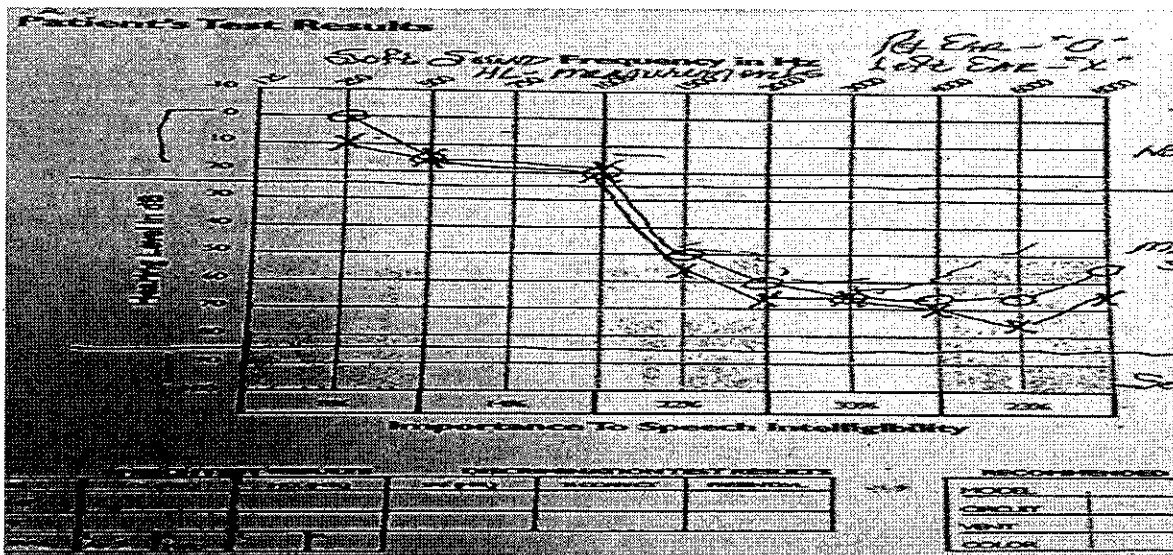


DOT Questions and Scenarios 3

1. A 37 year old male comes in for his DOT medical exam. He is overweight. He and his wife just recently had a baby. He work around 55 hours on the road driving truck. He also owns a dairy farm and he must take care of the farming chores daily in addition to his driving responsibilities. What should the me do?
 - a. counsel him on problems with irregular sleep
 - b. refer him to a sleep study
 - c. tell him to quit the dairy farm
 - d. ask him about taking stimulants
2. A male driver works WEEK 1 11p-7am, WEEK 2 7am-7pm, WEEK 3 3am-7pm, WEEK 4 7pm-11am. What should the ME do?
 - a. counsel on importance of regular sleep patterns
 - b. ask about stimulants being taken
 - c. disqualify the driver for violating 11 hour rule
 - d. Report the driver's employer to DOT
3. A driver reports having an L4/L5 disc surgery. Which test would be most appropriate?
 - a. plantar extension
 - b. knee flexion
 - c. hip extension
 - d. plantar flexion
4. A driver presented failing the forced whisper test. He put in his hearing aids and passed the forced whisper test, telling you that he normally does not like to wear them because he thinks he can hear fine without them. What would the ME do?
 - a. counsel him on importance of wearing hear
 - b. ensure he gets and SPE exemption
 - c. disqualify the driver
 - d. refer the driver to an audiologist
5. A driver is found to have xanthelasma palpebrarum on his DOT medical exam. If there is no family history of this condition, which specialist would be the most appropriate referral?
 - a. Cardiologist
 - b. Rheumatologist
 - c. Gastroenterologist
 - d. Physiatrist
6. A driver smokes and drives for 10 hours without taking any breaks and has a poor diet in general. What would be the first immediate health concern for the ME to address?
 - a. Possible sleep apnea
 - b. Deep vein thrombosis
 - c. Not taking a break in the 10 hour period.
 - d. Rule out stoke potential
7. A driver presents for his DOT exam after having had an MI 5 months previously. He is taking Lisinopril and Antabuse and he has a mild tremor. What should the ME do next?
 - a. Certify for 1 year
 - b. DQ because of substance abuse
 - c. Disqualify because of tremor
 - d. Certify for 6 months.
8. A driver has a blood pressure of 155/104. He has never been diagnosed with hypertension. How long should their certification be?
 - a. 1 year
 - b. 2 years
 - c. 3 months
 - d. Disqualify

