

Cardiovascular

Dear Dr. _____, Cardiologist.

Pt. _____ DOB _____

Is Applying for Renewal/New Commercial Drivers 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 requested studies so that the patient can be successful in their quest 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 W/IN 3 MONTHS OF EXAM
- ABNORMAL ETT
- ISCHEMIC CHANGES ON REST ECG
- INTOLERANCE TO CARDIOVASCULAR TX
 - **Recertification**
 - ANNUAL EVAL
 - BIENNIAL ETT (MINNIMUM)
 - 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 Equivalent (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,

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