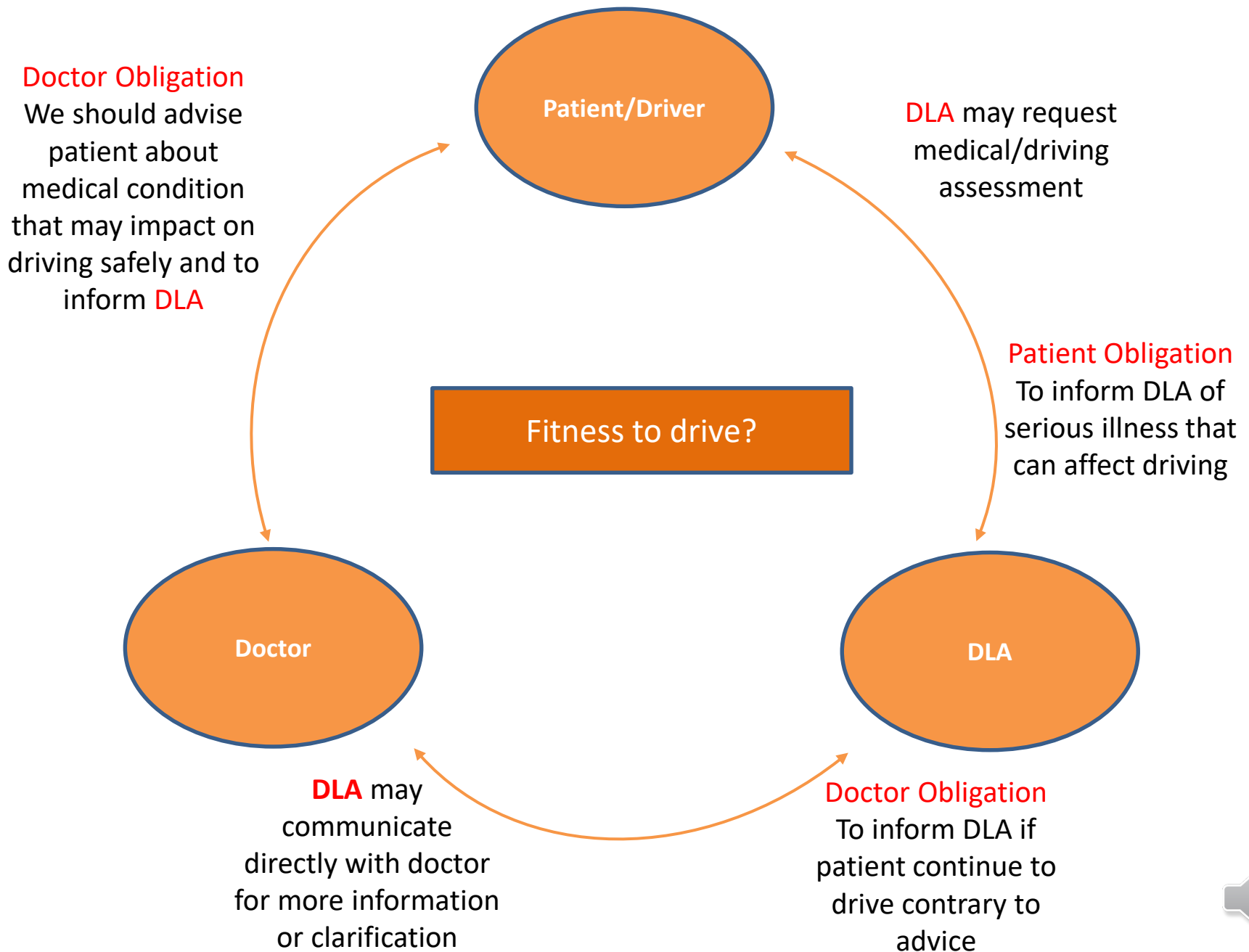


# Driving, Diabetes and the GP

Who can GPs sign off

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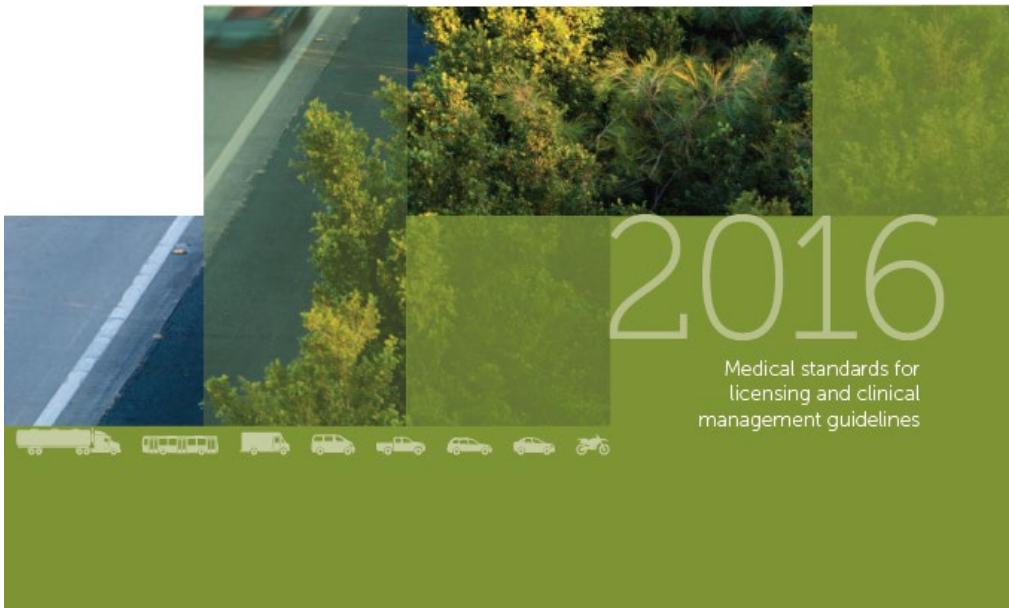






# Assessing Fitness to Drive

for commercial and private vehicle drivers



# 2016

Medical standards for licensing and  
clinical management guidelines  
a resource for health professionals in Australia  
October 2016

[www.austroads.com.au](http://www.austroads.com.au)



## The Effects of Hypoglycaemia on Functional Abilities required for Driving\*

- Reaction time ↓
- Performance in complex tasks ↓
- Visual information processing ↓
- Rapid decision making ↓
- Sustained attention ↓
- Analysis of complex visual stimuli ↓
- Hand-eye coordination ↓
- Visual contrast sensitivity ↓
- Control of anger and irritability ↓

