

# Government CME

Certified Medical Examiner Examination

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## Question: 1

A 58-year-old male driver has indicated a history of stage 1 hypertension, and submitted all necessary documentation. When tested, his blood pressure is 140/90. The driver is wearing hearing aids in both ears and fails the whisper test. The driver passes all other tests and shows no signs of any abnormalities. What should your next step be?

- A. Disqualify the driver.
- B. Refer the driver to an audiologist to test the driver's hearing aids.
- C. Certify the driver.
- D. Further question the driver as to the stage 1 hypertension.

**Answer: B**

Explanation:

In this case, the 58-year-old male driver has presented with two health concerns: stage 1 hypertension and a failure in the whisper test while wearing hearing aids in both ears. However, he has passed all other tests and shows no signs of any abnormalities.

The first concern is the stage 1 hypertension. Hypertension or high blood pressure is a condition that can have serious health repercussions if not properly managed. However, in this case, the driver's blood pressure of 140/90, while on the higher end, falls within the range for stage 1 hypertension. Stage 1 hypertension is not a disqualifying condition for a driver, provided it is well-managed and the driver has submitted all necessary documentation verifying this.

The second concern is the failure of the whisper test while wearing hearing aids. The whisper test is a simple screening test used to check for potential hearing loss. A failure of this test could indicate that the driver's hearing aids are not functioning properly or that the driver's hearing loss is more severe than the hearing aids can compensate for.

In this case, the correct next step would be to refer the driver to an audiologist for further evaluation of his hearing aids and hearing loss. The audiologist can conduct more detailed and accurate tests to determine the extent of the driver's hearing loss and the effectiveness of his hearing aids. If the driver's hearing loss is found to be too severe, it could potentially be a disqualifying condition. However, if the hearing aids are simply not functioning properly, they can be adjusted or replaced, allowing the driver to continue driving safely.

Therefore, while the driver's stage 1 hypertension is not a reason for disqualification, the failure of the whisper test requires further investigation. This driver should not be certified until the hearing issue has been properly addressed and resolved.

## Question: 2

You are examining a 25-year-old driver. During the abdominal examination, you observe what appears to be an enlarged liver, accompanied with tenderness. What is the next step of the examination?

- A. Disqualify the driver.
- B. Note the tenderness, and put the driver on work restrictions on weight lifted.
- C. Certify the driver, noting the observations.
- D. Refer the driver to a specialist.

**Answer: D**

Explanation:

The question refers to a situation where a driver, upon undergoing an abdominal examination, shows signs of an enlarged liver and associated tenderness. This can be a sign of potential health problems that need further investigation. The correct response to such a situation would typically be to refer the driver to a specialist.

The option of disqualifying the driver is not the best first step, as the observed abnormality does not definitively indicate that the driver is unfit to perform their duties. It is a preliminary observation that warrants further investigation, but not immediate disqualification.

Similarly, placing the driver on work restrictions based on weight lifted is not an appropriate response, as the observed abnormality is not directly connected to lifting capacity.

Certifying the driver while noting the observations is also not an ideal response. The finding of an enlarged liver with associated tenderness should not be taken lightly, and it warrants a thorough investigation to rule out serious health conditions.

Therefore, the most appropriate next step would be to refer the driver to a specialist for further examination. The specialist can then conduct more in-depth tests to determine the nature of the observed abnormality, its potential impact on the driver's performance, and whether it could affect the driver's ability to maintain control of the commercial motor vehicle (CMV). This further documentation will provide a more accurate understanding of the health status of the driver and inform any necessary restrictions or treatments.

### Question: 3

What is the role of the National Registry of Certified Medical Examiners (NRCME)?

- A. To provide a list of medical examiners who meet FMCSA's certification requirements
- B. To regulate the trucking industry
- C. To provide medical insurance to truck drivers
- D. To issue commercial driver's licenses

**Answer: A**

Explanation:

The National Registry of Certified Medical Examiners (NRCME) plays a vital role in ensuring the safety of the transportation industry, particularly in the sector of commercial driving. The primary function of the NRCME is to provide a list of medical examiners who meet the Federal Motor Carrier Safety Administration's (FMCSA) certification requirements.

