



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

Meeting held on Tuesday 22nd March 2022 10:00am

Present:

Panel Members:

Professor Mark Evans (Chair)
Professor Pratik Choudhary
Dr Peter Rogers (Lay member)
Mr William Wright (Lay member)

OBSERVERS:

Dr Sue Stannard	Chief Medical Advisor, Maritime and Coastguard Agency
Dr Ewan Hutchinson	Civil Aviation Authority
Dr Clive Beattie	Occupational Health Service, Northern Ireland
Professor Graham Roberts	National Programme Office for Traffic Medicine, Ireland
Mr Samuel Barnard	Paediatric Diabetes Specialist Nurse
Professor David Russell-Jones	Consultant Physician in Diabetes & Endocrinology
Dr Karen Tait	Consultant Diabetologist & Honorary Consultant Endocrinologist
Dr Sufyan Hussain	Consultant Diabetes & Endocrine Physician

EX-OFFICIO:

Dr Nick Jenkins	Senior DVLA Doctor
Dr Aaron Chan	DVLA Doctor
Miss Keya Nicholas	Driver Licensing Policy Lead
Mrs Helen Harris	Driver Licensing Policy
Mrs Julie Bartlett	Driver Licensing Policy
Mrs Suzanne Richards	Drivers Service Management
Mr Robert Hudson	Operational Delivery & Support, Drivers Medical
Mr Richard Phillips	Operational Leader in Complex Casework
Mrs Siân Taylor	DVLA Panel Coordinator/PA to Senior DVLA Doctor
Miss Sarah Anthony	DVLA Panel Coordination Support
Miss Kirsty-Leigh Van Staden	DVLA Panel Coordination Support

Important: These advisory notes represent the balanced judgement of the Secretary of State's Honorary Medical Advisory Panel as a whole. If they are quoted, they should be reproduced as such and not as the views of individual Panel members.



SECTION A: INTRODUCTION

1. Apologies for Absence

Dr Sally Bell	Maritime and Coastguard Agency
Dr Parijat De	Consultant Physician in Diabetes, Endocrinology & Lipid Metabolism
Professor Jeffrey Stephens	Professor of Diabetes & Endocrinology, Honorary Consultant Physician

2. CHAIR'S REMARKS

The Panel Chair welcomed everyone and reminded attendees of meeting etiquette and reminded panel members to update their declarations of interest. The Panel chair requested everyone introduced themselves and welcomed new members to the panel.

3. ACTIONS FROM PREVIOUS MEETING

i. Hypoglycaemia Awareness

In the Spring 2021 panel meeting, it was discussed whether the standard should be amended to allow for the awareness of impending hypoglycaemia to be provided by electronic means. Panel were supportive of this proposal being explored further. Further work is in progress with regards to hypoglycaemic episodes which are not clinically manifested but are incidentally discovered whilst using Continuous Glucose Monitoring (CGM) devices.

DVLA will undertake the necessary work to allow these changes to be considered. DVLA advised they are currently gathering evidence to support the change.

Panel discussed incidentally discovered hypoglycaemia, particularly in relation to the use of CGM devices. Professor Pratik Choudhary advised he has preliminary data from the HypoMETRIC study detailing where threshold glucose levels might become clinically meaningful, and/or glucose levels that appear not to impact upon people. He will share results at the next panel meeting and the panel chair requested this be added as an agenda item for the Autumn 2022 panel meeting.

ii. Continuous Glucose Monitoring (CGM) for Group 2 Drivers

This topic was brought to panel to determine whether the data/evidence supported a proposed legislative change to allow the use of CGM for Group 2 (bus and lorry) drivers. This item was due to be discussed in agenda item five.

Important: These advisory notes represent the balanced judgement of the Secretary of State's Honorary Medical Advisory Panel as a whole. If they are quoted, they should be reproduced as such and not as the views of individual Panel members.



iii. Temporary Insulin for Group 2 Drivers

Panel Chair advised that when this was discussed in the last meeting, panel advised that the existing medical standard did not require change.

SECTION B: TOPICS FOR DISCUSSION

4. Short Period Licencing (SPL) Pilot

DVLA advised that a simplified licence renewal process for drivers with certain medical conditions had been trialed.

