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**National Registry Certified Medical Examiner (NRCME)  
Certification**



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## Question: 1

What is the maximum certification period for a driver with controlled asthma?

- A. 1 year
- B. 2 years
- C. 3 years
- D. 4 years

**Answer: B**

Explanation:

The Federal Motor Carrier Safety Administration (FMCSA) in the United States has outlined certain guidelines for commercial drivers with various medical conditions. One such condition is asthma. Asthma is a condition that affects a person's respiratory system and can potentially impact a driver's ability to safely operate a vehicle. Therefore, FMCSA has certain rules and regulations in place to ensure the safety of the driver and others on the road.

For a driver with controlled asthma, the maximum certification period is 2 years. This means that if a driver has asthma that is well-controlled with medication or other treatments, they can be medically certified to drive for a period of up to 2 years. After this period, they would need to undergo a medical examination to be recertified.

This 2-year certification period is a balance between ensuring the safety of the driver and others, and recognizing that with proper management, a person with asthma can safely operate a commercial vehicle. It's important for drivers with asthma to manage their condition effectively, take prescribed medications, and have regular check-ups with their healthcare provider.

Therefore, the correct answer to the question "What is the maximum certification period for a driver with controlled asthma?" is 2 years. This is based on the FMCSA's regulations for drivers with various medical conditions, including asthma.

## Question: 2

You observe an abnormal mass during the chest/abdomen examination of a 50-year-old driver. When asked, the driver states that its presence was unknown, as it causes no pain or discomfort. What is the proper response to this finding?

- A. Refer the driver to a specialist for further testing.
- B. Place a work restriction on the driver and certify.
- C. Disqualify the driver.
- D. Certify the driver, as it causes no pain.

**Answer: A**

Explanation:

The question refers to the scenario where a 50-year-old driver is found to have an abnormal mass in the chest/abdomen area during an examination. Despite the driver not experiencing any pain or discomfort, the presence of the mass needs to be investigated further.

The correct response to this finding is to refer the driver to a specialist for further testing. The lack of symptoms does not mean that the mass is harmless. It could potentially be a serious condition that requires immediate attention. For example, it could be a tumor, which may be benign or malignant. If it's malignant, it could potentially be life-threatening if not treated promptly.

It's also important to note that work restrictions are not allowed in the CMV licensing. This means that the driver cannot be restricted from working while waiting for the test results or during treatment, unless their condition poses a safety risk.

Disqualifying the driver or certifying the driver just because the mass does not cause any pain are not appropriate responses. The presence of a mass is an anomaly and should be thoroughly investigated, regardless of the presence or absence of symptoms.

In conclusion, any unexpected findings during a medical examination, such as an abnormal mass, should always be referred to a specialist for further testing. This is the best way to ensure that any potential health issues are identified and treated promptly.

### Question: 3

What is the primary concern when evaluating a driver with a history of substance abuse?

- A. The driver's current substance use
- B. The driver's past substance use
- C. The driver's potential for future substance use
- D. The driver's ability to safely operate a commercial vehicle

**Answer: D**

Explanation:

When evaluating a driver with a history of substance abuse, the primary concern is their ability to safely operate a commercial vehicle. This is because substance abuse can significantly impair a person's cognitive and motor skills, thus putting the safety of the driver, passengers, and the general public at risk.

Past substance use is an important consideration, but it is not the primary concern. This is because a driver may have overcome their substance abuse issue and may no longer pose a risk. However, it is necessary to ensure the driver has successfully completed rehabilitation and is not currently using substances.

The potential for future substance use is also a concern, but again, it is not the primary one. While it's true that a history of substance abuse can increase the likelihood of future use, it's not a guarantee. Therefore, the immediate ability to drive safely is a more pressing concern.

### Question: 4

Can a driver with a history of heart attack be certified?

- A. Yes, without any conditions
- B. Yes, if they have recovered and have no current symptoms
- C. No, under no circumstances
- D. Only with a doctor's approval

**Answer: B**

Explanation:

A driver with a history of heart attack can be certified to drive if they meet certain conditions. The primary condition is that they should have fully recovered from the heart attack and currently have no symptoms. This is to ensure the safety of the individual as well as others on the road. A heart attack can have serious impacts on the body and its aftermath can leave a person with weakened physical abilities, including reduced stamina and strength which are needed for driving.

It's also important to note that recovery doesn't simply mean the absence of pain or other physical symptoms. A heart attack is a significant medical event that can lead to ongoing health issues. Recovery needs to be certified by a medical professional who is familiar with the individual's case and can assess their ability to drive safely. In some countries or states, a doctor's approval may be required for a person with a history of heart attack to be certified to drive.

