

## NRCME Test Bank Questions and answers

1. Which of the following is a requirement for drivers with a diabetes exemption?
  - A) Possess a rapidly absorbable form of glucose while driving
  - B) Self—monitor blood glucose one hour before driving and at least once every 2 hours while driving
  - C) Plan to submit blood glucose monitoring logs every 6 months
  - D) Maintain a Hemoglobin A1C value less than 7 - A. Drivers with diabetes should self monitor blood glucose before driving and every 4 hours while driving. Blood glucose monitoring logs should be submitted annually. There is no specific requirement for HgA1C level.
  
2. Drivers with insulin dependent diabetes:
  - A) May be certified for a maximum of 6 months
  - B) Must maintain a hemoglobin A1C level of less than 7 to qualify for certification
  - C) Cannot be certified if they have a history of myocardial infarction
  - D) May be eligible for a diabetes exemption - D) Drivers with insulin dependent diabetes cannot be certified but may be eligible for a diabetes exemption
  
3. Which of the following is true?
  - A) A driver with diabetes who uses insulin does not meet the minimum requirements of 49 CFR Part 391.41
  - B) The most important concern related to medication use for treating diabetes is hyperglycemia
  - C) Peripheral neuropathy is not a disqualifying condition
  - D) Diabetes is not a coronary heart disease (CHD) equivalent condition - A) The greatest risk for medication use for drivers with diabetes is hypoglycemia, not hyperglycemia.

Peripheral neuropathy is disqualifying condition. Diabetes is a CHD equivalent condition.

4. What is the recommended certification interval for a driver with diabetes mellituse who does not use insulin?
  - A) Three months
  - B) Six months
  - C) One year
  - D) Two years - C) Drivers with non-insulin dependent diabetes should be certified for a maximum of one year
  
5. A diabetes exemption may be issued by:
  - A) An endocrinologist
  - B) The Medical Examiner
  - C) The driver's personal physician
  - D) The FMCSA - D) Only the FMCSA can grant exemptions
  
6. A driver with diabetes melliktus who uses insulin is determined to be otherwise medically qualified. The medical examiner must indicate that a diabetes exemption is required on the :
  - A) Medical Examination Report status section and Medical Examiners Certificate
  - B) Letter to the FMCSA
  - C) Employer authorization form
  - D) Endocrinology consultation form - A) Exemption requirements must be noted on the Medical Examination Report status section and the Medical Examiners Certificate

7. If glucose is detected on urinalysis in a driver with no history of diabetes, an appropriate next step is:
- A) Endocrinology consultation
  - B) One year clearance and recommendation to see personal physician
  - C) Fingertick or blood glucose determination
  - D) Temporary disqualification - C) The medical examiner should first determine blood glucose and then make an appropriate certification determination and referral
8. Drivers with a history of \_\_\_\_\_ severe hypoglycemic reactions in the past year or \_\_\_\_\_ severe hypoglycemic reactions in the past five years should not be certified.
- A) one, three
  - B) one, two
  - C) two, three
  - D) two, five - B) A driver should not be certified if the driver has had one hypoglycemic reaction in the past year or two in the past five years.
9. Which of the following is not a criteria that the FMCSA uses to define a severe hypoglycemic reaction?
- A) Seizure
  - B) Dizziness
  - C) Need of assistance from another person
  - D) Period of impaired cognitive function that occurred without warning - B) FMCSA defines severe hypoglycemia as reactions that result in seizure, loss of

consciousness, need of assistance from another person, and a period of impaired cognitive function that occurred without warning

10. Which diabetes mellitus risk poses the greatest threat to public safety

- A) Hyperglycemia
- B) Peripheral neuropathy
- C) Hypoglycemia
- D) Metabolic encephalopathy - C) Although hyperglycemia, peripheral neuropathy, and metabolic encephalopathy all pose significant risks for safe driving, hypoglycemia poses the greatest risk.

The risk is particularly pronounced in drivers who use insulin. FMCSA defines a hypoglycemia episode as one that results in seizure, loss of consciousness, need of assistance from another person, or a period of impaired cognitive function that occurs without warning.

11. A driver with a diabetes exemption should check glucose levels when?

- A) One hour before driving and at least once every four hours while driving
- B) One hour before driving and at least every eight hours while driving
- C) Once after four hours of driving
- D) Once a day after driving period has ended - A) Driver's with diabetes exemption should check glucose values one hour before driving and once every four hours while driving

12. Which of the following is true for diagnosis of a hernia?

- A) The driver should be referred to a surgeon to determine whether repair of a hernia is necessary
- B) The waiting period following hernia surgery is two weeks
- C) Inguinal hernias have been associated with an increased risk for CMV accidents
- D) The maximum certification interval for a driver with a hernia is two years - D) The medical examiner can use his/her judgment as to whether a driver should be referred to a surgeon or other specialist.

There is no specified waiting period following hernia surgery - the driver should not be certified until the medical examiner determines that treatment is safe and effective, and that the condition is stable. No evidence has linked hernias of any type to increased CMV accident risk.

13. Which of the following is true of nephropathy?

- A) Nephropathy is a disqualifying condition
- B) The maximum certification interval for nephropathy is two years
- C) A driver with 3+ proteinuria should not be certified
- D) A renal specialist should make the certification determination for a driver with nephropathy - B) Nephropathy is considered on a case-by-case basis. The medical examiner determines what evaluation or monitoring is necessary for a driver with 3+ proteinuria and may disqualify the driver. The certification is always made by the medical examiner and cannot be deferred to a specialist.