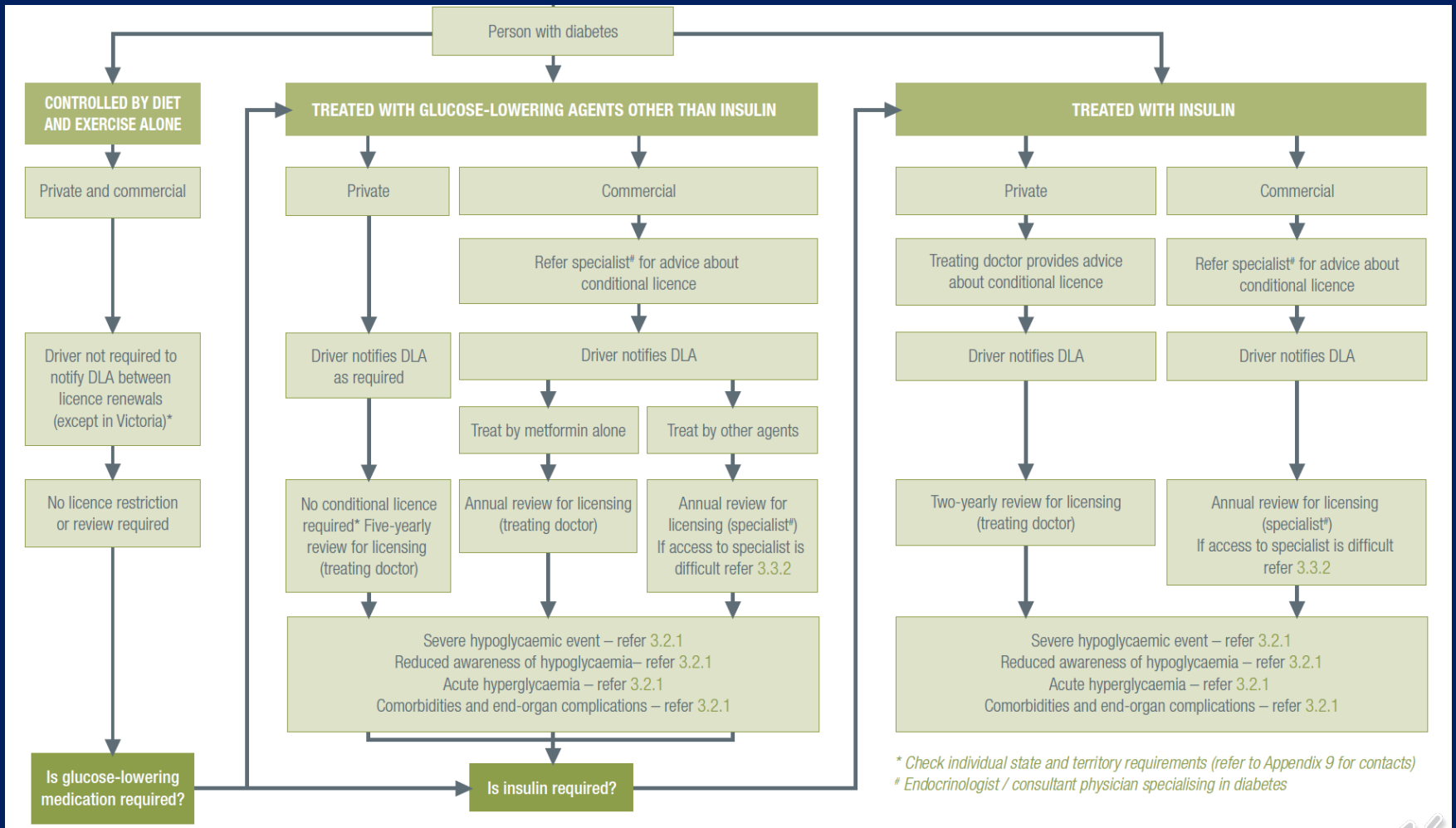


# Navigating the guidelines

- Private vs Commercial ?
- Tablets vs Insulin ?
- Conditional or Unconditional Licence?



# Driver's Licencing

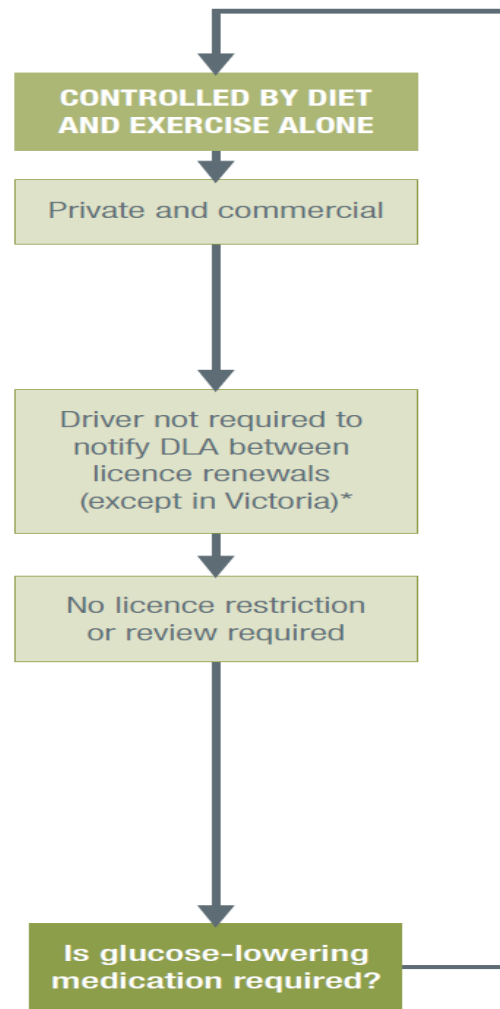


\* Check individual state and territory requirements (refer to Appendix 9 for contacts)