These medical examiners are trained to understand fully the medical standards outlined in the Federal Motor Carrier Safety Regulations (FMCSRs). They can provide the medical examinations required for

commercial motor vehicle (CMV) drivers. Only those medical examiners who have been trained, tested and certified are listed on the NRCME.

It is important to note that the NRCME does not regulate the trucking industry or provide medical insurance to truck drivers. Nor does it issue commercial driver's licenses. Its function is solely to ensure that the medical examiners who conduct health examinations for commercial vehicle drivers are fully qualified and meet the standards set by the FMCSA.

In conclusion, the role of the NRCME is an essential component in maintaining the safety and health standards of the commercial driving industry. By providing a list of certified medical examiners, the NRCME helps to ensure that only those drivers who are physically qualified and capable are permitted to operate commercial vehicles.

### Question: 4

What does the hematologic examination for commercial drivers involve?

- A. Checking for anemia
- B. Checking for blood clotting disorders
- C. Checking for leukemia
- D. All of the above

**Answer: D**

Explanation:

The hematologic examination for commercial drivers involves a comprehensive assessment of the individual's blood health. This is a crucial part of the medical evaluation for commercial drivers, as certain hematologic conditions can impact a person's ability to safely operate a vehicle. One of the main components of this examination is checking for anemia. Anemia is a condition in which the body lacks enough healthy red blood cells to carry adequate oxygen to the body's tissues. Symptoms can include fatigue, weakness, and shortness of breath, which can all affect a driver's ability to concentrate and respond quickly on the road.

In addition to anemia, the hematologic examination also checks for blood clotting disorders. These conditions can cause excessive bleeding or clotting, both of which can lead to serious health problems. For example, if a driver has a blood clotting disorder and gets into an accident, they could bleed excessively, making the situation more dangerous.

The examination also checks for leukemia, a type of cancer that affects the blood and bone marrow. Leukemia can cause a range of symptoms, including fatigue, frequent infections, and easy bruising or bleeding. These symptoms could potentially make it unsafe for a person with leukemia to drive a commercial vehicle.

Therefore, the correct answer is "All of the above". The hematologic examination for commercial drivers involves checking for anemia, blood clotting disorders, and leukemia. The goal of this examination is to ensure that every driver is healthy and capable of safely operating their vehicle, ensuring the safety of the driver and others on the road.

### Question: 5

The driver has indicated the diagnosis of arthritis in the knees and ankles. The driver is using Tylenol to treat the pain. What is the mandated response to this indication?

- A. Disqualify the driver.
- B. Refer the driver to a specialist.
- C. Certify the driver for 3 months.
- D. Provide a work exception for the driver.

**Answer: B**

Explanation:

The question is asking for the proper course of action or response when a driver of a commercial motor vehicle (CMV) has been diagnosed with arthritis in their knees and ankles, and is using Tylenol for pain management.

The options provided include disqualifying the driver, referring the driver to a specialist, certifying the driver for three months, or providing a work exception for the driver.

Each option has its own implications. Disqualifying the driver means that they will be unable to operate a commercial motor vehicle due to their medical condition. This would be a severe step and would likely be taken if the driver's arthritis significantly impairs their ability to safely operate a vehicle.

The second option, referring the driver to a specialist, is suggested because the strength and ability to use their legs while using the pedals is crucial for a CMV driver. A specialist would be able to conduct further examinations and potentially prescribe a more effective treatment than Tylenol.

Certifying the driver for three months means that, despite their arthritis, the driver is considered safe to operate a CMV for the next three months. This would likely require monitoring and reassessment at the end of the period, and is a less severe step than disqualification.

