DOT Cardiology Letter

Marianna Health & Wellness, P.A.

4439 Jackson St.

Marianna, FL 32448

Tel. 850-526-4830

FAX 850-482-2757

re: Patient Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient D.O.B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear Dr.

Your patient \_\_ is applying for a Commercial Drivers License (CDL). The rules have changed recently and because the patient has had \*(click ons: Stents, MI, Angina, pacemaker, heart failure), 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 or 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

ANNUAL EVALUATION was done on \_\_

BIENNIAL ETT required at a minimum, date of last ETT

IF ABNORMAL OR INCONCLUSIVE ETT, IMAGING STRESS TEST date and results if indicated:

REQUIREMENTS FOR SPECIFIC MEDICAL CONDITIONS

**PCI stents**

at least one week after procedure cleared by cardiologist

Tolerance to medications. ETT 3 to 6 months after PCI.

May NOT be cleared if: (please check any that apply)

Incomplete healing or complication at vascular access site;

Rest angina;

Ischemic ECG change

**Pacemaker**

documentation of annual pacemaker check

**Congestive heart failure**

results of most recent echocardiogram or other testing of left ventricular ejection fraction. An ejection fraction of 40% or greater is required for certification.

**implantable defibrillator**

Patients with implantable defibrillators are automatically disqualified from obtaining medical certification for CDL license. Please call our office and let us know if your patient has an implantable defibrillator.

**Additional information requested**:

cardiologist exam at least yearly

Biennial ETT at minimum (If test positive or inconclusive, imaging stress test may be indicated).

Letter documenting that driver is at low risk for sudden incapacitation while driving, and any cardiologist recommendations.

Please note, on Exercise Testing, 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.

Please call our office if you have questions about these requirements. Drivers with heart conditions can be certified up to one year if they meet requirements.

Sincerely,

J. Michael Bennett D.C.