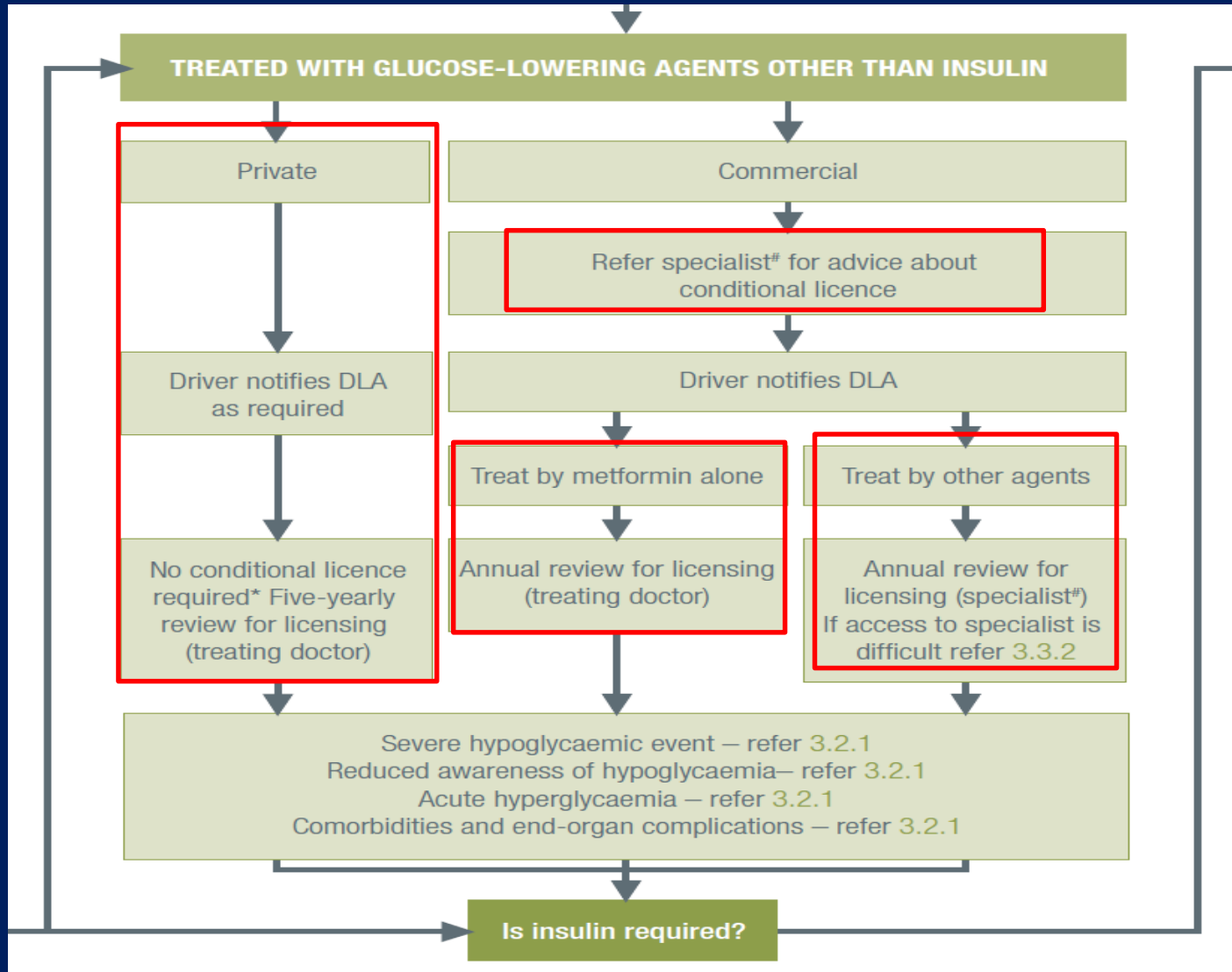
# Endocrinologist / consultant physician specialising in diabetes



