DAYSPRING FAMILY MEDICINE PREPARING FOR YOUR DOT PHYSICAL

GATHER YOUR HEALTH DOCUMENTS

- Please bring a list of the medications you're currently taking, and review the items below to see if they apply to you.
- **Sleep Apnea Patients:** Bring a statement from your sleep physician stating you are compliant with CPAP machine use.
- Patients receiving anticoagulant therapy: Bring a statement from your physician stating that your coagulation status is stable.
- Patients with cardiac conditions: Bring a statement from your cardiologist stating that you can safely fulfill commercial driving requirements.

PREPARE ON THE DAY OF YOUR PHYSICAL

- Arrive at the office with a full bladder you will need to provide a urine sample.
- If you use them, bring your eyeglasses, contacts and/or hearing aids.
- Your blood pressure must fall within the DOT guidelines. If you have hypertension, remember to take your medication and avoid caffeine prior to your appointment.
- Please have your section on the forms filled out before your appointment.
- Plan on being at our office for 45 minutes 1 hour.

Instructions for Completing the Medical Examination Report Form (MCSA-5875)

I. Step-By-Step Instructions

Driver:

Section 1: Driver information

- Personal Information: Please complete this section using your name as written on your driver's license, your current address and phone number, your date of birth, age, gender, driver's license number and issuing state.
 - o CLP/CDL Applicant/Holder: Check "yes" if you are a commercial learner's permit (CLP) or commercial driver's license (CDL) holder, or are applying for a CLP or CDL. CDL means a license issued by a State or the District of Columbia which authorizes the individual to operate a class of a commercial motor vehicle (CMV). A CMV that requires a CDL is one that: (1) has a gross combination weight rating or gross combination weight of 26,001 pounds or more inclusive of a towed unit with a gross vehicle weight rating (GVWR) or gross vehicle weight (GVW) of more than 10,000 pounds; or (2) has a GVWR or GVW of 26,001 pounds or more; or (3) is designed to transport 16 or more passengers, including the driver; or (4) is used to transport either hazardous materials requiring hazardous materials placards on the vehicle or any quantity of a select agent or toxin.
 - o **Driver ID Verified By**: The Medical Examiner/staff completes this item and notes the type of photo ID used to verify the driver's identity such as, commercial driver's license, driver's license, or passport, etc.
 - o Question: Has your USDOT/FMCSA medical certificate ever been denied or issued for less than two years? Please check the correct box "yes" or "no" and if you aren't sure check the "not sure" box.

Driver Health History:

- o **Have you ever had surgery:** Please check "yes" if you have ever had surgery and provide a written explanation of the details (type of surgery, date of surgery, etc.)
- O Are you currently taking medications (prescription, over-the-counter, herbal remedies, diet supplements): Please check "yes" if you are taking any diet supplements, herbal remedies, or prescription or over the counter medications. In the box below the question, indicate the name of the medication and the dosage.
- o #1-32: Please complete this section by checking the "yes" box to indicate that you have, or have ever had, the health condition listed or the "No" box if you have not. Check the "not sure" box if you are unsure.
- o Other Health Conditions not described above: If you have, or have had, any other health conditions not listed in the section above, check "Yes" and in the box provided and list those condition(s).
- o Any yes answers to questions #1-32 above: If you have answered "yes" to any of the questions in the Driver Health History section above, please explain your answers further in the box below the question. For example, if you answered "yes" to question #5 regarding heart disease, heart attack, bypass, or other heart problem, indicate which type of heart condition. If you checked "yes" to question #23 regarding cancer, indicate the type of cancer. Please add any information that will be helpful to the Medical Examiner.
- CMV Driver Signature and Date: Please read the certification statement, sign and date it, indicating that the information you provided in Section 1 is accurate and complete.

Medical Examiner:

Section 2: Examination Report

• Driver Health History Review: Review answers provided by the driver in the driver health history section and discuss any "yes" and "not sure" responses. In addition, be sure to compare the medication list to the health history responses ensuring that the medication list matches the medical conditions noted. Explore with the driver any answers that seem unclear. Record any information that the driver omitted. As the Medical Examiner conducting the driver's physical examination you are required to complete the entire medical examination even if you detect a medical condition that you consider disqualifying, such as deafness. Medical Examiners are expected to determine the driver's physical qualification for operating a commercial vehicle safely. Thus, if you find a disqualifying condition for which a driver may receive a Federal Motor Carrier Safety Administration medical exemption, please record that on the driver's Medical Examiner's Certificate, Form MCSA-5876, as well as on the Medical Examination Report Form, MCSA-5875.

