



MEDICAL EXAMINATION REPORT

Information and useful notes

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Important Information

You must get the medical report which has been completed by a doctor within the last 3 months

A medical report must be completed if:

- This is your first application OR
- If you are renewing your licence and you are age 45 or over. From the age of 45 a medical report will be required every 5 years until you are 65. From age 65 onwards driving licences are issued for one year only.

Instructions for you and your doctor are detailed on the next 2 pages.

A. What you have to do

1. You must arrange an appointment for a full medical examination from a doctor registered or practising in the United Kingdom or in any other EC/EEA country.

If your own doctor fills in the medical report it may speed up your application.

You must read section C pages 4-8 before arranging an appointment to find out if you can meet Group 2 medical standard.

2. If, after reading the notes, you have any doubts about your fitness to meet the medical standards ask a doctor/optician for advice before getting them to fill in the form. If you do not do this we may not issue you with a licence. The doctor will normally charge you for filling in the form and those registered for VAT charge VAT on top of their fee. The report must be completed at your expense.
3. Fill in section 9 and section 10 of the medical report when you are with the doctor carrying out the medical examination.
4. If you develop a condition which could affect safe driving (see pages 4-8) and you hold, or are applying for a licence you must inform the licensing authority immediately.
5. You must check all sections of the medical report have been filled in fully before submitting your medical/application. Incomplete medicals will be returned which will delay your application.
6. You may be required to undergo a further medical examination at your expense to prove your fitness to drive. Please note that in the case of new applications they will not be granted until your fitness to drive has been ascertained. In the case of renewals, or during the currency of a licence should a medical condition develop, your licence may be suspended, or not renewed pending the outcome of a further examination and/or test.
7. If you have any queries please call 01452 396396 between 9am and 4:45pm Monday to Friday to speak to a member of the Licensing Team.

B. Information for the doctor

1. Please fully examine the patient and include urine screening for glucose.
2. Fill in sections 1-7 and 8 of the medical report. You may find it helpful to read DVLA's "At a Glance" booklet. You can download this from the "medical rules for all drivers" section of www.direct.gov.uk/driverhealth.
3. Make sure you fill in all sections, including consultant/specialist details on the front of the form and the surgery/practice stamp or GMC registration number in section 8.
4. Try to get details of the applicant's medical history when you fill in the medical report. If you do not hold the patients records, and the report misses important clinical details about the applicant's ability to drive safely, you should give the details in section 7.

C. Medical Standards

Medical standards for Private Hire and Hackney Carriage drivers are higher than those for regular car drivers. All applicants must meet the DVLA Group 2 Entitlement of fitness to drive.

If you have any of the following medical conditions you will not be able to obtain, or retain a Private Hire or Hackney Carriage driver licence.

1. Epilepsy or liability to epileptic attacks

If you have been diagnosed as epileptic or have had a spontaneous epileptic attack(s) which includes all events major, minor and auras, you will need to be free of further epileptic attack without taking anti-epilepsy medication for 10 years. If you have a condition that causes an increased liability to epileptic attacks for example serious head injury, the risk of you having a seizure must fall to no greater than 2% per annum. If these conditions are not met then your application will be refused or your licence revoked.

1a. First epileptic attack or solitary seizure

If you have had only one epileptic attack or a solitary seizure, you may be entitled to drive after 5 years from the date of the seizure provided that you are able to satisfy the following criteria:

- No relevant structural abnormality has been found in the brain on scanning.
- No definite epileptic activity has been found on EEG (record of the brain waves).
- You have achieved at least five years without anti-epilepsy drugs since the seizure.
- You have the support of your neurologist.
- Your risk of a further seizure is considered to be 2% or less per annum (each year).

You are strongly advised to discuss your eligibility to meet the Group 2 Standard of fitness to drive with your doctor(s) before applying for a licence.

2. Diabetes

From 15 November 2011 new Group 2 Standards were introduced for persons with insulin treated diabetes. Any applicant with insulin treated diabetes will not be able to obtain a licence unless they can satisfy the following criteria:

- No episode of hypoglycaemia requiring the assistance of another person has occurred in the preceding 12 months.

- Has full awareness of hypoglycaemia.
- Regularly monitors blood glucose at least twice daily and at times relevant to driving using a glucose meter with a memory function to measure and record blood glucose levels. At the annual examination by an independent Consultant Diabetologist, 3 months of blood glucose readings must be available.
- Must demonstrate an understanding of the risks of hypoglycaemia.

There are no other debarring complications of diabetes such as a visual field defect.

