

Keeping America

● ● ● ● ● Moving

Insights on Maintaining Your DOT
Medical Examiner Certification



NRCME Plus

Examiner Training System™



Table of Contents

Introduction	Page 3
DOT Examiner Exam History	Page 4
5 Insights on the FMCSA Exam	Page 5
Steps to Recertification	Page 6
Hot Off the Press	Page 7
Top Study Tips to Pass the FMCSA Exam	Page 9
Choosing the Right Recertification Prep Program	Page 10
Appendix	Page 12
More Information	Page 14



Introduction

Every day, thousands of over-the-road long haul trucking and commercial motor vehicle (CMV) drivers deliver products essential to our daily lives. Without them, we wouldn't have access to food, paper products, medicines, and other necessities. Our experience with shortages during the COVID-19 pandemic highlighted the importance of those working in commercial transportation and logistics.



Of course, none of those drivers would be on the road without first passing a physical administered by a certified DOT medical examiner. These clinicians, including MDs, DOs, DCs, NPs/APNs, and PAs, have all successfully passed the Federal Motor Carrier Safety Administration (FMCSA) medical examiner certification test. They — quite literally — keep America moving.

Because the deadline for your DOT examiner recertification is approaching, we want to share some informative perspectives and pertinent suggestions from healthcare providers that will help you register for, take, and pass your FMCSA recertification exam.



The FMCSA Exam

A Quick Refresher

Believe it or not, it's been a decade since the inception of the FMCSA exam. Here's a quick refresher on the exam's background, why it became a requirement, and why it's important to get re-certified...

Healthcare providers have been examining commercial long haul truck drivers for decades — long before they were required to become U.S. government-certified examiners.

The FMCSA medical examiner certification program originated in May 2014, requiring healthcare providers to complete a training program and pass a formal test in order to give these exams to commercial motor vehicle (CMV) drivers. The test was developed and is administered by the Federal Motor Carrier Safety Administration. Once the exam is passed, the examiners are listed on the National Registry of Certified Medical Examiners.



The purpose of this program is two-fold:

- Make sure CMV drivers are physically qualified to operate their vehicles safely and effectively.
- Standardize the medical examination process to improve overall quality and reliability.

The entire program is part of a larger effort to improve highway safety and reduce accidents involving CMVs. Making sure commercial truck drivers meet specific medical standards helps promote the safety of both drivers and those they encounter on our interstate highways and city streets.

Key Point: The FMCSA Commercial Motor Vehicle Exam program is critical to keeping our national highway system safe for everyone.



Must-Know Tips for FMCSA Recertification

A lot has happened in 10 years, and we think getting some useful insights and tips from peers who have taken the exam could be really helpful.

We interviewed several healthcare providers who passed the FMCSA medical examiner certification exam and identified the four focus areas we think will be beneficial as you complete your required FMCSA medical examiner training, prep for, and pass your exam:

- **Successfully Maintaining Your Certified Medical Examiner Listing**
- **The Most Important Things to Know about Taking the Exam**
- **Insights from Peers Who Passed**
- **Choosing the Right Recertification Prep Program**



Insight #1—Steps to Recertification

How to Maintain Your Listing on the National Registry of FMCSA Medical Examiners

For clinicians who are due to re-certify this year, maintaining your listing on the FMCSA National Registry of Medical Examiners is a simple, five-step process.

FMCSA Recertification Process

1 Complete Training

Complete a pre-exam training course. Upload your certificate of completion to the FMCSA portal.

2 Schedule Exam

Call or visit PROMETRIC or PSI online to select a testing center and schedule your in-person exam.

3 Pass Your Exam

Congratulations! Your minimum 71% passing grade means you're one step closer!

4 Maintain Your Listing

Exam results are submitted to the FMCSA automatically. Log in to the portal to check your recertification status. Be sure to review any FMCSA-provided refresher material every 5 years.

5 Re-certify in 10 Years

Repeat steps 1-4 every 10 years.

Key Point: Maintaining your status as an FMCSA certified medical examiner is simple: Ensure your account is active and accurate, complete the training, and pass the exam. Remember, the FMCSA recertification process only happens every 10 years. It's an investment with long-term payback for those who take it.



Insight #2—Hot Off the Press!

The Latest FMCSA Exam Tips from a Clinician Who Knows

Once you've successfully completed an FMCSA approved training program, you can use your National Registry Number to schedule your exam. And what can you expect from this year's exam? To answer that question, we spoke with a clinician who passed the exam in July 2023. Here's what he had to say about the new exam:

Scheduling Your Exam

The exam is not available online. PSI is currently the only government-approved FMCSA test vendor, so you will have to take the exam at a PSI location. This clinician booked his exam 1-2 weeks prior to his desired test date, and it ended up taking about 30 minutes.

