

# Separating Fact from Fiction

5 Common Myths  
About the FMCSA  
Medical Examiner  
Certification Exam



**NRCME Plus**

Examiner Training System®



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# Introduction

As most of us know, the federal government oversees the rules and regulations associated with the nation's roads and highway system. Truck, bus, delivery and other commercial vehicle drivers must take and pass a physical exam given by a medical clinician certified by the Federal Motor Carrier Safety Administration (FMCSA).

To maintain a commercial vehicle license, drivers must pass a physical exam every year. The healthcare providers who administer them must be recertified every 10 years by passing the FMCSA DOT exam.

This e-Book will address five specific “myths” associated with taking and passing the FMCSA National Registry of Certified Medical Examiners (NRCME) exam as well as the benefits of being certified to administer the physicals.

# Myth #1

Passing the FMCSA  
Exam is Easy





In May 2014, the FMCSA medical examiner certification program was originated. The test was developed and is administered by the National Registry of Certified Medical Examiners or NRCME.

Making sure commercial truck drivers meet specific medical standards ensures the safety of both drivers and others they encounter on our interstate highways and city streets. But, the FMCSA exam was never intended to be a cake walk.

The exam consists of 120 total questions of which 100 are graded and used to determine your score. A passing score of 71% or higher is required to be certified by the FMCSA. Your exam score is shown as both a pass/fail and a percentage (%) of all questions you answered correctly.



#### **PRO TIP :**

*Because the exam is not easy and quite comprehensive, there are several things you can do to improve your chances of passing on your first attempt.*

*Best practice advance planning and study tips include speaking with other medical examiners who have taken and passed the exam. It is also good to take practice tests and be sure to buy a good NRCME exam study guide.*



# Myth #2

## All FMCSA Exam Prep Products are the Same

While there are several options available to you, not all FMCSA exam prep programs are equal.

There are hundreds of training organizations registered with the FMCSA and the National Registry for Certified Medical Examiners. All of these organizations are focused on providing clinicians with the information they need to pass the exam and become certified DOT medical examiners.

The best prep programs are written by clinicians intimately familiar with FMCSA requirements, support mobile study/learning, and feature patient case study-based quizzes similar to the questions you can expect to see on the actual exam.

Some prep study products provide in-person classroom training while others are self-directed online learning programs with practice tests, quizzes and other training materials.

**PRO TIP :**

*Do your homework. Be sure to investigate multiple NRCME exam prep products.*

*Understand the components of each company's program as well as their experience and track record of providing actionable study materials that garner favorable outcomes for exam takers.*



# Myth #3

DOT Exams are Relatively  
Quick Basic Physicals







The DOT commercial driver physical exam is an in-depth clinical evaluation covering a broad range of driver health measures. Certified examiners focus on a broad range of overall health assessments in the exam process including:

- Vision Testing
- Medical Exam
- Blood and Lab Analysis
- Lifestyle Habits Discussion
- Pre-Existing Conditions Review
- OTC and Prescription Drug Regimens



**PRO TIP :**

*Be sure to understand the full range of evaluations conducted in DOT physical examinations.*

*Take time to study and gain a thorough understanding of lab test values (normal and abnormal) before taking your exam. You can expect case-based questions with lab measures to appear in the FMCSA exam.*

# Myth #4

## Commercial Drivers Must Not Have Pre-Existing Conditions



DOT certified commercial drivers don't need to have 100% perfect health. Some well-managed chronic conditions are acceptable as long as patient measures fall within examination guidelines.

Additionally, certain pre-existing medical conditions like high blood pressure may not be non-starters for the driver as long as they are using prescribed medications to manage their condition and their lab readings are within acceptable ranges.

Patients with sleep apnea using CPAP machines and diabetics treated with insulin and other medications are eligible for a DOT certificate good for up to one year.

**PRO TIP :**

*Use your NRCME study guides to understand all aspects of the DOT examination and lab testing protocols.*

*Be prepared to answer exam questions that deal with chronic conditions and acceptable treatment regimens.*





# Myth #5

## Failing the DOT Exam Means a Person can Not Drive Commercially

Some driver health exemptions can be granted. Failing the DOT physical exam does not necessarily disqualify someone from making a living driving on America's road and highways. Some drivers can obtain a waiver which provides the patient with relief from a driving prohibition for up to three months.

Exemptions can be granted which provide relief to a person or persons subject to specific regulations who intend to engage in an activity that would make them subject to certain driving restrictions. Exemptions can provide relief from driving restrictions for up to two years and can be renewed thereafter.

**PRO TIP :**

*You should always show empathy to drivers with less-than-perfect health. Additionally, be familiar with available waivers and exemptions.*



# Give Yourself the Best Chance to Pass Your FMCSA

## Check Out the NRCME Plus Examiner Training System<sup>®</sup>

The latest edition of our NRCME Plus Examiner Training System is your no-risk medical examiner training course. With a 95% pass rate and a pass guarantee...NRCME Plus is virtually risk free!

### Here's what you'll get with the Oakstone's NRCME Plus:

- 3 year unlimited access to test prep materials
- Training program takes only 12 hours to complete
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- Online Resource Library with expert panel guidelines, FMCSA forms, waiver packets and sample exam templates for your practice
- Mobile-friendly format lets you study and learn anytime, anywhere
- 28 comprehensive instructional modules
- Earn up to 12 *AMA PRA Category 1 Credits*<sup>™</sup>
- Q&A Decks with 500+ practice questions

The Oakstone NRCME Plus Training System is the easiest, most comprehensive resource to help you prepare for and pass your FMCSA exam.



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