

# Sleep Apnea and Trucking – An update

Presented to

Carolina Sleep Society

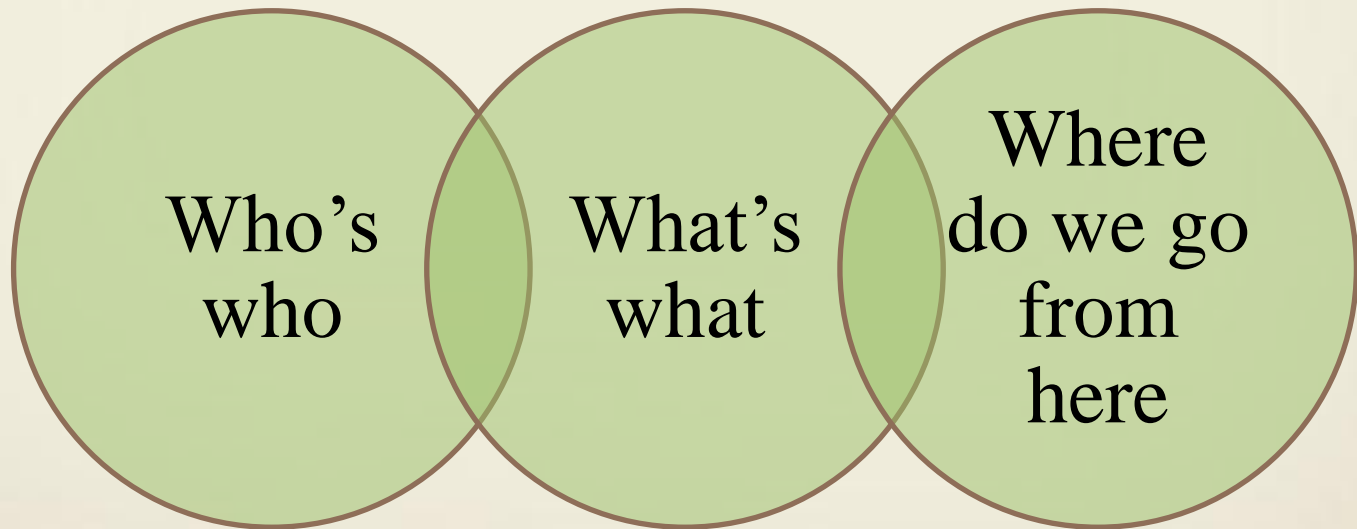
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American Sleep Apnea Association



# Learning Objectives



# The cast of characters from the land of acronyms

- DOT

- NTSB (investigates)

- FMCSA (regulates/enforces)

- MRB – Medical Review Board

- MEP – Medical Expert Panel

- ACOEM

- Medical Examiner**

- **M.D., D.O., P.A., APN and D.C.**

# The cast of characters from the land of acronyms

- JTF – Joint Task Force (ACOEM, ACCP & NSF)
- ATA (the big boys)
- OOIDA (everybody else)
- and



12 – 28% of commercial truck drivers have OSA

OSA increase the risk of vehicular accident 2- to 7-fold

OSA patients are three to five times more likely to be involved in crashes that result in personal injuries.

# What we know now...



## Medical Exam Report

**Yes No** Sleep disorders, pauses in breathing while sleeping, daytime sleepiness, loud snoring

Current FMCSA regulations –  
Part 391.43 (b)(5)

A person is physically qualified to drive a commercial motor vehicle if that person –

Has no established medical history or clinical diagnosis of respiratory dysfunction likely to interfere with his/her ability to control and drive a commercial motor vehicle safely.

# What's medical examiner to do?...

- Refer only if answer to question on sleep disorder is yes
- Screen based on JTF rec.
  - BMI  $\geq$  35, HTN, neck circumference
- Screen based on MEP
  - BMI  $\geq$  33
- Screen based on MRB
  - BMI  $\geq$  30

# Something has to be done



NTSB Chair  
Debra Hershman

Implement a program to identify commercial drivers at high risk for OSA and require that those drivers provide evidence through the medical certification process of having been appropriately evaluated and, if treatment is needed, effectively treated for that disorder before being granted unrestricted medical certification.

- NTSB Recommendation (H-09-15)

# Where we are headed...

- National Registry of Certified Medical Examiners
- Mandatory screening for OSA
- Mandatory testing for those at risk
- Mandatory compliance monitoring

The question is when do we get there...