Finally, providing a work exception for the driver would mean allowing them to continue driving a CMV, but with certain accommodations or changes to their work to account for their arthritis. This could include things like modified work hours, specialized equipment, or additional breaks.

Ultimately, referring the driver to a specialist seems to be the most reasonable course of action. This allows for further examination and potential treatment, after which certification can be considered.

## Question: 6

What is the primary reason for a driver to be referred for a psychiatric evaluation?

- A. To evaluate mental stability
- B. To assess driving skills
- C. To test physical fitness
- D. To assess overall health

**Answer: A**

Explanation:

A driver may be referred for a psychiatric evaluation due to concerns regarding their mental stability. Mental stability is a crucial factor in determining the safety of a driver. It involves the capacity of an individual to maintain the optimal level of psychological well-being, necessary to undertake tasks

without being a risk to themselves and others. It is important to note that safe driving requires a lot more than just physical ability. It demands good judgment, quick decision-making skills, and the ability to cope with stress, all of which are closely associated with mental health.

A psychiatric evaluation, in this context, is a thorough examination conducted to assess a person's mental health. It involves a series of tests and observations that help a psychiatrist understand if there are any issues concerning anxiety, depression, mood disorders, psychotic disorders, or any other mental health disorders that might interfere with a person's ability to drive safely.

In some cases, symptoms of certain mental health disorders can impair a driver's ability to operate a vehicle safely. For instance, conditions such as severe depression can cause concentration problems, slowed reaction times, and even suicidal thoughts. Similarly, conditions like anxiety disorders can cause panic attacks, which can be extremely dangerous while driving.

Hence, the primary reason for a driver to be referred for a psychiatric evaluation is to ensure they have the mental stability necessary for safe driving. If a driver fails to meet these requirements, they may not be permitted to drive until they have received appropriate treatment and have been deemed fit to drive by a mental health professional.

### Question: 7

A medical examiner has referred a driver for an ejection fraction. The results were returned to the medical examiner. The medical examiner went over the results of the test with the driver.

-The driver had a score of 80.

-The test indicates the driver has a heart condition.

Which of the following is the condition the driver likely has?

- A. Hypertrophic cardiomyopathy.
- B. Heart failure.
- C. Cardiomyopathy.
- D. Asthma.

**Answer: A**

Explanation:

The question is asking which heart condition a driver might have based on the results of an ejection fraction test. The driver's score is 80, which is higher than the normal range of 50 to 70. A high ejection fraction score can be indicative of hypertrophic cardiomyopathy, which is a disease in which the heart muscle becomes abnormally thick, making it harder for the heart to pump blood. The options given for the possible condition the driver could have are Hypertrophic cardiomyopathy, Heart Failure, Cardiomyopathy, and Asthma.

The explanation for each option is the same. A score of 80 is considered high for an ejection fraction. The normal range is 50 to 70. When the ejection fraction is high, it indicates that hypertrophic cardiomyopathy may be present. However, heart failure and cardiomyopathy are usually associated with a low ejection fraction score. This is because these conditions make it difficult for the heart to pump an adequate amount of blood, reducing the percentage of blood that is ejected out of the heart with each contraction (ejection fraction). Asthma is not a heart condition and therefore can be ruled out as a possible diagnosis in this scenario. It is a respiratory condition that affects the airways, not the heart. Hence, the most likely condition the driver has, given the high ejection fraction score, is hypertrophic cardiomyopathy.

## Question: 8

What does the term 'diagnostic test' refer to in the context of medical examination for drivers?

- A. A test to determine the driver's ability to drive
- B. A test to determine the presence of a disease or medical condition
- C. A test to determine the driver's physical fitness
- D. All of the above

**Answer: B**

Explanation:

In the context of medical examination for drivers, the term 'diagnostic test' refers to a medical procedure that is carried out to identify an existing disease or medical condition. It's not about assessing the driver's physical fitness or their ability to drive. Instead, this type of test is used to identify potential health issues that could affect their ability to drive safely.

