

Department of Transportation History and Physical Exam

Start with Normal Sports physical form and then add additional information:

Additional Verbal HISTORY:

History of Diabetes: (yes) or (no)

History of other telling him he snores? (yes) or (no)

History of heart disease, heart attacks, or angina: (yes) or (no)

History of blackouts? (yes) or (no)

History of Seizures? (yes) or (no)

History of Hypertension? (yes) or (no)

History of symptoms of Sleep Apnea (poor sleep, fatigue)? (yes) or (no)

Any History of Psychiatric Problems? (yes) or (no)

Additional Physical Exam

Eyes:

- Examine vision in each eye, Normal ____ ; Abnormal ____
- was vision correct with glasses: Normal ____ ; Abnormal ____
- **Field of Vision**, Normal ____ ; Abnormal ____
- **color blindness**, Normal ____ ; Abnormal ____
- Ptosis: Normal ____ ; Abnormal ____
- Pinguecula – not overlying pupil: Normal ____ ; Abnormal ____
- Ptyerium – partially overlying pupil: Normal ____ ; Abnormal ____
- Exophthalmos: Normal ____ ; Abnormal ____
- Xerophthalmia (dry eye) : Normal ____ ; Abnormal ____
- Eye discharge: Normal ____ ; Abnormal ____
- Sclera anicterus/ icterus: Normal ____ ; Abnormal ____
- Contacts: Normal ____ ; Abnormal ____
- Spectacles: Normal ____ ; Abnormal ____
- Fundoscopic exam (r/o cataracts at the very least) : Normal ____ ; Abnormal ____
- **Eye disease of Concern:**
- **Cataracts –: Condition of Cornea: Normal ____ ; Abnormal ____**
- **Amblyopia: Normal ____ ; Abnormal ____**
- **Aphakia - [the absence of the lens of the eye]. This will may cause an irregular shaped pupil. : Normal ____ ; Abnormal ____**

- Glaucoma – usually have decreased peripheral vision and eye ball may feel hard: Normal ____ ; Abnormal _____
- Macular degeneration – often have distorted central vision : Normal ____ ; Abnormal _____
- Retinal diseases - : Normal ____ ; Abnormal _____
- Diabetic retinopathy – often have blacked-out area in the middle of their vision: Normal ____ ; Abnormal _____
- Hypertension retinopathy – often have blacked area in the middle of their vision: Normal ____ ; Abnormal _____
- Anisocoria – difference of pupils of more than .4 mm: 20 % of the population have; : Normal ____ ; Abnormal _____ however, in some cases – especially if new onset—may be pathological
- PEARLA Normal ____ ; Abnormal _____

Ears:

- Whisper test? Normal ____ ; Abnormal _____ (failed test = send for audiology exam)
- Finger rub test beside ears to test hearing? Normal ____ ; Abnormal _____

Mouth:

- Does Tongue seem big for mouth? Normal ____ ; Abnormal _____

Chest:

- heart murmur Normal ____ ; Abnormal _____
- any scar on chest Normal ____ ; Abnormal _____

Back:

- Scoliosis, kyphosis, lordosis Normal ____ ; Abnormal _____

Upper Body Strength and flexibility:

- Grip strength: Normal ____ ; Abnormal _____
- arm strength Normal ____ ; Abnormal _____
- shoulder ROM Normal ____ ; Abnormal _____

Abdomen:

- abdominal diastasis Normal ____ ; Abnormal _____
- abdominal murmur Normal ____ ; Abnormal _____
- liver enlarged Normal ____ ; Abnormal _____

- spleen enlarged Normal ____ ; Abnormal ____

Lower extremity

- Hip Flexibility: Normal ____ ; Abnormal ____

- Knee Flexibility: Normal ____ ; Abnormal ____

- Able to squat: Normal ____ ; Abnormal ____

- posterior tibial pulse: Normal ____ ; Abnormal ____

- edema: Normal ____ ; Abnormal ____

- evidence of vascular insufficiency (color) Normal ____ ; Abnormal ____

- evidence of venous stasis Normal ____ ; Abnormal ____

Groin

- Inguinal Hernia Normal ____ ; Abnormal ____

Extra Information

I think the book said that if you are certified to do exams and you don't, I think you must notify FMCSA.

True: once per month

DOT exams must be reported at the end of each day.

I think that a form called the "MER form" from MCSA-5875 must be complete but I am not certain.

All CMV (commercial vehical drivers) must be age 21 or more. : Yes ___ ; NO ____

Endolymphatic hydrops – Menieres disease, the inner channels have made to much fluid and the too much fluid may cause pressure on nerves which can cause temporary problems – or if not treated cause deafness. Best treatment is probably to start with a shot of prednisone or decadron, then po prednisone, and then if needed transtympanic injection of steroid.