Testing:

- o Pulse rate and rhythm, height, and weight: record these as indicated on the form.
- o **Blood Pressure:** record the blood pressure (systolic and diastolic) of the driver being examined. A second reading is optional and should be recorded if found to be necessary.
- o Urinalysis: record the numerical readings for the specific gravity, protein, blood and sugar.
- Vision: The current vision standard is provided on the form. When other than the Snellen chart is used, give test results in Snellen-comparable values. When recording distance vision, use 20 feet as normal. Record the vision acuity results and indicate if the driver can recognize and distinguish among traffic control signals and devices showing red, green, and amber colors; has monocular vision; has been referred to an ophthalmologist or optometrist; and if documentation has been received from an ophthalmologist or optometrist.
- Hearing: The current hearing standard is provided on the form. Hearing can be tested using either a whisper test or audiometric test. Record the test results in the corresponding section for the test used.
- Physical Examination: Check the body systems for abnormalities and indicate normal or abnormal for each body system listed. Discuss any abnormal answers in detail in the space provided and indicate whether it would affect the driver's ability to safely operate a commercial motor vehicle.

In this next section, you will be completing either the Federal or State determination, not both.

- Medical Examiner Determination (Federal): Use this section for examinations performed in accordance with the FMCSRs (49 CFR 391.41-391.49). Complete the medical examiner determination section completely. When determining a driver's physical qualification, please note that English language proficiency (49 CFR part 391.11: General qualifications of drivers) is not factored into that determination.
 - o **Does not meet standards:** Select this option when a driver is determined to be not qualified and provide an explanation of why the driver does not meet the standards in 49 CFR 391.41.
 - o Meets standards in 49 CFR 391.41; qualifies for 2-year certification: Select this option when a driver is determined to be qualified and will be issued a 2-year Medical Examiner's Certificate.

- o Meets standards, but periodic monitoring is required: Select this option when a driver is determined to be qualified but needs periodic monitoring and provide an explanation of why periodic monitoring is required. Select the corresponding time frame that the driver is qualified and if selecting other, specify the time frame.
 - Determination that driver meets standards: Select all categories that apply to the driver's certification (e.g., wearing corrective lenses, accompanied by a waiver/exemption, driving within an exempt intracity zone, etc.).
- O Determination pending: Select this option when more information is needed to make a qualification decision and specify a date, on or before the 45 day expiration date, for the driver to return to the medical exam office for follow-up. This will allow for a delay of the qualification decision for as many as 45 days. If the disposition of the pending examination is not updated via the National Registry on or before the 45 day expiration date, FMCSA will notify the examining medical examiner and the driver in writing that the examination is no longer valid and that the driver is required to be reexamined.
 - MER amended: A Medical Examination Report Form (MER), MCSA-5875, may only be amended while in determination pending status for situations where new information (e.g., test results, etc.) has been received or there has been a change in the driver's medical status since the initial examination, but prior to a final qualification determination. Select this option when a Medical Examination Report Form, MCSA-5875, is being amended; provide the reason for the amendment, sign and date. In addition, initial and date any changes made on the Medical Examination Report Form, MCSA-5875. A Medical Examination Report Form, MCSA-5875, cannot be amended after an examination has been in determination pending status for more than 45 days or after a final qualification determination has been made. The driver is required to obtain a new physical examination and a new Medical Examination Report Form, MCSA-5875, should be completed.
- o **Incomplete examination:** Select this when the physical examination is not completed for any reason (e.g., driver decides they do not want to continue with the examination and leaves) other than situations outlined under determination pending.
- o **Medical Examiner information, signature and date:** Provide your name, address, phone number, occupation, license, certificate, or registration number and issuing state, national registry number, signature and date.
- o Medical Examiner's Certificate Expiration Date: Enter the date the driver's Medical Examiner's Certificate (MEC) expires.
- Medical Examiner Determination (State): Use this section for examinations performed in accordance with the FMCSRs (49 CFR 391.41-391.49) with any applicable State variances (which will only be valid for intrastate operations). Complete the medical examiner determination section completely.
 - Ones not meet standards in 49 CFR 391.41 with any applicable State variances: Select this option when a driver is determined to be not qualified and provide an explanation of why the driver does not meet the standards in 49 CFR 391.41 with any applicable State variances.
 - o Meets standards in 49 CFR 391.41 with any applicable State variances: Select this option when a driver is determined to be qualified and will be issued a 2-year Medical Examiner's Certificate.
 - Meets standards, but periodic monitoring is required: Select this option when a driver is determined to be qualified but needs periodic monitoring and provide an explanation of why periodic monitoring is required. Select the corresponding time frame that the driver is qualified and if selecting other, specify the time frame.
 - **Determination that driver meets standards:** Select all categories that apply to the driver's certification (e.g., wearing corrective lenses, accompanied by a waiver/exemption, etc.).