The driver's ability to manage their health condition is also relevant. They should be able to demonstrate that they are taking necessary steps to maintain their health and prevent any future heart attacks. This may include regular check-ups, a healthy lifestyle, and adhering to any prescribed medication or therapy.

In conclusion, a driver who has had a heart attack can be certified to drive if they have fully recovered, have no current symptoms, and can manage their health condition effectively. However, the final approval often rests with a medical professional who can assess the individual's health and their ability to drive safely.

### Question: 5

What is the maximum certification period for a driver with no known medical conditions?

- A. 1 year
- B. 2 years
- C. 3 years
- D. 4 years

**Answer: B**

Explanation:

The maximum certification period refers to the longest duration for which a driver's certification is valid before it needs to be renewed. This period can vary depending on several factors, such as the driver's health status, age, and specific regulations in different jurisdictions. In this case, the question is asking about the maximum certification period for a driver who has no known medical conditions.

According to the regulations in many regions, the maximum certification period for a driver with no known medical conditions is two years. This means that if a driver is in good health and has no medical

issues that could potentially impact their ability to drive safely, their driver's certification can remain valid for up to two years before it needs to be renewed.

However, it's important to note that even if a driver has no known medical conditions, they are still required to undergo regular medical examinations to ensure they remain in good health and are fit to drive. These examinations typically include checks for vision, hearing, cardiovascular health, and other factors that could impact a driver's ability to safely operate a vehicle.

If a driver develops a medical condition during their certification period that could affect their driving, they must report this to the relevant authorities, and their certification period may be shortened or their license could even be revoked depending on the nature and severity of the condition. Therefore, maintaining good health is crucial for drivers to keep their certification and continue driving legally.

In conclusion, while the maximum certification period for a driver with no known medical conditions is two years, it's essential for drivers to stay healthy and undergo regular medical check-ups to ensure they can continue driving safely and legally.

### Question: 6

A 45-year-old male driver has 20/20 vision in both eyes and a horizontal meridian of 65 degrees in both eyes. What is your next step?

- A. Note all of the data and disqualify the driver.
- B. Note all of the data and certify the driver.
- C. Note all of the data and refer the driver to a specialist for further testing.
- D. Refer the driver to a SPE application for exemption.

**Answer: A**

Explanation:

The question involves a 45-year-old male driver with 20/20 vision in both eyes and a horizontal meridian of 65 degrees in both eyes. The horizontal meridian is a measurement of the field of vision, specifically the widest angle within the visual field that can be seen without moving the eyes. In the context of driving, this measurement is important as it affects how much of the road and surroundings the driver can see at a glance without turning their head.

The first option, "Note all of the data and disqualify the driver", suggests that the driver does not meet the necessary vision requirements for driving. To drive a motor vehicle, the driver must have at least 60 degrees of horizontal meridian. However, for a driver of a Commercial Motor Vehicle (CMV), the examinee must have at least 70 degrees in each eye. Since the driver in question only has a horizontal meridian of 65 degrees in both eyes, they do not meet the requirements for driving a CMV and therefore would be disqualified.

The second option, "Note all of the data and certify the driver", does not apply here as the driver does not meet the necessary vision requirements for driving a CMV, as explained above.

The third option, "Note all of the data and refer the driver to a specialist for further testing", suggests that the driver's vision may need to be evaluated further. However, given the provided data, the driver clearly does not meet the requirements for driving a CMV and further testing would likely not change this.

The fourth option, "Refer the driver to a SPE application for exemption", refers to the Skill Performance Evaluation (SPE) certificate, which is a special exemption certificate issued by the Federal Motor Carrier Safety Administration (FMCSA) for drivers who do not meet the usual physical qualifications for driving a

CMV. However, these are usually issued for drivers with physical impairments rather than vision issues, so this option is unlikely to be applicable here.

Therefore, the most likely next step in this situation would be to note all of the data and disqualify the driver, as they do not meet the necessary vision requirements for driving a CMV.

### Question: 7

What is the minimum visual acuity requirement for commercial drivers?

- A. 20/40
- B. 20/20
- C. 20/60
- D. 20/80

**Answer: A**

Explanation:

Visual acuity refers to the clarity or sharpness of vision. It is often measured with the help of a Snellen chart, which is the chart you commonly see at optometrist offices with rows of letters decreasing in size. The numbers 20/40 represent a standard of visual acuity. The first number, 20, stands for the distance in feet between the viewer and the chart. The second number, 40, stands for the distance at which a person with normal eyesight could read the same line that the viewer can read at 20 feet.