14. Drivers with which of the following conditions should be disqualified?

- A) Cancer requiring chemotherapy treatment

- B) Umbilical hernia not surgically repaired
- C) Renal failure on peritoneal dialysis
- D) Hemochromatosis - C) Dialysis of any type is disqualifying

15. If a significant abnormal finding for urinalysis specific gravity, protein, or blood is found, the medical examiner should:

- A) Disqualify the driver
- B) Request that a renal specialist determine if the driver is medically qualified
- C) Use clinical expertise to determine a certification decision and to determine if additional evaluation is required or recommended
- D) Obtain blood chemistries for renal function - C) The medical examiner must determine whether additional evaluation is needed and whether the certification decision should be postponed or limited

16. A driver with a history of kidney disease with or without transplant:

- A) Is medically disqualified
- B) Must be assessed regarding the severity, stability, medications used, and medication side effects/adverse reactions
- C) Should not be assessed for functional ability to operate a CMV safely
- D) Should have the medical certification determination made by a renal specialist - B) ASsessment for kidney disease must be ade on a case-by-case basis. Dialysis of any kind is disqualifying. The medical examiner may choose to test the driver for functional ability to operate a CMV safely. The medical certification decision must be made by the medical examiner.

17. Which of the following is not a disqualifying condition?

- A) Peritoneal dialysis
- B) Hemodialysis
- C) Hernia
- D) Peripheral neuropathy - Any type of dialysis is a disqualifying condition. Peripheral neuropathy is usually disqualifying. Although a hernia may be disqualifying, often a driver can be certified if the symptoms and/or examination findings are mild or if the hernia has been surgically repaired and the condition has stabilized (there is no specified waiting period following hernia treatment, including surgery).

18. Urinalysis is required for the driver physical examination and the results must include

- A) Specific gravity, creatinine, bilirubin, and glucose
- B) Creatinine, bilirubin, blood, and protein
- C) Specific gravity, protein, blood, and glucose
- D) Specific gravity, bilirubin, blood, and protein - C) Specific gravity, protein, blood, and glucose should be checked at every driver examination

19. Disqualifying conditions include:

- A) Chronic constipation
- B) Obesity
- C) Cystitis
- D) Dialysis - D) Dialysis of any type of disqualifying

20. A driver who has Hepatitis C who is stable and whose condition does not represent a safety risk may be certified

- A) True
- B) False - A) Hepatitis
- C) C is not disqualifying

21. A driver with a history of acute bleeding ulcer may be certified if:

- A) Pain has subsided
- B) Driver tolerates food without nausea and vomiting
- C) Bleeding has subsided
- D) The underlying cause has been identified and recurrence risk is low following treatment - D) Drivers with bleeding ulcers should not be certified until the underlying cause has been identified and the recurrence risk is low

22. A driver with a successful kidney transplant can be certified

- A) True
- B) False - A) Kidney transplants are not disqualifying

23. Which of the following is true?

- A) Medical marijuana use is disqualifying
- B) The medical examiner should drug test the driver for marijuana if the driver gives a history of recent marijuana's
- C) A driver with a history of only occasional marijuana may not have to complete a substance abuse professional assessment



D) Marijuana is a Schedule II drug - A) If a driver gives a history of recent marijuana use, the driver should be referred for substance abuse professional evaluation regardless of drug test result. Drivers with a history of marijuana use, or a drug test positive for marijuana, must undergo substance abuse professional assessment and complete any recommended rehabilitation prior to returning to driving. Marijuana is a Schedule I drug.

24. Which of the following is a requirement for a driver with a history of alcoholism to be certified?

- A) No residual disqualifying physical impairment
- B) Successful treatment with naltrexone
- C) Currently in counseling and/or treatment
- D) No more than one current alcohol-related disorder - A) Treatment with naltrexone is not required for driver certification for a driver with a history of alcoholism. A driver with a history of alcoholism must have completed counseling and/or treatment and must not have a current alcohol-related disorder in order to be certified.

25. Which of the following is a disqualifying condition?

- A) A past clinical diagnosis of alcoholism
- B) A breath alcohol result of 0.019%
- C) An alcohol-related stable physical condition, regardless of the time element
- D) Use of methadone - D) A current diagnosis of alcoholism is disqualifying. A breath alcohol result of 0.02% or higher renders the driver unqualified to drive. An alcohol-related unstable physical condition is disqualifying.

26. Ongoing voluntary attendance at self-help groups (e.g. 12 step programs) for maintenance of recovery from alcoholism:

- A) Is required for all drivers recovering from alcoholism
- B) Is disqualifying
- C) Is allowed but not required for drivers recovering from alcoholism
- D) Fulfills the requirement for rehabilitation following a violation of alcohol rules. - C) 12-step or similar programs do not fulfill rehabilitation requirements for drivers with a violation of alcohol (or drug) regulations. Participation in such programs is allowed, but not required, and is not disqualifying.

27. Which of the following is a mental health professional that the medial examiner may refer to or consult with?

- 1) Breath alcohol technician (BAT)
  - 2) Designated employer representative (DER)
  - 3) Medical review officer (MRO)
  - 4) Substance abuse professional (SAP)
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- A) 1, 2, and 3
  - B) 1 and 3 only
  - C) 2 and 4 only
  - D) 4 only
  - E) all of the above - According to the FMCSA, all of these are defined as mental health professionals