- o Medical Examiner information, signature and date: Provide your name, address, phone number, occupation, license, certificate, or registration number and issuing state, national registry number, signature and date.
- o Medical Examiner's Certificate Expiration Date: Enter the date the driver's Medical Examiner's Certificate (MEC) expires.
- II. If updating an existing exam, you must resubmit the new exam results, via the Medical Examination Results Form, MCSA-5850, to the National Registry, and the most recent dated exam will take precedence.
- III. To obtain additional information regarding this form go to the Medical Program's page on the Federal Motor Carrier Safety Administration's website at http://www.fmcsa.dot.gov/regulations/medical.

Fublic Burden Statement

A Federal agency may not conduct or sponsor, and a person is not required to respond to, nor shall a person be subject to a penalty for failure to comply with a collection of information subject to the requirements of the Paperwork Reduction Act unless that collection of Information displays a current valid OMB Control Number. The OMB Control Number for this information collection is 2126-0006, Public reporting for this collection of information is estimated to be approximately 25 minutes per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. All responses to this collection of information are mandatory. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: Information Collection Clearance Officer, Federal Motor Carrier Safety Administration, MC-RRA, 1200 New Jersey Avenue, SE, Washington, D.C. 20590.

U.S. Department of Transportation Federal Motor Carrier Safety Administration

Medical Examination Report Form (for Commercial Driver Medical Certification)

MEDICAL RECORD #								
(or sticker)								

SECTION 1. Driver Information (to	o be filled out by the driver)			(Of Sticker)
PERSONAL INFORMATION				
Last Name:				
Street Address:	Cit	y:	State/Province:	Zip Code:
Driver's License Number:		Issuing State/Province:	Phone:	Gender: OM O
E-mail (optional):				
5				
Has your USDOT/FMCSA medical c	ertificate ever been denied or iss	ued for less than 2 years? O Yes	○ No ○ Not Sure	
*CLP/CDL Applicant/Holder: See Instructions for definitions.		**Driver ID Verified By: Record what ty	ype of photo ID was used to verify the ic	lentity of the driver, e.g., CDL, driver's license, passport
DRIVER HEALTH HISTORY				
Have you ever had surgery? If "yes,	" please list and explain below.			○Yes ○No ○ Not Sure
Are you currently taking medica If "yes," please describe below.	tions (prescription, over-the-counte	r, herbal remedies, diet supplements	s)?	○ Yes ○ No○ Not Sure

(Attach additional sheets if necessary)

^{**}This document contains sensitive information and is for official use only. Improper handling of this information could negatively affect individuals. Handle and secure this information appropriately to prevent inadvertent disclosure by keeping the documents under the control of authorized persons. Properly dispose of this document when no longer required to be maintained by regulatory requirements.**

