

DOT Medical Clearance: MYOCARDIAL INFARCTION

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 vehicle and that s/he meets the following FMCSA medical guidelines for drivers with a history of **MYOCARDIAL INFARCTION**:

FMCSA GUIDELINES FOR HISTORY OF MYOCARDIAL INFARCTION

- Minimum 2 month waiting period post MI
- Driver is asymptomatic, tolerates medications/therapy without adverse effect
- Has a satisfactory ETT performed every 2 years post-MI at a minimum: Driver achieves > 6 METS Bruce Protocol Stage II or equivalent, attains > 85% target heart rate (unless on beta blockers), ≥ 20 mm rise in systolic BP without angina, no significant ST segment depression.
- LVEF $\geq 40\%$
- No resting ECG ischemic changes

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.