3. Eyesight

All new applicants must have:

- A visual acuity of at least 6/7.5 (0.8 decimal) in the better eye;
- A visual acuity of at least 6/60 (0.1 decimal) in the other eye; and
- Where glasses are worn to meet the minimum standards, they should have a corrective power $\leq +8$ dioptres in any meridian of either lens.

Normal binocular field

All applicants must have a normal binocular field of vision. This means that any area of defect in a single eye is totally compensated for by the field of the other eye.

Various grandfather rights may apply to existing licence holders. Please contact the Licensing Team on 01452 396396 between 9am and 4:45pm Monday to Friday for further information.

4. Other medical conditions

Any person who cannot meet the recommended medical guidelines for the following conditions is likely to have their application refused or licence revoked:

- Within 3 months of a coronary artery bypass graft (CABG).
- Angina, heart failure or cardiac arrhythmia which remain uncontrolled.
- Implanted cardiac defibrillator.
- Hypertension where the blood pressure is persistently 180 systolic or more and/or 100 diastolic or more.
- A stroke or Transient Ischaemic Attack (TIA) within the last 12 months.
- Unexplained loss of consciousness with liability to recurrence.
- Meniere's Disease, or any other sudden and disabling vertigo within the past 1 year, with a liability to recurrence.
- Difficulty in communicating by telephone in an emergency.
- Major brain surgery and/or recent severe head injury with serious continuing after effects.
- Parkinson's disease, multiple sclerosis or other chronic neurological disorders with symptoms likely to affect safe driving.
- Psychotic illness, in the past 3 years.
- Serious psychiatric illness.
- If major psychotropic or neuroleptic medication is being taken.

- Alcohol and/or drug misuse in the past 1 year or alcohol and/or drug dependency in the past 3 years.
- Dementia.
- Any malignant condition in the last 2 years, with a significant liability to metastasise (spread) to the brain.
- Any other serious medical condition likely to affect the safe driving of a medium/large goods or passenger carrying vehicle.

5. Facts you should know about excessive sleepiness/tiredness and driving

There is no excuse for falling asleep at the wheel and it is not an excuse in law.

- Up to one fifth of accidents on motorways and other monotonous types of roads may be caused by drivers falling asleep at the wheel.
- 18-30 year old males are more likely to fall asleep at the wheel when driving late at night.
- Modern life styles such as early morning starts, shift work, late and night socialising, often lead to excessive tiredness by preventing adequate rest.
- All drivers who fall asleep at the wheel have a degree of warning.
- Natural sleepiness/tiredness occurs after eating a large meal.
- Changes in body rhythm produce a natural increased tendency to sleep at two parts of the day:
Midnight - 6am
2pm - 4pm
- Although no one should drink and drive at any time, alcohol consumed in the afternoon may be twice as potent in terms of producing sleepiness and driving impairment as the same amount taken in the evening.
- Prescribed or over-the-counter medication can cause sleepiness as a side effect. Always check the label, if you intend to drive.

Medical conditions causing sleepiness

All drivers are subject to the pressures of modern life, but many drivers are unaware that some medical conditions also cause excessive sleepiness/tiredness. These, alone or in combination with the factors mentioned previously, may be sufficient to make driving unsafe. A road traffic accident may be the first clear indication of such a sleep disorder.

Obstructive Sleep Apnoea (OSA)

- OSA is the most common sleep related medical disorder.
- OSA significantly increases the risk of traffic accidents.
- OSA occurs most commonly, but not exclusively, in overweight individuals.
- Partners often complain about snoring and notice that the sufferers have breathing pauses during sleep.
- OSA sufferers rarely wake from sleep feeling fully refreshed and tend to fall asleep easily when relaxing.
- At least four in every hundred men have OSA.
- Sleep problems arise more commonly in older people.
- Lifestyle changes for example weight loss or cutting back on alcohol, will help ease the symptoms of OSA.

- The most widely effective treatment for OSA is Continuous Positive Airway Pressure (CPAP). This requires the patient to wear a soft face mask during sleep to regulate breathing. This treatment enables patients to have a good nights sleep, so reducing daytime sleepiness and improving concentration.

Other sleep related conditions

Illnesses of the nervous system, such as **Parkinson's Disease**, **Multiple Sclerosis (MS)**, **Motor Neurone Disease (MND)** and **Narcolepsy** may also cause excessive sleepiness although sometimes these illnesses alone may cause drivers to be unfit for driving.

Tiredness or excessive sleepiness can be a non-specific symptom of Parkinson's Disease, MS, MND or may also be related to prescribed medication.

Narcolepsy also causes daytime sleepiness/tiredness as well as other symptoms that may be disabling for drivers.