In his experience, calling PSI directly and speaking with a rep was easier than trying to navigate their online scheduling system. The exam costs \$75 and covers PSI administration fees.

Basic Exam Info

The FMCSA exam consists of 120 questions, 100 of which are graded. The exam takes about 80 minutes to complete, on average, (out of 120 minutes allowed). At the end of the exam, you must complete a 10-question post-exam survey before you get your score.

A passing score is 71% or higher is required. Your results are shown both as pass/fail and as a percentage. If you end up not passing the exam, you can reschedule and take it again.





Content Summary

In our clinician's opinion, the changes to the FMCSA exam have made this year's version more challenging than it was 10 years ago.

This year's exam seems to emphasize patient case or scenario-based questions. He estimates this type of question accounts for two-thirds of total exam questions.

He also recommends being familiar with the Lab Values Reference Chart and the Target Blood Sugar Reference Chart (see appendix).

What does all this mean for your recertification? For this year's test, it's important to focus more on learning the material you'll put into practice. The exam requires less memorization and more thinking to absorb the case information and make a determination and apply this to the FMCSA standards and recommendations. This is why using a top-notch prep program is essential!

Key Point: It's not as easy as you might expect to schedule your exam, so plan ahead and allow yourself time to secure an exam date. As you complete your training course, focus on learning and being able to apply the information to patient scenarios rather than just memorizing facts.



Insight #3—Top Study Tips to Pass the FMCSA Exam

Passing is Everything — Here's How to Do It!

You've taken a lot of exams to get where you are. And, you've likely learned a lot of study tips along the way. Here are the top study tips from clinicians who have taken, and passed, the FMCSA exam:

Get the Right Training Program – A comprehensive training program will help you understand the material covered on the exam and ensure that you are well prepared to give CMV driver physicals in your practice.

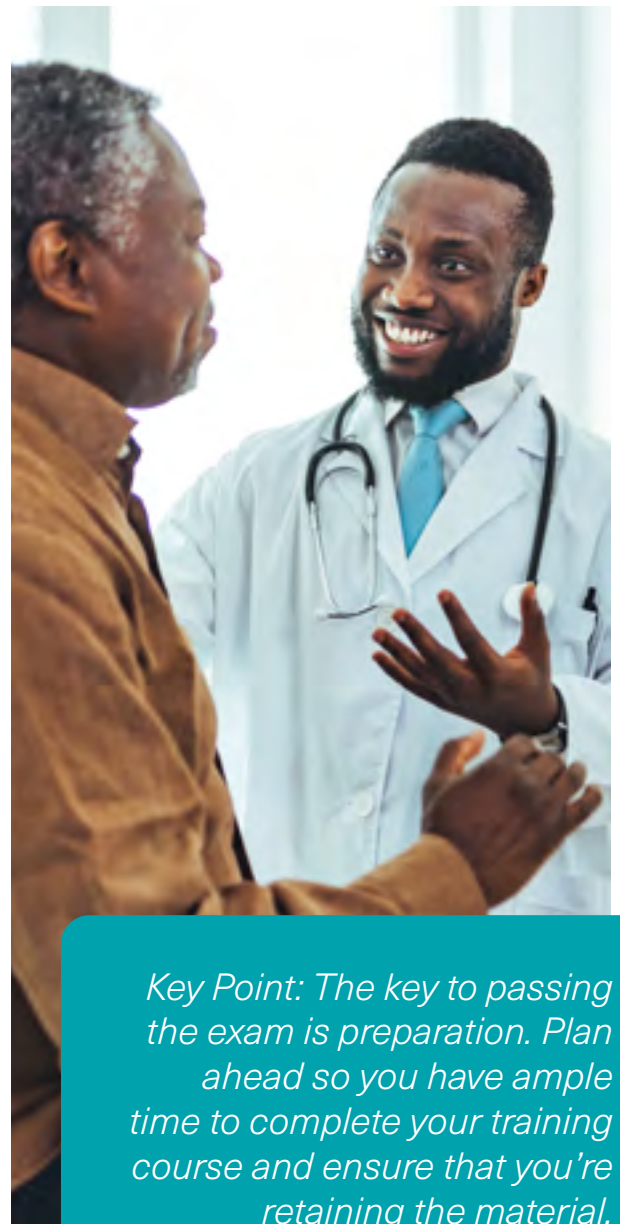
Plan Ahead – Make sure you allot sufficient time to thoroughly review all materials. Try not to wait until the last minute to start your training program.

Repetition Matters – Review the training material twice. It will help you remember the information when you're taking the test.

Take Your Time – Several interviewees who passed the exam said they studied in two-hour increments. You're busy enough as it is, so rather than trying to cram your training into a single day, spread it out over a week or two, and study in shorter sessions.