For instance, a diagnostic test may be used to identify if a driver has a heart condition, diabetes, epilepsy, or any other condition that could potentially cause sudden incapacity while driving. These tests are often required by law in many jurisdictions to ensure public safety on the roads.

The results of these diagnostic tests can serve as a basis for medical practitioners to advise the driver whether they should continue driving or if they need to seek treatment before getting behind the wheel again. In some cases, these tests can also be used to determine if a driver needs to use specialized equipment or adapt their vehicle to accommodate their medical condition.

In conclusion, a 'diagnostic test' in the context of a medical examination for drivers is a critical tool used to ensure that drivers are medically fit to drive. It is used to detect the presence of any disease or medical conditions that may hinder their ability to drive safely.

## Question: 9

Which of the following is typically a reason for referral of a driver for further medical evaluation?

- A. The driver has high blood pressure
- B. The driver has a history of substance abuse
- C. The driver has a diagnosed mental health condition
- D. All of the above

**Answer: D**

Explanation:

The question is asking for conditions that could lead to a driver being referred for additional medical evaluation. The options provided are 'the driver has high blood pressure', 'the driver has a history of substance abuse', 'the driver has a diagnosed mental health condition', and 'all of the above'.

The correct answer is 'all of the above', which indicates that all these conditions could potentially lead to a driver's referral for further medical assessment. High blood pressure, for instance, can affect a

person's ability to drive safely as it can lead to dizziness, blurred vision, and other symptoms that can impair driving ability.

Substance abuse is another significant reason for referral as it can significantly impair a driver's ability to operate a vehicle safely. A history of substance abuse can lead to a variety of health and behavioral issues that can make driving dangerous.

A diagnosed mental health condition can also affect a person's ability to drive safely. Depending on the specific condition and its severity, it can lead to impaired judgment, decreased concentration, or other symptoms that can affect driving safety.

In general, any health condition that could potentially affect a person's ability to drive safely can be a reason for a medical referral. This is done to ensure the safety of the individual driver and other road users.

## Question: 10

A driver has said he has been having symptoms. He has a digoxin level above the normal treatment level. What is a symptom found in individuals who have a high digoxin level?

- A. The person would have green tinted vision.
- B. This individual would experience blue tinted vision.
- C. One symptom is yellow tinted vision.
- D. A symptom is red tinted vision.

**Answer: C**

Explanation:

Digoxin is a type of medication used for treating heart conditions such as atrial fibrillation and heart failure. However, when the level of digoxin in the body becomes too high, it can lead to digoxin toxicity. This condition can cause various symptoms, which are often related to vision as digoxin can affect the optic nerve.

One of the common symptoms of high digoxin levels or toxicity is changes in color perception, particularly seeing yellow. This is often described as yellow tinted vision or xanthopsia. This symptom occurs when digoxin interferes with the function of the cones in the retina, which are responsible for color perception.

In addition to yellow tinted vision, individuals with high digoxin levels may also experience blurred vision. This symptom is caused by the effect of digoxin on the eye muscles, making it difficult for the eye to focus properly.

Furthermore, digoxin toxicity can also cause neurological symptoms such as confusion and dizziness. These symptoms occur when the high levels of digoxin in the body affect the central nervous system.

Other potential symptoms of digoxin toxicity include nausea, vomiting, loss of appetite, and fatigue.

It's important to note that not all individuals with high digoxin levels will experience the same symptoms. The specific symptoms and their severity can vary depending on various factors such as the individual's overall health condition, the actual level of digoxin in the body, and the duration of exposure to high digoxin levels.

Therefore, if a driver or anyone taking digoxin experiences any unusual symptoms, especially changes in vision or neurological symptoms, it is crucial to seek immediate medical attention. The healthcare provider can conduct a blood test to measure the level of digoxin in the body and determine whether

it's within the normal treatment range or not. If the level is too high, the dosage of digoxin may need to be adjusted or the individual may need to be treated for digoxin toxicity.

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