

Cardiovascular

Dear Dr. _____, Cardiologist

Patient Name _____, DOB _____

Is applying for renewal/new commercial driver's license (CDL). The rules have changed recently and because the patient has had stents, MI, or angina, the following areas must be addressed by a cardiologist. Please fill out the following and attach the requested studies so that the patient can be successful in their application for a CDL. Please check and circle all that apply and please attach requested studies.

- Is asymptomatic.
- Tolerates medications.
- List medications:

- Has a satisfactory exercise tolerance test (ETT). *Please attach copy.
- Has a resting left ventricular ejection fraction (LVEF) greater than or equal to 40%. *Please attach copy.
- Has no electrocardiogram ischemic changes. *Please attach copy.
- **NOTE:** For an initial certification following an MI, an in-hospital post-MI echocardiogram showing an LVEF greater than or equal to 40% is sufficient.
- _____ months or weeks since event.

Angina

- Angina at rest.
- Change in angina pattern within 3 months of exam.
- Abnormal ETT.
- Ischemic changes on rest ECG.
- Intolerance to cardiovascular tx.

Recertification

- Annual evaluation.
- Biennial ETT (Minimum).
- If + test or inconclusive imaging, stress test may be indicated.

PCI stents

- Yes if:
 - At least 1 week after procedure.
 - Approval by cardiologist.
 - Tolerance to medications.
 - ETT 3 to 6 months after PCI.
- No if:
 - Incomplete healing or complication at vascular access site.
 - Rest angina.
 - Ischemic ECG change.

Recertify

- Annual.
- Recommend cardiologist examination.
- Biennial ETT at minimum (If test positive or inconclusive imaging stress test may be indicated).
- Low risk for sudden incapacitation while driving.
- Cardiologist recommendations.

***Driver should be able to:**

- Exercise to a workload capacity greater than 6 metabolic equivalents (METs) (through Bruce protocol stage II or equivalent).
- Attain a heart rate greater than or equal to 85% of predicted maximum (unless on beta blockers).
- Have a rise in systolic blood pressure greater than or equal to 20 mm. Hg without angina.
- Have no significant ST segment depression.

NOTE:

METs – Extensive literature exists on the energy requirements for many physical tasks.

- Sedentary activity requires fewer than 2 METs. These activities include sitting, slow walking, and lifting light objects of no more than 10 pounds.
- Light work requires 2 to 4 METs and includes carrying lightweight objects of no more than 20 pounds.
- Medium work requires 4 to 6 METs and includes carrying moderate weight objects of up to 50 pounds.
- Heavy and very heavy work requires greater than 6 METs and includes carrying heavy objects and climbing stairs rapidly.

Thank You.

Damon K. Travis, D.O.
Certified Commercial Motor Vehicle Examiner
National Registry # 2069216159