

# McClatchy Medical Center

## What You Need to Know about ...

### High Blood Pressure (HBP)

#### What is the Rule?

49 CFR Part 391.41 "A person is physically qualified to drive a motor vehicle if that person has no current clinical diagnosis of myocardial infarction (heart attack), angina pectoris (chest pain), coronary insufficiency, thrombosis (blood clot), or any other cardiovascular disease of a variety known to be accompanied by syncope (passing out), dyspnea (shortness of breath), collapse (fainting) or congestive heart failure."

#### What are your responsibilities?

Before going to a DOT exam you need to gather the information required by the DOT in able to be certified on that visit. If you do not have the required information then you risk not being able to be certified on that visit and it may take you off the road until the information is gathered or prevent you from being hired. The reason for these rules is to protect not only the public by to protect you and your company.

#### What is required?

Blood Pressure	DOT certification status	Minimum clinical evaluation
< 140/90 No known hypertension (HBP)	May qualify for two years and monitor on each exam	None
< 140/90 Known HBP and on medication	May qualify for one year and re-certify annually to monitor disease.	Verify patient has an attending physician.
140/90 to 159/99 Stage I	May qualification for one year but BP readings should be <140/90 at recertification	Minimal evaluation should include EKG, UA, CMP, HDL-C, LDL-C
160/100 to 179/109 Stage II	May medically certify for three months to begin treatment. Once treated may certify annually if BP < 140/90 .	Minimal evaluation should include EKG, UA, CMP, HDL-C, LDL-C, CXR and possibly ECHO.
> 180/110	These persons are disqualified until BP <140/90 and treatment is well tolerated. May recertify for 6 month periods.	

#### What you need to bring to the DOT exam?

You must go to your private physician with this information and have him fill out a form showing compliance with the above regulations. Your Human Resource supervisor will have the forms and the tests must be performed prior to the examination date or you cannot complete the examination.