a motor vehicle. If mild diabetes is noted at the time of examination and it is stabilized by use of a hypoglycemia drug and a diet that can be obtained while the driver is on duty it should not be considered disqualifying. However, the driver must remain under adequate medical supervision. ”

Some insulin taking diabetic individuals are clearly at minimal risk of severe hypoglycemia. These individuals are characterized by the following:

- 1) Easy recognition of hypoglycemic spells;
- 2) Willingness and ability to self blood glucose monitor on a frequent basis;
- 3) Trained in the management of their diabetes with an understanding of the balance of insulin, food, exercise and stress.

Physical qualifications for drivers: 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 likely to interfere with that person's ability to safely operate a commercial motor vehicle and provided a person who requires insulin for control of the disease:

- a. Has within the last five years
 - (1) An absence of a hypoglycemic reaction that resulted in loss of consciousness or seizure.
 - (2) An absence of seizure or coma without antecedent prodromal symptoms of hypoglycemia
 - (3) An absence of recurrent diabetic ketoacidosis or hyperosmolar nonketotic coma.
- b. Provides the following information (as a minimum) to the endocrinologist or internist who examines them:
 - (1) A complete medical history including all hospitalization, consultation notes, diagnostic examinations, special studies and follow-up reports.

Special Qualifications For Persons With Diabetes Mellitus For Commercial Driver Licenses

- (2) A complete drivers record as reported by the State Licensing Agency which issued the person a drivers license (as may be available).
 - (3) Complete information regarding any motor vehicle or other accidents resulting in personal injury or property damage.
 - (4) Written signed authorization to permit the examining endocrinologist or internist to obtain information from employers, work associates, health care professionals, or other health care workers, relevant to the person's medical condition.
- c. Undergoes a complete medical evaluation by an endocrinologist or internist who will assess the results of the following procedures prior to determining whether the person is qualified to operate a commercial motor vehicle:
- (1) At least two results of glycosylated hemoglobins during the last 6 months, a lipid profile, urinalysis and CBC. Blood pressure readings at rest, sitting and standing. Elevated blood pressure, medication for hypertension or other evidence of any cardiovascular abnormality will require a maximal exercise stress EKG.
 - (2) Ophthalmologic confirmation of absence of visually significant retinal disease.
 - (3) Examination and tests to detect peripheral neuropathy and/or circulatory deficiencies of the extremities.
 - (4) A detailed evaluation of insulin dosages and types, diet utilized for control and any significant lifestyle factors, such as smoking, alcohol use and other medications or drugs taken.

The endocrinologist or internist shall:

- a. Certify that drivers have been educated in diabetes and its control and thoroughly informed of and have demonstrated the understanding of the procedures which must be followed to monitor and manage their diabetes and what actions should be followed if complications arise.
- b. Ascertain that drivers have the ability, willingness, and equipment to properly monitor and manage their diabetes. A blood glucose monitor with electronic "memory" is required.
- c. Determine that drivers with diabetes will not adversely affect their ability to safely operate a commercial motor vehicle. The methods of making that determination shall be established by the examining health care professional.

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Special Qualifications For Persons With Diabetes Mellitus For Commercial Driver Licenses

The following monitoring and re-evaluation procedures shall be performed as a minimum by an insulinusing diabetic who drives a commercial motor vehicle. These procedures may be supplemented with additional procedures and/or operational conditions by the examining health care professional:

- a. One hour prior to driving and approximately every two hours while driving, drivers shall test their blood glucose concentration and record those concentrations electronically.**
- b. Upon request, make records of self blood glucose concentrations available to Federal or State enforcement personnel.**
- c. Annually, or more often as indicated by the endocrinologist or internist, submit a complete medical reevaluation including readings of glycosylated hemoglobin to the examining endocrinologist. This requires the driver to submit any new data on the drivers medical condition, driving record or accident involvement and the glucose records. Use of a new examining health care professional will require the insulinusing driver to follow the procedures set forth for a new applicant.**
- d. At each visit the endocrinologist or internist will verify that the insulin-using diabetic can demonstrate the accuracy of self blood glucose measurement within 20% of actual concentration.**
- e. Annually have ophthalmologic confirmation of the absence of visually significant retinal disease.**
- f. While driving, should circumstances preclude a particular blood glucose test, intake of an appropriate snack or other source of glucose is an acceptable alternative, however no two consecutive tests may be replaced by the ingestion of glucose or food.**
- g. The driver must carry necessary supplies on board the vehicle including as a minimum, blood sampling lancets, personal blood glucose monitor and strips, a plentiful source of rapidly absorbable glucose, All dated materials must be within their expiration dates.**
- h. It is suggested that for long distance trips a co-driver or a companion shall be made aware of the signs and symptoms of hypoglycemia and the appropriate treatment thereof.**

Revised 11-18-98

Approved by MAB 11-18-98

Please take this with you to the Endocrinologist or Internist performing the examination and have them complete and return:

To: Debbie Dargar, Program Coordinator
 Driver License Division
PO BOX 30560
 Salt Lake City, UT 84130-0560

From _____
 Endocrinologist or Internist Signature

Date _____

Regarding _____ File Number _____
 (Applicants/Patients Name)

The following conditions of Appendix III State of Utah Functional Ability Guidelines and Standards for Health Care Professionals have been met. Please check the appropriate column

| Yes | No | <i>Procedure to Complete</i> |
|-----|----|---|
| | | <p>Went underwent a complete medical evaluation by an endocrinologist or internist who assessed the results of the following procedures prior to determining whether the person is qualified to operate a commercial motor vehicle.</p> |
| | | <p>1) At least two results of glycolysated hemoglobins during the last 6 months A lipid profile urinalysii and CBC. Blood pressure readings at rest, sitting and standing. Elevated Mood pressure, mediion fur hypertension or other evidence of any cardiovascular abnormality will require a maximal exercise stress EKG.</p> |
| | | <p>2) Ophthalmdogic confirmation of absence of visually significant retinal disease.</p> |
| | | <p>3) Examination and tests to detect peripheral neuropathy and/or circulatory deficiencies of the extremities.</p> |
| | | <p>4) A detailed evaluation of insulin dosages and types, diet utilized for control and any significant lifestyle factors, such as smoking, alcohol use and other medications or drugs taken.</p> |
| | | <p>5) The edocrinologist or internist certifes that the driver has bean educated in diabetes and its control and thoroughly informed of and has demonstrated the understanding of the procedures which must be followed to monitor and manage their diabetes and what actions should be followed if complications arise.</p> |
| | | <p>6) The endocrinologist or internist ascertains that the <i>driver has the ability, willingness,</i> and equipment to property monitor and manage their diabetes. A bloodglucosemonitorwithelectronic"memory" isrequired.</p> |
| | | <p>Additional Comments (Please attach a separate sheet if more space is needed:</p> |
| | | <p> </p> |