# Diet and Exercise only

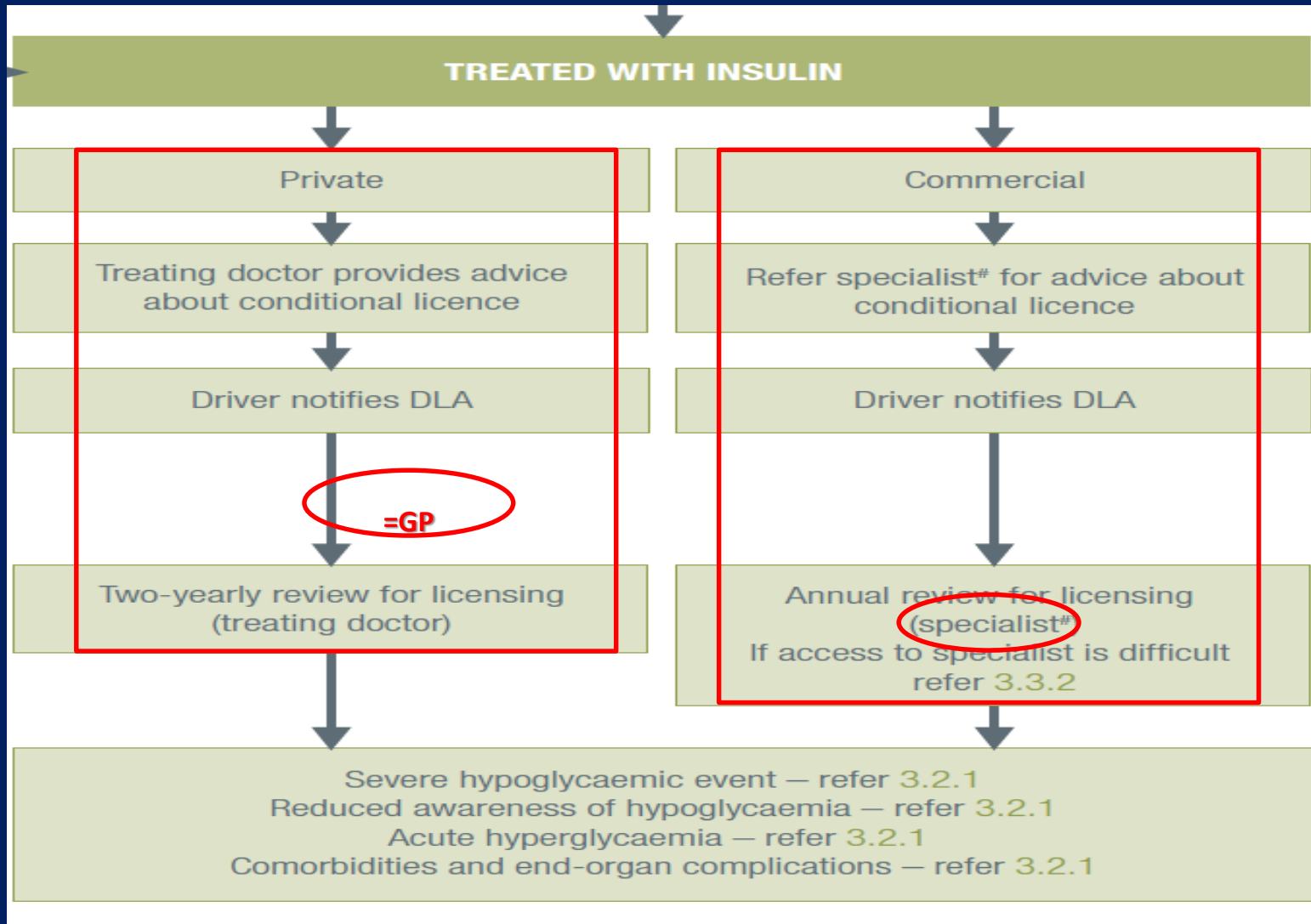


# Non-insulin therapy





# Insulin therapy



# NDSS, Diabetes Australia

ndss  
national diabetes services scheme



Diabetes and Driving



The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.

Stay 'above 5' at all times when driving

Carry a form of glucose on you and in the vehicle at all times

Test blood glucose before driving a vehicle and at least 2 hourly on long trips

If a hypo occurs, pull over safely and immediately treat it

Understand the interaction between insulin, and other glucose lowering medications, food and activity

Advise your Driving Licence Authority of your diabetes

Regularly consider your fitness to drive safely

Be a safe driver – consider the safety of your passengers, other road users and yourself

✓ ok to drive



5 Diabetes and Driving

✗ don't drive



# Non-driving period after a severe hypo

## Non-driving period after a 'severe hypoglycaemic event'

If a severe hypoglycaemic event occurs (as defined in section 3.2.1 Hypoglycaemia), the person should not drive for a significant period of time and will need to be urgently assessed. The minimum period of time before returning to drive is generally **six weeks** because it often takes many weeks for patterns of glucose control and behaviour to be re-established and for any temporary 'reduced awareness of hypoglycaemia' to resolve (see below). The non-driving period will depend on factors such as identifying the reason for the episode, the specialist's opinion and the type of motor vehicle licence. The specialist's recommendation for return to driving should be based on patient behaviour and objective measures of glycaemic control (documented blood glucose) over a reasonable time interval.

**6 weeks off driving and then  
reassess....**



# In summary

- Drivers with diabetes have a legal obligation to inform the driving licencing authority when they are diagnosed with diabetes
- Diabetes can potentially affect the driving ability of many drivers. This include hypoglycaemia.
- GPs are legally only able certify certain classes of drivers who suffers from diabetes
- It's the legal responsibility of the certifying doctor which drivers they can pass
- Patients with diabetes who suffers a major hypoglycaemic episode cannot drive for 6 weeks and must be certify by an endocrinologist before resuming driving