# Opportunities for the field...



- Screening
- Testing – PSG & HST
- Titration
- Supporting those in therapy

# Opportunities for the field...



- Screening

Truck stops, terminal offices,  
occupational physician offices

# Opportunities for the field...



- Testing – PSG & HST

# Opportunities for the field...

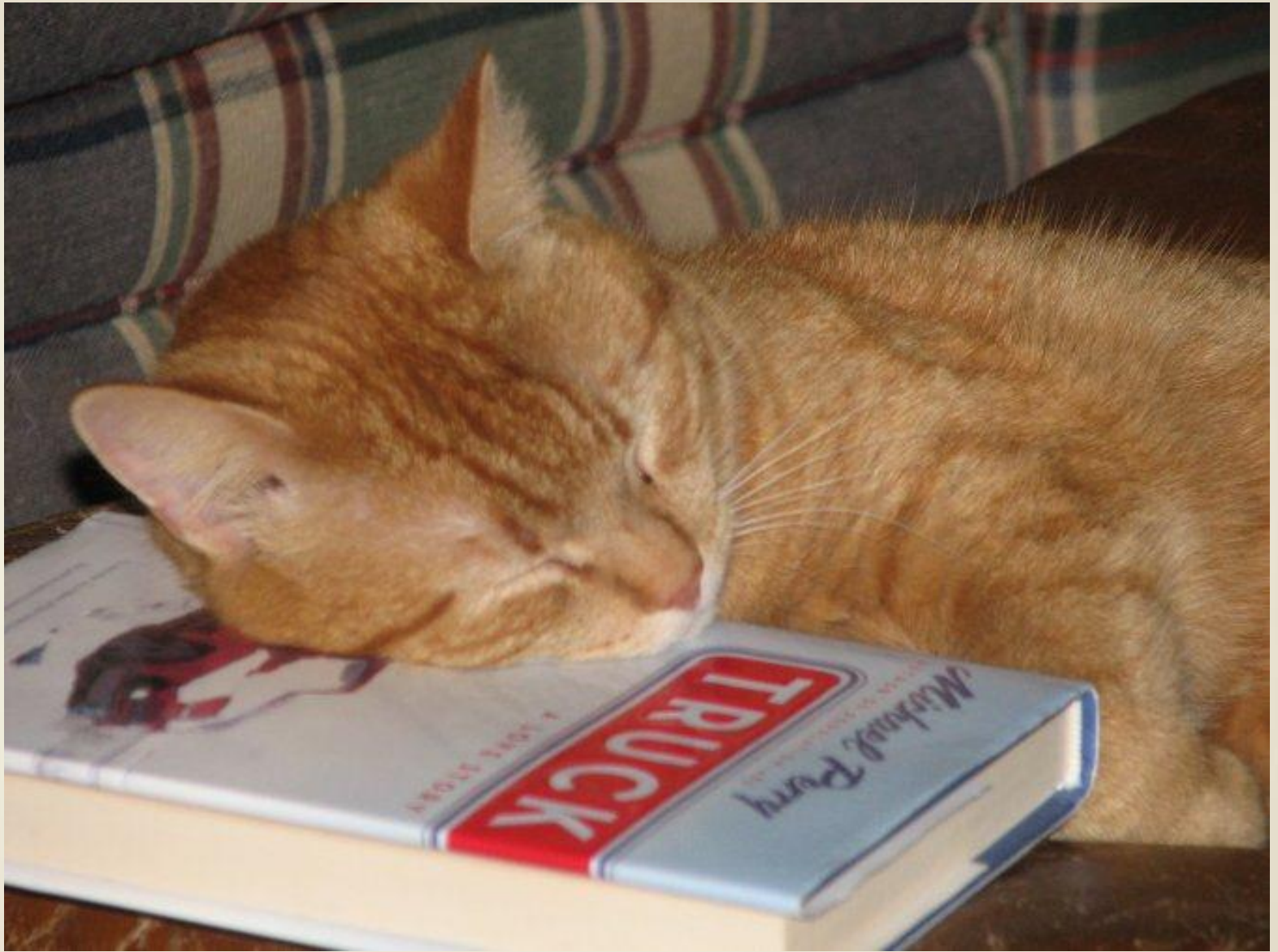
- Titration



# Opportunities for the field...



- Supporting those in therapy



# Bibliography & Resources

- George CF. Sleep, Part 5: driving and automobile crashes in patients with obstructive sleep apnoea/hypopnoea syndrome. *Thorax* 2004;59:804-807
- Kingshott, RN, Cowan JO, Jones DR, et al. The role of sleep-disordered breathing, daytime sleepiness and impaired performance in motor vehicle crashes – a controlled study. *Sleep Breath* 2004; 8:61-72
- Mulgrew AT, Nasvadi G, Butt A, et al. Risk and severity of motor vehicle crashes in patients with obstructive sleep apnoea/hypopnoea. *Thorax* 2008;63:536-541

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[FMCSA Medical Expert Panel Recommendations – OSA & CMV Driver Safety](#)

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Truckers for A Cause – A.W.A.K.E. monthly conference call addressing sleep apnea related issues.

Apnea Support Forum – [www.apneasupport.org](http://www.apneasupport.org)

Sleep Apnea & Trucking Conference toolkit available from [www.satc2010.org](http://www.satc2010.org)