Writing Improves Memory – Research shows handwriting increases retention. Don't be afraid to write questions from your training program down on paper as part of your study process.

Practice Makes Perfect – Take practice exams and review any questions/answers you missed.



Key Point: The key to passing the exam is preparation. Plan ahead so you have ample time to complete your training course and ensure that you're retaining the material.



Insight #4— Choosing the Right Recertification Prep Program

The NRCME Plus Medical Examiner
Training System™

While there are several options available to you, not all exam prep programs are equal. If you're looking for a training program...why not choose a proven, comprehensive program that's also completely risk free?

Before the FMCSA medical examiner certification exam was introduced, one of the doctors on the committee that designed the exam also worked to design and develop the **Oakstone NRCME Plus Examiner Training System™**. You can't get more "expert" than that!

The **Oakstone NRCME Plus Examiner Training System** was even used for recertification by one of the doctors who vetted the FMCSA exam at the initial testing sites prior to the exam launch in 2014.

Here's what clinicians have to say about NRCME Plus:

"I would have failed without it."

"Oakstone's NRCME Plus was quick and concise, higher quality than others."

"Make sure you know each and every one of the Q&A cards."

"NRCME Plus was easy to use and covered all the material on the exam."



The **NRCME Plus Examiner Training System** also includes case-based questions that will get you ready for similar questions that appear frequently throughout the exam. Clinicians even reported that some of the questions in the NRCME Plus training *were nearly identical to those they encountered on the exam!*





The new and improved **NRCME Plus Examiner Training System** is your no-risk medical examiner training course. And with a 95% pass rate and a pass guarantee...it's virtually risk free! Here's what you'll get:

- **Unlimited online access to test prep materials**
- **Mobile friendly format lets you study and learn anytime, anywhere**
- **28 comprehensive instructional modules**
- **Pre-Test, Module Quizzes, and Post-Test**
- **Certificate of Completion**
- **Earn up to 12 AMA PRA Category 1 Credits™, ANCC contact hours, or PACE CEUs**

As a bonus, NRCME Plus provides you with additional resources to help you prep for your exam.

- **Q&A Deck with 500+ practice questions**
- **Online Resource Library with expert panel guidelines, FMCSA forms, waiver packets, and sample exam templates for your practice**

The Oakstone NRCME Plus Examiner Training System is the easiest, most comprehensive resource designed to help you prepare for and pass your FMCSA exam. We're so confident you'll be prepared, we guarantee you'll pass!

NRCME Plus is no-risk recertification you can count on.



Appendix

Target Blood Sugar Reference Chart



FASTING

Normal for person without diabetes	Less than 100 mg/dL
Target recommendation for someone with diabetes	80 - 130 mg/dL

1-2 HOURS AFTER BEGINNING MEAL

Normal for person without diabetes	140 mg/dL or less
Target recommendation for someone with diabetes	Less than 180 mg/dL

A1C

Normal for person without diabetes	Less than 5.7%
Target recommendation for someone with diabetes	Less than 7.0%

Source: American Diabetes Association. (2023). Blood Glucose Testing and Management. Retrieved from <https://www.diabetes.org>

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Lab Values Reference Chart

		Reference Range	Critical Values
BMP			
Calcium		9.0 – 10.5 mg/dL	≤ 6 mg/dL, ≥ 13 mg/dL
Chloride		98 – 106 mEq/L	< 80, > 120 mEq/L
Glucose		74 – 106 mg/dL	< 40, > 450 mg/dL
Potassium		3.5 – 5.0 mEq/L	< 3.0, ≥ 6.0 mEq/L
Sodium		136 – 145 mEq/L	≤ 125, ≥ 160 mEq/L
BUN		8 – 20 mg/dL	≥ 80 mg/dL
Creat.	Female Male	0.6 – 1.1 mg/dL 0.7 – 1.3 mg/dL	> 4 mg/dL
CBC			
Hemoglobin	Female Male	12.0 – 16.0 g/dL 14.0 – 17.0 g/dL	≤ 11.6 g/dL, ≥ 18 g/dL ≤ 13.2 g/dL, ≥ 20 g/dL
Hematocrit	Female Male	36% – 47% 41% – 51%	< 36%, > 47% < 41%, > 51%
WBC		4,000 – 11,000	≤ 2,000, ≥ 30,000
RBC	Female Male	4.2 – 5.4 cells/mcL 4.7 – 6.2 cells/mcL	
Platelets		150,000 – 450,000	≤ 40,000, ≥ 999,000

Sources: American College of Physicians. (2023). Reference Ranges. Retrieved from www.acponline.org
Stanford Medicine. (2023). Critical Values. Retrieved from www.stanfordlab.com

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