The minimum visual acuity requirement for commercial drivers is 20/40. This means that a commercial driver should be able to read a line on the Snellen chart from 20 feet away that a person with normal vision could read from 40 feet away. This requirement applies to drivers with or without the use of corrective lenses.

This requirement is important for the safety of the driver and others on the road. Good visual acuity allows drivers to spot potential hazards, read road signs, and react to changing road conditions. It is an important part of maintaining the high standards of safety required in commercial driving.

### Question: 8

What is the significance of neurological examination in a driver's physical examination?

- A. To check for neurological disorders
- B. To assess coordination and balance
- C. To evaluate the risk of sudden incapacitation due to neurological issues
- D. All of the above

**Answer: D**

Explanation:

A neurological examination is an essential part of a driver's physical examination. Its primary significance lies in detecting any neurological disorders that may affect a person's ability to drive safely. Neurological disorders can range from conditions like Parkinson's disease, which can affect motor skills and

coordination, to epilepsy, which can potentially cause sudden seizures. By identifying these disorders early on, appropriate steps can be taken to ensure the safety of the driver and others on the road. Another important aspect of the neurological examination is to assess the individual's coordination and balance. These are critical skills required for driving. Any issues with coordination could impact a driver's ability to control the vehicle, while balance issues may affect their ability to sit upright or maintain the correct position while driving.

Lastly, the neurological examination is also significant in evaluating the risk of sudden incapacitation due to neurological issues. A sudden loss of consciousness or control while driving can lead to serious accidents. Through a thorough neurological examination, doctors can assess any potential risks and advise the individual appropriately, whether it's recommending treatment, monitoring the condition, or in some cases, suggesting alternatives to driving.

In conclusion, a neurological examination is a critical component of a driver's physical examination. It helps in early detection of neurological disorders, assessing key skills required for driving, and evaluating the risk of sudden incapacitation, all of which contribute to ensuring safety on the roads.

### Question: 9

Which body system does the FMCSA medical examination not evaluate?

- A. Musculoskeletal system
- B. Respiratory system
- C. Nervous system
- D. Digestive system

**Answer: D**

Explanation:

The Federal Motor Carrier Safety Administration (FMCSA) is an agency in the United States that regulates the trucking industry. It ensures that drivers are physically capable of operating their vehicles safely through conducting regular medical examinations. These medical examinations primarily focus on the body systems that directly affect a person's ability to drive a vehicle.

The FMCSA medical examination specifically evaluates several body systems. These include the musculoskeletal system, which is responsible for providing the body with stability and movement; the nervous system, which controls the body's movements and responses; and the respiratory system, which provides oxygen to the body's cells and removes carbon dioxide. These systems are crucial for a person's ability to drive safely and effectively.

However, there is one body system that the FMCSA medical examination does not evaluate: the digestive system. The digestive system is responsible for processing food and turning it into energy for the body, as well as removing waste. While this system is important for overall health, it does not directly impact a person's ability to drive a vehicle.

Therefore, if the question asks which body system the FMCSA medical examination does not evaluate, the correct answer would be the digestive system. It's not that this system isn't important, but rather, it doesn't directly affect a driver's ability to operate a vehicle safely. The primary focus of the FMCSA medical examination is to ensure that drivers are physically equipped to handle the demands of driving, focusing on the body systems that play a direct role in this process.

## Question: 10

Can a driver with insulin-treated diabetes be certified?

- A. Yes, without any conditions
- B. Yes, with a stable insulin regimen assessment provided by the driver's healthcare provider
- C. No, under no circumstances
- D. Only with a doctor's approval

**Answer: B**

Explanation:

The Federal Motor Carrier Safety Administration (FMCSA) is an agency in the United States Department of Transportation that regulates the trucking industry in the United States. The FMCSA has strict medical requirements for commercial motor vehicle (CMV) drivers to ensure the safety of the driver and the general public. One of these medical conditions pertains to diabetes.

Individuals with insulin-treated diabetes mellitus (ITDM) were previously prohibited from driving CMVs in interstate commerce unless they had obtained an exemption from the FMCSA. However, recent changes to the FMCSA regulations now allow individuals with ITDM to be certified to drive a CMV in interstate commerce.

Under the new regulations, a driver with ITDM can be certified to drive a CMV if they meet several conditions. These include maintaining a stable insulin regimen and proper control of their diabetes, as well as meeting the physical qualification standards of the FMCSA. The driver must also have a Diabetes Assessment Form filled out by the treating clinician, who provides details about the driver's insulin use, blood glucose monitoring, and control of diabetes.



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