ast Name: First Nam	ne:			DOB: Exam Date:			
DRIVER HEALTH HISTORY (continued)						f)	
Do you have or have you ever had:	Yes	No	Not Sure		Yes	No	No Sur
1. Head/brain injuries or illnesses (e.g., concussion)	Q	0	0	16. Dizziness, headaches, numbness, tingling, or memory	0	0	C
2. Seizures, epilepsy	0	0	0	loss	\sim	\sim	
3. Eye problems (except glasses or contacts)	0	0	0	17. Unexplained weight loss	0	0	C
4. Ear and/or hearing problems	0	0	0	18. Stroke, mini-stroke (TIA), paralysis, or weakness	0	0	C
5. Heart disease, heart attack, bypass, or other heart problems	0	0	0	19. Missing or limited use of arm, hand, finger, leg, foot, toe 20. Neck or back problems	0	0	C
6. Pacemaker, stents, implantable devices, or other heart	0	0	0	21. Bone, muscle, joint, or nerve problems	0	0	C
procedures	_	_	_	22. Blood clots or bleeding problems	0	0	0
7. High blood pressure	0	0	0	23. Cancer	0	0	\circ
8. High cholesterol	0	0	0	24. Chronic (long-term) infection or other chronic diseases	0	0	С
Chronic (long-term) cough, shortness of breath, or oth breathing problems	ier ()	0	0	25. Sleep disorders, pauses in breathing while asleep, daytime sleepiness, loud snoring	0	0	С
10. Lung disease (e.g., asthma)	0	0	0	26. Have you ever had a sleep test (e.g., sleep apnea)?	0	0	С
 Kidney problems, kidney stones, or pain/problems with urination 	0	0	0	27. Have you ever spent a night in the hospital?	0	0	C
12. Stomach, liver, or digestive problems	0	0	0	28. Have you ever had a broken bone?	0	0	0
13. Diabetes or blood sugar problems	0	0	0	29. Have you ever used or do you now use tobacco?	0	0	0
Insulin used	0	0	0	30. Do you currently drink alcohol?	0	0	
14. Anxiety, depression, nervousness, other mental health problems	0	0	0	31. Have you used an illegal substance within the past two years?	0	0	0
15. Fainting or passing out	0	0	0	32. Have you ever failed a drug test or been dependent on an illegal substance?	O	O	O
Other health condition(s) not described above:				○ Yes ○ N	• O	Not	Sur
Did you answer "yes" to any of questions 1-32? If so, pleas	e comm	ent f	urthe	r on those health conditions below. O Yes O N	• •	Not	
yes to any or questions 1-52: it so, pieus	ic commi	Citt	ar are	O res O re		1100	Ju i
				(Attach additional shee	ts if ne	cess	ary)
MV DRIVER'S SIGNATURE	11 5		- 1				

Driver's Signature: _____ Date: _____

SECTION 2. Examination Report (to be filled out by the medical examiner)

DRIVER HEALTH HISTORY REVIEW

Review and discuss pertinent driver answers and any available medical records. Comment on the driver's responses to the "health history" questions that may affect the driver's safe operation of a commercial motor vehicle (CMV).

(Attach additional sheets if necessary)

orm MCSA-5875								ı	OMB No. 2126	-0006 Expiratio	on Date: 11/30/202	
st Name: First Name:			DOB:				Exam Date:					
TESTING		" out son					#5. 'A -	- Eid	" · 4 7. · .	01 11 5 5		
Pulse rate:	Pulse rhyth	m regular: C	Yes O No		Height: _	_feeti	inches W	/eight: _	pounds			
Blood Pressure	Systolic		Diastolic		Urinaly	iis	S	p. Gr.	Protein	Blood	Sugar	
Sitting						s is require						
Second reading (optional)						al readings recorded.						
Other testing if indi	cated		·							tion for furthe	r testing to	
					rule out d	iny underlyii	ing medico	al problem				
Vision Standard is at least 20 least 70° field of visior rective lenses should b	n in horizontal me	ridian measure	ed in each eye. The	orrection. A e use of cor	hearing lo	ss of less tha	an or equa	al to 40 dB,	in better ear		out hearing aid).	
Acuity	ty Uncorrected Corrected			Horizontal Field of Vision				test:	Right Ear	Left Ear 🔲		
Right Eye:	20/	20/	Right Eye:	_degrees	Whisper Test Results Right Ear Left Ear Record distance (in feet) from driver at which a forced							
Left Eye:	20/	20/	Left Eye:	_degrees		d voice car			Willem a 101			
Both Eyes:	20/	20/		Yes N	OR OR							
Applicant can recog signals and devices	gnize and disting showing red, gr	guish among een, and amb	traffic control per colors	0 0	Right Ear	etric Test R	Results		Left Ear			
Monocular vision O						1000 H	z 200	0 Hz	500 Hz	1000 Hz	2000 Hz	
Referred to ophthalmologist or optometrist?								·				
Received documen	tation from oph	thalmologist	or optometrist?	0 0	Average	(right):			Average (l	eft):		
PHYSICAL EXAMIN				ucus (19)		4200	stell XII.	2 grage	i Brain, s		- Triedle B	
The presence of a coing is readily amenable Also, the driver sho result in a more seri	to treatment. Evuld be advised to illness that	ven if a condi ^r o take the ne might affect o	tion does not di cessary steps to	squalify a c	driver, the M	edical Exar	miner ma	ıy conside	er deferring	the driver te	mporarily.	
Check the body sys	tems for abnorn	nalities.				_				N		
Body System 1. General			Normal O	Abnorma O	Body Sy 8. Abdo					Norm.	al Abnormal	
2. Skin			0	Ö		to-urinary :	svstem in	ncludina h	nernias	Ö	Ö	
3. Eyes			0	Ö	10. Back	-	-,			Ö	Ö	
4. Ears			Ö	Ö		mities/joir	nts			Ö	Ö	
5. Mouth/throat			Ö	Ö		ological sy		luding ref	lexes	Ö	0	
6. Cardiovascular			Ö	Ö	13. Gait	,		_		Ō	O	
7. Lungs/chest			Ö	Ö	14. Vasc	ular system	า			0	0	
Discuss any abnorm Enter applicable iter	nal answers in det m number before (ail in the space each commen	below and indica	_	it would affe	ct the driver	's ability to	o operate d	ı CMV.			

