

**Course Name:** DOT NRCME Medical Examiner Recertification Training

**Syllabus (hour-by-hour with references)**

All references come from the Code of Federal Regulations (CFR). They are listed in parenthesis and italics.

Hour 1:

- FMCSA regulations vs guidance (*49 CFR 391.43*)
- Federal & State Exemption programs (*49 CFR 391.43*)
- Overview of the physical examination (*49 CFR 391.41*)

Hour 2:

- The FMCSA vision standard (*49 CFR 391.41(b)(10)*)
- The FMCSA guidelines for Genitourinary and Gastrointestinal (*49 CFR 391.41(b)(9)*)
- Urinalysis (*49 CFR 391.41*)
- The FMCSA guidelines for Diabetes (*49 CFR 391.41(b)(3)*)
- The FMCSA guidelines for Endocrine disorders (*49 CFR 391.41(b)(9)*)

Hour 3:

- The FMCSA guidelines for hypertension and the vascular exam. (*49 CFR 391.41(b)(6)* & *49 CFR 391.43(f)*)

Hour 4:

- The FMCSA guidelines for cardiovascular diseases (*49 CFR 391.41(b)(4)*)

Hour 5:

- The FMCSA guidelines for respiratory conditions (*49 CFR 391.41(b)(5)*)

Hour 6:

- Musculoskeletal guidelines (*49 CFR 391.41(b)(1)(2)(7)*)
- Neuromuscular disease guidelines (*49 CFR 391.41(b)(1)(2)(7)*)
- The neurological exam and conditions (*49 CFR 391.41(b)(7)(8)(9)*)

Hour 7:

- The FMCSA hearing standard (*49 CFR 391.41(b)(11)*)
- Drug & Alcohol Abuse (*49 CFR 391.41(b)(12)(13)*)

Hour 8:

- Mental health history and physical exam (*49 CFR 391.41(b)(9)*)
- Guidelines for Depression, Psychosis, Bipolar, Anxiety, and Personality disorders
- General medication use for both prescription and OTC medications (*49 CFR 391.41(b)(12)*)