



The NRCME Accredited DOT Medical Examiner Training Program

Course Description: This course is appropriate for both new certification for those providers wishing to be DOT Certified Medical Examiners (CMEs) as well as those DOT CMEs required to recertify at 10 years.

This course is the most up to date and current course available and is designed not only to prepare the medical provider to take the certification exam but also to improve their skills as a DOT medical examiner.

This complete course was prepared so that all defined categories identified by the National Registry as being critical to the Certified Medical Examiner and specifically identified as areas to be tested, are organized separately, and contain regulatory and advisory guidance for specifically defined conditions, their treatment, required testing, and defined physical examination criteria.

This course exceeds FMCSA core curriculum requirements established by the Federal Motor Carrier Safety Administration!

This seminar is pre-approved for 8 CEUs for DCs (PACE and/or Northeast College) or 7 AMA PRA Cat 1 CMEs or ANCC for MDs, DOs, NPs and PAs.

Objective & Goals: To provide required training for medical providers so that they may either become DOT Certified Medical Examiners or to maintain their current certification status.

Course Outline:

- Introduction to training, The FMCSA, Interstate vs. Intrastate drivers, Federal Regulations, Classes of CMVs, Inter/Intra State Commerce, Foreign Drivers, School Bus Operations, The CDL Driver, The NRCME.

- The Healthy Driver Physical & Certification, Regulations to Remember, Discretionary vs. Non-Discretionary Standards, The Role of the Medical Examiner.
- Introduction to Certification Periods, Use of Determination Pending, Use of Temporary Certifications, Certification periods for defined medical conditions, Introduction to Waiting Periods, Waiting Periods for defined medical conditions, Required medical clearance for defined medical conditions, Required/Recommended Testing, Counseling requirements.
- Waivers, Exemptions, Skill Performance Evaluations, Alternative Standards, Disqualifying Medical Conditions, Disqualifying Medications/Medications of Concern, Medical Examiner Decision Making.
- Review including Practice Scenarios and Case Studies including their understanding of regulations and guidelines for non-insulin dependent diabetics, depression, Flat Effect, Drug and Alcohol Addiction, Hypertension, Hearing loss, Medical Compliance issues, Post MI.
- Continued Review including Practice Scenarios and Case Studies including: CABG, COPD, Sleep Apnea, Abnormal Urinalysis Findings, SPEs, MS, Brain Bleed, and time for final questions and answers.

Course Format: Traditional lecture using a power point slide presentation, course notes and other materials during the seminar.

Additional Materials and Study Aides:

1. Access to the PMP online and on-demand NRCME Accredited Training program for up to 1-year.
 - Includes 5 video training modules with post-tests.
 - The NRCME Study Guide Workbook to be downloaded:
 - Allows you to follow along with your video training and take notes. Parts that are in bold print have appeared on one or more versions of the exam.
 - Includes a chapter on NRCME exam question design and actual questions that have appeared on recent exams.
 - Truck driver job description outlining their requirements and responsibilities and Hours of Service requirements.
 - An “information recall” section to help you remember key information necessary to pass your exam. Includes answers and reasoning.
 - Practice Scenarios
 - One complete 120 question practice test allowing you to take an actual exam in written form (also available to you online should you choose to take it that way). Includes answers and reasoning.
 - Access to greater than 250 practice questions to help prepare you for the exam or test your knowledge.
 - Access to up to unlimited and timed practice tests (120 questions and timed for 2 hours) available online. You will be able to test your skill when you think you are ready!
 - Additional downloads to include:
 - Course slide presentation
 - MCSA 5875 and 5876 forms

- MCSA ITDM 5870 form
- MCSA 5871 form
- How-to register Information and links to the testing organizations when ready the provider is ready to take the exam.

About the lecturer:

Dr. David Thorpe has been practicing for greater than 40 years, is Board Certified in Occupational Health and Applied Ergonomics with a special focus on the medical certification of the truck driver. In his role as President of the ACA Council on Occupational Health, he worked on the development of the National Registry of Certified Medical Examiners and has trained greater than 16,000 medical examiners currently listed on the National Registry. He is considered a DOT medical subject matter expert.