(Attach additional sheets if necessary)

OMB No. 2126-0006 Expiration Date: 11/30/202 Form MCSA-5875 First Name: ______ DOB: _____ Exam Date: Last Name: Please complete only one of the following (Federal or State) Medical Examiner Determination sections: MEDICAL EXAMINER DETERMINATION (Federal) Use this section for examinations performed in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49): O Does not meet standards (specify reason): O Meets standards in 49 CFR 391.41; qualifies for 2-year certificate O Meets standards, but periodic monitoring required (specify reason): ____ Driver qualified for: (3 months) 6 months (1 year) other (specify): Wearing corrective lenses Wearing hearing aid Accompanied by a waiver/exemption (specify type): Accompanied by a Skill Performance Evaluation (SPE) Certificate Qualified by operation of 49 CFR 391.64 (Federal) Driving within an exempt intracity zone (see 49 CFR 391.62) (Federal) Determination pending (specify reason): Return to medical exam office for follow-up on (must be 45 days or less): Medical Examination Report amended (specify reason): (if amended) Medical Examiner's Signature: ______ Date: _____ Incomplete examination (specify reason): If the driver meets the standards outlined in 49 CFR 391.41, then complete a Medical Examiner's Certificate as stated in 49 CFR 391.43(h), as appropriate. I have performed this evaluation for certification. I have personally reviewed all available records and recorded information pertaining to this evaluation, and attest that to the best of my knowledge, I believe it to be true and correct. Medical Examiner's Signature: ___ Medical Examiner's Name (please print or type): Medical Examiner's Address: ______ City: _____ State: Zip Code: _____ Medical Examiner's Telephone Number: ______ Date Certificate Signed: _____ Medical Examiner's State License, Certificate, or Registration Number: Issuing State: MD DO Physician Assistant Chiropractor Advanced Practice Nurse

Other Practitioner (specify):

National Registry Number: _____

Medical Examiner's Certificate Expiration Date:

OMB No. 2126-0006 Expiration Date: 11/30/202 Form MCSA-5875 DOB: First Name: Exam Date: Last Name: MEDICAL EXAMINER DETERMINATION (State) Use this section for examinations performed in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) with any applicable State variances (which will only be valid for intrastate operations): O Does not meet standards in 49 CFR 391.41 with any applicable State variances (specify reason): O Meets standards in 49 CFR 391.41 with any applicable State variances O Meets standards, but periodic monitoring required (specify reason): Driver qualified for: 3 months 6 months 1 year other (specify): ☐ Wearing corrective lenses ☐ Wearing hearing aid ☐ Accompanied by a waiver/exemption (specify type): Accompanied by a Skill Performance Evaluation (SPE) Certificate Grandfathered from State requirements (State) If the driver meets the standards outlined in 49 CFR 391.41, with applicable State variances, then complete a Medical Examiner's Certificate, as appropriate. I have performed this evaluation for certification. I have personally reviewed all available records and recorded information pertaining to this evaluation, and attest that to the best of my knowledge, I believe it to be true and correct. Medical Examiner's Signature: Medical Examiner's Name (please print or type): Medical Examiner's Address: _____ State: ____ Zip Code: ____ Medical Examiner's Telephone Number: ______ Date Certificate Signed: _____ Medical Examiner's State License, Certificate, or Registration Number: Issuing State: MD DO Physician Assistant Chiropractor Advanced Practice Nurse Other Practitioner (specify):

National Registry Number:

Medical Examiner's Certificate Expiration Daté: