

## ***DOT Medical Clearance: MITRAL REGURGITATION***

### **DOT Physical Exam Medical Clearance**

**Patient** \_\_\_\_\_

**Date** \_\_\_\_\_

**DOB** \_\_\_\_\_

The above driver has presented for a DOT medical certificate to drive a commercial motor vehicle. Per Federal Motor Carrier Safety Administration medical guidelines, we ask for your professional opinion to determine if the driver is medically cleared to operate a commercial motor vehicle and that s/he meets the following FMCSA medical guidelines for drivers with a history of **MITRAL REGURGITATION**:

#### **FMCSA GUIDELINES FOR MITRAL REGURGITATION**

- The driver with mild, moderate, or severe MR MUST:
  - Be asymptomatic
  - Be able to achieve > 6 METS on Bruce protocol (when ETT is indicated)
  - Have a normal LVEF
  - Have a normal LVESD
  - Have a pulmonary artery pressure < 50% of systolic arterial pressure
- A 3 month waiting period post mitral valve repair.

The demands of a commercial driver include loading/unloading heavy cargo, tarping trailers, coupling/uncoupling trailers, inspecting brake lines and putting on tire chains and require perceptual skills to monitor a complex driving situation and judgment skills to make quick decisions in addition to the ability to control an oversize steering wheel, shift gears using a manual transmission, maneuver a vehicle in crowded areas, enter and exit the cab frequently, and the ability to climb ladders on the tractor/trailer.