The process is based on the information provided by the driver, where they are required to make a declaration as to whether or not their medical condition has worsened since they were last licensed. In such cases, DVLA are making a licensing decision without the need for further information from the individual's medical professional.

Mr Richard Phillips Operational Leader in Complex Casework provided an update on the process.

Dr Nick Jenkins advised that the existing renewal process for Group 1 individuals with insulin-treated diabetes was the forerunner for this, and self-declaration provides the legal framework on which the medical licensing process is based. Initial results have been encouraging and have allowed for accurate decisions to be made with greater efficiency. It was emphasised that the process applies to licence renewal only and that when drivers first notify the DVLA of a medical condition, medical investigations with their medical professional will always be undertaken prior to a licensing decision being made by the DVLA.

5. Group 2 Licensing Process for Insulin - Treated Diabetes

Panel Chair gave a brief summary of the Group 2 (bus and lorry) licencing for drivers with insulin-treated diabetes. The original Group 2 process involved a three-stage medical assessment consisting of:

- Stage 1 - a self-declared medical questionnaire from the driver
- Stage 2 - a report from the drivers own doctor or consultant
- Stage 3 - a referral to an independent consultant diabetologist for an examination

In October 2017, the panel agreed to extend the time between General Practitioner (GP) reports to every three years. Thus years 1 and 4 maintained a 3-stage process and years 2, 3 and 5 involved a 2-stage process.

Important: These advisory notes represent the balanced judgement of the Secretary of State's Honorary Medical Advisory Panel as a whole. If they are quoted, they should be reproduced as such and not as the views of individual Panel members.



Further discussions were held in March 2021 and the panel were supportive of removing stage 2 (a report from the drivers own clinician) providing that at stage 3, the legislatively required examination and report from a hospital (or community) based consultant specialising in diabetes remained.

DVLA asked panel members to consider a proposal to introduce a more simplified renewal process for Group 2 drivers and to discuss what information could be gathered at stage 1 so as to allow for less frequent diabetologist examinations.

Panel discussed the practicalities of data downloads and of customers uploading their glucose data.

The discussions focussed on the possibility of a diabetologist undertaking a risk assessment and, as a consequence, advising DVLA of a cohort of customers who may be suitable to undergo annual licensing renewal based upon self-declaration only. Panel emphasised the importance of clear communication between DVLA and both clinicians and drivers.

Dr Jenkins advised the discussion had been helpful and would allow DVLA to take forward internal discussions with a view to introducing this change which will have potential benefits for drivers, clinicians, and DVLA.

6. Continuous Glucose Monitoring (CGM) Update

Miss Keya Nicholas, DVLA Driver Licensing Policy Lead, provided an update on the prospective law change for Group 2 drivers with diabetes.

Work is currently underway to progress the law change to allow Group 2 drivers to use CGM for driving. The law was changed in a similar way in 2018 for Group 1 (car and motorcycle) drivers and that DVLA will be exploring the same change for Group 2 drivers. DVLA are currently in the process of developing the timeline for delivery and engaging with the relevant stakeholders. DVLA are currently developing the impact assessment and the policy documents to support this specific change and agreed to keep the panel updated on progress.

DVLA confirmed that an important element of this work will be clarifying the advice provided to and that the existing diabetes leaflet will be looked at as part of this work.

7. Customer Relationship Management (CRM) Update

Mrs Suzanne Richards, Service management provided an update on CRM.

Mrs Richards advised that DVLA currently have an online service for fitness to drive, and CRM has aligned with this to allow for a more comprehensive service.

Important: These advisory notes represent the balanced judgement of the Secretary of State's Honorary Medical Advisory Panel as a whole. If they are quoted, they should be reproduced as such and not as the views of individual Panel members.



The early results of using CRM in the diabetes licensing population have been encouraging, as a result DVLA's Executive Team have provided agreement to move onto the next stage.

The aim is to ultimately allow customers to transact online resulting in a faster and more customer-friendly service.

Work is being undertaken to align the process to the paper channel, so as to ensure equity for all. It is envisaged that the service will be extended to include Group 2 licensing.

Diabetes was the first medical condition to be piloted by CRM and DVLA plan to add further medical conditions to the process.

Panel thanked Mrs Richards for the update.

SECTION C: ONGOING AGENDA ITEMS

8. