

Performing DOT Medical Examinations

Instructor: Leo M. Kenney, DC, DABCO, FICC, DABFP, DABCC, BAT

Course Outline and Curriculum

Goal: This course provides advanced training to chiropractors to perform DOT medical examinations. It emphasized the role of the chiropractor in the transportation safety industry and the need for a thorough and comprehensive understanding of the DOT physical examination process.

Chiropractors who successfully complete this program will be able to perform DOT Physical Examinations and complete Medical Examination Report for Commercial Driver Fitness Determination and a Medical Examiner's Certificate as defined in 49 CFR Part 391 Subpart E.

Course Description: This course is composed of an interactive internet based training component consisting 4 hours of training and an attended seminar consisting of 10 hours of class room training. **A total of 14 hours of continuing education is provided by this program.**

Attendees must complete the three hour online training before they will be allowed to attend the classroom seminar to receive certification. The online training includes a review of the related regulation in 49 CFR Part 391 Subpart E. The course is broken into six Units: The Examination, Performing and Recording Physical Examinations, Specific Medical Conditions, Risks to Commercial Drivers' Health., and Exceptions. At the conclusion of each Unit attendees must complete a quiz and achieve a 100% score to proceed to the next Unit. If they score less than 100% they are redirected to the section relating to the question answered incorrectly. Upon reviewing this section again, they are returned to a new quiz which they must successfully complete with a 100% score.

At the conclusion of all three units the attendees must complete a test with a minimal passing score of 85%. If the attendees score below 85% they are again returned to appropriate unit for review and then returned to attempt another test. A maximum of 4 hours of continuing education credit is available for the completion of this electronic program. If the attendee completes the internet based component in less than 4 hours the continuing education certificate the attendee will receive will document the exact amount of time he/she spent on the training. If they exceed the 4 hours allotted they will only receive credit for 4 hours. Time is tracked in 3 minute increments.

The attendee will receive a separate certificate of attendance for the attended seminar and the interactive internet based training component of the program with each clearly identifying how the hours were obtained.

The classroom portion of the program consists of detailed descriptions of the examination requirements, the performance of specific examination procedures, demonstrations of examination and documentation procedures, a description of how each exception is handled, and a review of the related components of 49 CFR Part 391 Subpart E. A discussion will be held on the health risks of commercial driving and the prevention of occupationally related injury and illness in the transportation industry.

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Online Training Component

- **Hour 1-2: Unit I - The Examination**

Objective: The attendees will be able to:

- » State the goals and objectives of the Performing DOT Federal Motor Carrier Safety Administration Medical Examinations Program.
- » Describe the physical qualifications for drivers.

Unit II – Performing and Recording Physical Examinations

Objective: The attendees will be able to:

- » Explain in detail the performance of the DOT Physical Examination and all its components.
- » Explain the Medical Examination Report and the appropriate method of completion.
- » Explain the Medical Examination Certificate and the appropriate method of completion.

- **Hour 3: Unit III – Specific Medical Conditions**

Objective: The attendees will be able to:

- » Describe the effect of specific medical conditions on the examinee's ability to operate a commercial vehicle including cardiovascular, pulmonary, musculoskeletal, neurological, endocrine, psychiatric, renal, and substance abuse conditions.

Unit IV – Risks to Commercial Drivers' Health

Objective: The attendees will be able to:

- » Describe the health risks to commercial drivers associated with the operation of commercial motor vehicles.

Unit V – Exceptions

Objective: The attendees will be able to:

- » Describe the conditions and situations where drivers are exempted from the regulations previously described.

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Classroom Component

- **Hours 1-2 : Introduction, Overview, and the DOT Examination and Forms..**
Comprehensive review of the DOT Medical Examination and the completion of the associated forms
Regulatory Changes affecting the DOT Examination and Examiner
Review current and proposed regulatory changes affecting the examination process, specific disorders, waivers, and examiners.

Learning Activities:

- Review of the federal regulations 39 CFR Part 391 Subpart E.
- Demonstrations of correct completion of the Medical Examination Report and the Medical Examination Certificate.
- Description and demonstration of common errors in the examination and the completion of the forms.

Review of all new legislation, rules, and notices of proposed rule making affecting DOT examinations and examiners.

Hours 3-4 Examination Techniques

Learning Activities:

- Instructor lead discussion and demonstration of appropriate examination techniques for the DOT examination. The discussion will correlate the examination techniques with the specific medical conditions affecting the certification of driver fitness.
- Demonstration of the proper performance of examination procedures, discussion of examination flow and the examination findings.

- **Hours 5-6 Cardiovascular Diseases**
Comprehensive review of specific cardiovascular disorders and the advisory criteria pertaining to their evaluation and certification criteria.
- **Hour 7 Pulmonary Disorders**
Comprehensive review of specific pulmonary disorders and the advisory criteria pertaining to their evaluation and certification criteria with attention to apnea.
- **Hour 8 Musculoskeletal Disorders**
Comprehensive review of specific musculoskeletal disorders and the advisory criteria pertaining to their evaluation and certification criteria.
- **Hour 9 Neurologic Disorders**
Comprehensive review of specific pulmonary disorders and the advisory criteria pertaining to their evaluation and certification criteria.
- **Hour 10 Endocrine and Psychiatric Disorders**
Comprehensive review of specific endocrine and psychiatric disorders and the advisory criteria pertaining to their evaluation and certification criteria.