9. A diabetic driver presents with recent labwork, noting that his A1C was 7, being controlled through diet and non-insulin medication. The driver smokes, notes being tired, and is overweight. What is the medical examiner's biggest concern?
- His A1C
 - His medications
 - Being tired
 - His smoking
10. A female driver, recently post-partum, presents with an increased heart rate, problems with heat intolerance, and having bouts of constipation/ diarrhea. Which organ/system is most likely implicated in these symptoms.
- thyroid gland
 - central nervous system
 - heart/cardiovascular system
 - adrenal glands
11. According to FMCSA regulations, medical qualification for two years can be given to a driver who has
- An SPE certificate for a left below the knee amputation (BKA).
 - Hypertension.
 - A recent diagnosis of Lewy body dementia.
 - Documented medical marijuana use for pain control.
12. A 39 year old female driver who smokes presents with an Epworth Sleepiness scale of 4, a PQR9 of 3, one positive response on CAGE questionnaire. What should the ME do next?
- Refer to a mental health professional
 - Order and EKG
 - Order a PFT
 - Refer out for a sleep study
13. A presents after having had an episode of angina. He has a copy of his ETT and the results are as follows. He completed ETT, up to at least 4 METS, with no angina. No significant ST depression or elevation. What should the examiner do next?
- Provide a 1 year certification
 - Provide a 2 year certification
 - Provide a 3 month certification
 - Disqualify the driver
14. A driver is referred out for an audiometer test. The results are given below. What would be their certification status and possible restriction?
- Up to two years, hearing aide needed
 - Up to two years, no hearing aide needed
 - Can not be certified, disqualified
 - Certified for one year with release from ophthalmologist



15. According to FMCSA regulations, which of the following must the medical examiner evaluate when examining a driver's eyes?
- Pupil reactivity
 - Iris symmetry
 - Conjunctival injection
 - Corneal thickness
16. During his visit to the medical examiner, a driver complains of severe pain in his finger for the last two weeks after it was punctured. The examination reveals an infected, swollen finger. After the medical examiner inquires, the driver states that the pain is made worse when he grips the steering wheel. Which of the following should the medical examiner do next?
- Obtain a hand X-ray.
 - Assess capillary refill in the hand.
 - Obtain a culture and sensitivity.
 - Assess the driver's grip strength.
17. A new driver who had a myocardial infarction six months ago is certified after completing an acceptable exercise tolerance test and is cleared by a cardiologist. Which of the following is the best option regarding recertification and exercise tolerance test monitoring intervals?
- Recertification..... Exercise tolerance
- Every year..... Every year
 - Every two years..... Every year
 - Every year..... Every two years
 - Every two years..... Every two years
18. A 46-year-old male driver presents for recertification. He has a history of chronic gastro esophageal reflux disease (GERD). He takes esomeprazole (Nexium) and over-the-counter cimetidine (Tagamet). He states that he feels fine, but has trouble finding foods that do not trigger his GERD when he is on the road. Which of the following should the medical examiner do first?
- Disqualify the driver until he has a nutritional consultation.
 - Certify the driver and advise him to carry non-triggering foods in a cooler.
 - Contact the driver's physician and request an upper GI study.
 - Correlate the GI history findings with the abdominal examination.
19. A 25-year-old female driver denies a history of any medical problems. She is a nonsmoker who exercises regularly without symptoms. The medical examiner auscultates bilateral wheezes during the examination. The driver's SpO2 is 90 percent in the medical examiner's office. The rest of the examination is normal. The driver should be
- Temporarily disqualified pending results of a cardiac workup.
 - Qualified since she has no cardiac symptoms.
 - Temporarily disqualified until further evaluation.
 - Qualified because her O2 saturation exceeds the minimum.

