

DOT Cardiology Letter

Date _____

The Offices of Gonstead, Stangl, and Arkowski
Chiropractic and Massage Therapy
503 E. Clairemont Ave
Eau Claire, WI 54701
Phone: 715-832-2223
Fax: 715-832-7416

Re: Patient Name: _____
Patient D.O.B.: _____

Dear Dr. _____

Your patient is applying for a Commercial Driver’s License (CDL). The rules have changed recently and because of the patient’s health history (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 his/her quest for a CDL.

Please check or circle **all** that apply and please attach requested studies:

- 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/weeks (circle one) since event
- Angina
- ANGINA AT REST
- CHANGE IN ANGINA PATTERN WITHIN 3 MONTHS OF EXAM
- ABNORMAL ETT
- ISCHEMIC CHANGES ON REST ECG
- INTOLERANCE TO CARDIOVASCULAR TX
- ANNUAL EVALUATION was performed 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 cleared to drive a commercial motor vehicle, 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,



Gonstead, Stangl, and Arkowski Chiropractic and Massage Therapy Providers