

DRAFT

MINUTES OF THE MEETING OF THE SECRETARY OF STATE FOR TRANSPORT'S HONORARY MEDICAL ADVISORY PANEL ON DRIVING AND DIABETES MELLITUS

HELD ON TUESDAY, 14 OCTOBER 2014

Present:	Dr A E Gold	Chair
	Professor K M Shaw	
	Dr M D Feher	
	Dr I Gallen	
	Dr D Flanagan	
	Dr D Flower	
	Dr P Mansell	
	Dr M Evans	
Lay Members:	Dr M L Shaw	
Observers:	Dr C Beattie	DVLNI
	Dr G Roberts	Consultant/Specialist Endocrinology, Southern Ireland
	Dr S Mitchell	Civil Aviation Authority

Ex-officio:

Dr W Parry	Senior Medical Adviser, DVLA
Dr S D R Rees	Panel Secretary/Medical Adviser, DVLA
Mr S Thomas	Head of Drivers' Medical Group, DVLA
Dr A White	Medical Adviser, DVLA
Dr B Wiles	Medical Adviser, DVLA
Mrs C Green	Head of Medical Licensing Policy, DVLA
Mrs J Thomas	Business Change and Support, DVLA

1. Apologies for Absence

1.1 Apologies were received from Mr K J Clinton.

2. Minutes of the last meeting held on the 18 March 2014

2.1 The minutes were accepted as a true account of the proceedings on 18 March 2014.

3. Matters arising from the Minutes

3.1 Reference Paragraph 3.2 – The ‘At a Glance Guide to the Current Medical Standards of Fitness to Drive’ has been updated with this advice.

4. Panel Chairmen’s meeting

4.1 The Panel noted that research is planned in the area of medical conditions and road traffic accidents and welcomed this. The potential of linking local databases in a smaller scale exploratory project was discussed.

5. Peripheral neuropathy

5.1 The Panel had received advice from the Neurology Panel Chair regarding this issue. The Panel secretary advised that for Group 1 drivers DVLA would normally accept self-declaration of any vehicle adaptations required which would be coded on the driver’s licence. Further information regarding this is available at Appendix 1 of the “At a Glance guide to the current Medical Standards of Fitness to Drive” at:

<https://www.gov.uk/government/publications/at-a-glance>. It was also noted that drivers could refer themselves to the Forum of Mobility Centres for further advice. A list of these is available at Appendix 2 of the ‘At a Glance Guide to the Current Medical Standards of Fitness to Drive’.

6. Blood glucose monitoring for Group 1 drivers

6.1 Blood glucose testing on insulin.

The Panel considered the medical enquiry forms to be completed by the driver and their clinician and after a lengthy discussion suggested some amendments. The Panel advised that drivers should test at times relevant to

driving and not doing so would be consistent with not having a clear understanding of diabetes and the precautions necessary for safe driving.

The Panel also considered continuous glucose monitoring systems (CGMS) which measure interstitial glucose. At present it was considered that there is too little evidence to suggest that CGMS alone is a reliable measure of glucose levels. They advised that drivers using CGMS must also monitor blood glucose as advised for insulin treated diabetes in the 'At a Glance Guide to the Current Medical Standards of Fitness to Drive'. This will be reviewed at future meetings as more data becomes available and when there may be comprehensive regulation of such devices.

- 6.2 Blood glucose testing on tablets which carry a risk of inducing hypoglycaemia, which includes sulphonylureas and glinides.

The Panel advised an amendment to the entry in the 'At a Glance Guide to the Current Medical Standards of Fitness to Drive' for Group 1 drivers on tablets which carry a risk of inducing hypoglycaemia to emphasise that taking into account clinical factors, some drivers, particularly those driving frequently, should be advised to undertake blood glucose testing at times relevant to driving.

7. Licence period for Group 1 drivers on insulin

- 7.1 The Panel considered information provided by DVLA on the licensing history of Group 1 drivers on insulin including refusals/revocations and the number and duration of licences issued. Currently, the maximum licence duration is 3 years and DVLA wishes to explore issuing longer period licences of up to 5 years duration. The data provided by DVLA did not provide any indication of which drivers may be suitable for extended period licences.

The Panel therefore requested further information including a larger data set so that the issue could be considered at the next Panel meeting. In particular, the Panel wished to see data on the proportion of drivers whose licences were revoked in the middle of a licence period compared to those being refused on renewal of a licence. The Panel considered that it would be helpful to have this data statistically analysed.

8. EC reply to enquiry regarding episode of severe hypoglycaemia occurring while asleep for Group 1 drivers

8.1 This was discussed at item 5 of the last Panel meeting.

This issue is being progressed but no response has yet been received.

9. Medical Standards for Group 2 drivers on insulin

9.1 Blood glucose monitoring

The requirement for Group 2 drivers on insulin to test at least twice daily and at times relevant to driving is in regulation, but no duration is stipulated. However, the requirement for 3 months of blood glucose readings is Panel advice. This issue had been considered at the Panel meeting of March 2013 at item 3.5.

The Panel considered 2 cases and reiterated that DVLA has discretion where 3 complete months of blood glucose readings are not available and there is a reasonable explanation for this. The Panel requested that the independent assessors of Group 2 drivers on insulin be made aware of this.

The Panel has already advised that monitoring blood glucose at times relevant to driving is “no more than 2 hours before the start of the first journey and every 2 hours while driving”.

9.2 Feedback to assessors of Group 2 drivers on insulin

The Panel discussed this feedback and endorsed it. They also requested that DVLA provide feedback on any police notifications to DVLA regarding these drivers.

10. Literature search

10.1 The Panel considered the paper “The Influence of New European Union Driver’s Licence Legislation on reporting of severe hypoglycaemia by patients with Type 1 Diabetes”. *Diabetes Care* 2014. DOI:10.2337/dc14-1417 and noted the potential negative effect that the new EU regulations may have on clinical care.

11. Date and time of next meeting

Tuesday, 17 March 2015.

DR S REES BSc MBBS

Medical Adviser and Panel Secretary to the
Honorary Medical Advisory Panel on Driving and Diabetes Mellitus

23 October 2014