Perilymph fistula – a crack between the air of the middle ear and the lymph of inner ear; can be caused barometric changed or even a forceful cough or sneeze, but is usually due to head trauma. Symptoms are similar to that of Meneire's disease.

Hearing aid use has been ok since 1971.

However, if a person has a hearing aid he must also have an extra battery.

In 2013 it was established that a person can have complete hearing loss and still be a driver.

Audiogram values of 41, 42, and 43 would fail because these are number of decibels reduced.

Only a reduction of 40 or less decibels is acceptable.

Hearing Loss

- Must be able hear a whisper at 5 feet
- Exam must exhale completely and say three numbers for the patient to repeat at 5 or greater feet
- Or a audiometer test can be done
- Via an audiometer the decreased hearing must be less than 40 decibels, the hearing is test at three different megahertz and then averaged: 500 mghertz, 1000 mghertz, 2000 mghertz
- Part of the hearing test is also the rhomberg test (possible a toe to heel walk—but probably not)
- In addition eye canal must check
- In addition TM must be checked for perforation, and scar tissue
- Weber test – which is in the middle of the head should be equal to each side
- Rinne test – should show air conduction after bone conduction has finished
- Use a chart to determine type of hearing loss (see wikipedia)
- Remember that it is possible to have both a sensory loss and conduction (bone or air) loss

| - | Weber without lateralization | Weber lateralizes left | Weber lateralizes right |
|---------------------------------|-------------------------------------|--|---|
| Rinne both ears AC>BC | Normal/bilateral sensorineural loss | Sensorineural loss in right | Sensorineural loss in left |
| Rinne left BC>AC | | Conductive loss in left | Combined loss : conductive and sensorineural loss in left |
| Rinne right BC>AC | | Combined loss : conductive and sensorineural loss in right | Conductive loss in right |
| Rinne both ears BC>AC | Conductive loss in both ears | Combined loss in right and conductive loss on left | Combined loss in left and conductive loss on right |

Detection of conductive hearing loss

Audiograms should not be done with hearing aids in place: why not? I don't know.

EYES

BEST INTERNET SITE: "u.s. department of transportation, FMCSA -- federal motor carriers safe administration.

- READ the frequently asked Questions section – to study for the test

Vision:

Both eyes must have an acuity of at least 20/40 with correction

One eye can not have a contact in for reading, if it decreases the vision. (meaning that monovision is a fail)

Sometimes a waiver can be given if a patient has eye sight of 20/40 only in one eye—if they have a clear driving record for three year and no accidents or suspension in Indiana or Florida

; if a waiver is granted and nothing is found wrong the person can get a certification for one year

Not certain of this: does everyone need a fundoscopic exam: answer: probably because you may be able to see a cataract

For the record a medical assistant may test eyes: Field of vision, acuity, color distinction red, green, yellow, also remember to check for signs that a person may have macular degeneration (moving around to use peripheral vision instead of central vision)

Blood pressure information

- If systolic below 140 and diastolic below 90 and nothing else wrong can give certification for 2 years: Yes ___ ; NO ___
- If systolic is greater 141 to 159 or diastolic 90 – 99 (stage one hypertension) and nothing else wrong can give one year certification: Yes ___ ; NO ___
- If systolic is 160 to 180 or diastolic is 100 – 109 and this is the first time, can give three month certification—if second time, Do not give certification: Yes ___ ; NO ___
- If systolic is 181 or greater—or diastolic 110 or greater, DO NOT certify—once BP less than 140/90 may certify for 6 months: Yes ___ ; NO ___

Many Diseases are restricted, Heart Attacks, Very High BP, Diabetes: Normal ___ ; Abnormal ___

- Any that cause medical problems: Normal ___ ; Abnormal ___
- Any that cause increase sedation or fatigue:
 - Weight likely to cause sleep apnea: Normal ___ ; Abnormal ___
 - Tongue enlarged and likely to cause sleep apnea: Normal ___ ; Abnormal ___
- Any that decrease muscle strength or reaction time: Normal ___ ; Abnormal ___
- Psychiatric problems that could cause the person to be unstable, to be impulsive, to use poor judgment: Normal ___ ; Abnormal ___

Blatant Restrictions

- Sight in either eye that is less than 20/40 with corrective lenses: Normal ___ ; Abnormal ___
- Allowed to have one bad ear—but the other must have hearing of
 - o 5/15: Normal ___ ; Abnormal ___
 - o Or decibel reduction of no less than 40 or 45: Normal ___ ; Abnormal ___
- Blood pressures that is greater than 180 systolic or 109 diastolic: Normal ___ ; Abnormal ___

