



Mayo School of Continuous Professional Development

Commercial Driver Medical Examiner Training: *Improving Transportation Safety through Education and Certification*

Multiple course offerings in 2015
(see inside for dates and locations)



Division of Preventive, Occupational, and Aerospace Medicine

REGISTER ONLINE NOW!

<http://www.mayo.edu/cme/preventive-medicine>

Faculty

Course Director

Clayton T. Cowl, M.D., M.S.

Mayo Clinic

Associate Professor of Medicine
Division of Preventive, Occupational,
and Aerospace Medicine
Division of Pulmonary & Critical Care
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Mayo Clinic Faculty

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Division of Preventive, Occupational,
and Aerospace Medicine

John M. Wilkinson, M.D.
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Course Description

Committed to improving transportation safety through education and certification, Mayo Clinic offers in-person training for health care professionals who perform physical examinations for Commercial Motor Vehicle (CMV) drivers. As of May 21, 2014, all health care professionals who perform physical examinations and issue medical certificates for CMV drivers are required to complete accredited certification training and pass an examination.

This interactive course will provide the essential core administrative and clinical knowledge necessary to complete the required examination mandated by the Federal Motor Carrier Safety Administration (FMCSA). This course will review certain subspecialty diseases and conditions encountered while performing CMV examinations, utilizing a case-based interactive approach focused on efficiently addressing complex clinical issues. Participants will have the opportunity to experience the physical demands associated with operating a large commercial vehicle with a semi-trailer at the course site.

The training includes the following core competencies:

- The examiner's role in enhancing public safety
- Diagnostic approaches in assessing medical fitness of the commercial driver
- Navigating clinical and administrative issues commonly encountered in driver medical certification
- Understanding and effectively managing the complexity of the physical requirements and stresses involved in operating commercial vehicles
- Strategies for prevention and health promotion for CMV drivers

Content will focus on the core curriculum required by the FMCSA. **Following completion of this training, participants will receive the certification required to take the National Registry of Certified Medical Examiners (NRCME) examination.**

Course Learning Objectives

Upon conclusion of this program, participants should be able to:

- Describe the specific physical and mental demands associated with operating a commercial motor vehicle (CMV).
- Understand the responsibilities of a CMV driver.
- Recognize potentially disqualifying diseases, medications, or health conditions in the examination process, and provide drivers with parameters for safely proceeding with work duties.
- Document the requirements for the medical history and physical examination of a CMV operator.
- Develop strategies for efficiently conducting forensic evaluations, including addressing difficult issues in the certification process.
- Discuss a variety of strategies for promoting improved health and wellness in this cohort of individuals.
- Understand step-by-step process of registering for FMCSA exam and NRCME registry.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course, including successful completion of the mandated FMCSA examination.

Credit

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 7.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP – This Live activity, Commercial Driver Medical Examiner Training: Improving Transportation Safety through Education and Certification, from 03/28/2015 - 11/07/2015, has been reviewed and is acceptable for up to 7.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABPM – This activity was approved by the American Board of Preventive Medicine for Maintenance of Certification (MOC) credit for a maximum of 7.5 LLSA/MOC credits.

For Physician diplomates to receive ABPM LL SA/MOC credits, attendees MUST complete the pre-assessment, course activity, and post-course assessment. ABPM diplomate number will be required for successful upload to ABPM.

Other Health Care Professionals – A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Intended Audience

This program is designed for health care professionals who will be performing DOT examinations, or who have an interest in promoting wellness in the population of professional drivers.



2015 Dates and Locations

Our 2015 schedule currently includes the following dates and locations:

March 28	Kalahari Resort & Convention Center	Wisconsin Dells, WI
June 13	Mayo Clinic - Siebens Building	Rochester, MN
November 7	Mayo Clinic - Siebens Building	Rochester, MN

Registration

To register, visit <http://www.mayo.edu/cme/preventive-medicine>. The registration fee includes continental breakfast, tuition, an electronic course syllabus, an interactive course website, box lunch, and break refreshments. You will also have access to an online "toolkit" of course material and FMCSA links post-course for one year. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration form.

Registration Fees

Physicians/Scientists:	\$550 USD
Residents, Physician Assistants and Nurse Practitioners:	\$450 USD
Optional: ABPM approved LL SA MOC self-assessment:	\$35 USD
<i>(Preventive Medicine physician board maintenance of certification credit)</i>	

For additional information, contact:

Mayo School of Continuous

Professional Development

Plummer 2-60

200 First Street SW

Rochester, MN 55905

E-mail: cme@mayo.edu

Phone: 800-323-2688 or 507-284-2509

Fax: 507-284-0532

Cancellation Policy

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo School of CPD at least 14 days prior to course date (cme@mayo.edu or fax#: 507-284-0532). No refunds will be made less than 14 days prior to the course date. Cancelled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

Lodging Accommodations

Travel arrangements are the responsibility of the individual registrant. Guest rooms have not been reserved for attendees for this event.

Faculty Disclosure

As a provider accredited by Accreditation Council for Continuing Medical Education, Mayo Clinic College of Medicine (Mayo School of CPD) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

Program Schedule

(subject to change)

7:30 a.m. **Registration and Refreshments**

8:00 a.m. **Session 1: The Examiner's Role in Enhancing Public Safety**
(includes 15-minute break)

10:00 a.m. **Session 2: Diagnostic Approaches in Assessing Medical Fitness of the Commercial Driver**

12:00 p.m. **Lunch – Boxed Lunch Provided**

1:00 p.m. **Session 3: Navigating Clinical Issues in Driver Medical Certification**

2:30 p.m. **Refreshment Break**

2:45 p.m. **Session 4: Making the Forensic Determination**

4:00 p.m. **Session 5: National Registry Signup & Exam Preparation**

5:00 p.m. **Adjourn**

The Examiner's Role in Enhancing Public Safety

- Overview of FMCSA Initiatives and Programmatic Structure
- Epidemiologic Data on Commercial Motor Vehicle Highway Safety
- Form Completion and Documentation (including Laboratory- and Office-Based Diagnostic Testing)
- Understanding Workplace Stressors in the Driving Environment
- Hands-on Primer on How a Truck Works (Parking Lot)

Diagnostic Approaches in Assessing Medical Fitness of the Commercial Driver

- Strategies for Targeted History Taking and Efficient Physical Examinations
- Overview of Non-Discretionary Disqualifying Conditions
- Organ System-Based Review of Commonly Encountered Medical Conditions
 - Vision
 - Auditory Acuity
 - Diabetes Mellitus and Endocrine Disorders
 - Hypertension

Navigating Clinical Issues in Driver Medical Certification

- Organ System-Based Review of Commonly Encountered Medical Conditions (Cont.)
 - Cardiovascular
 - Respiratory (Including Sleep-Related Disordered Breathing)
 - Neurological
 - Substance Abuse and Medication Use

Making the Forensic Determination

- The Role of Prevention and Counseling in Driver Cohorts
- Judging Recertification Intervals
- Interactive Review of Case Examples
- Review of Electronic Resources for Course

National Registry Signup & Exam Preparation

- Specific Directions on Registry Signup & Exam Preparation
- How to Register for the FMCSA Medical Examiner Test
- Review of Electronic Resources from Course to Use in Practice



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Rochester, MN

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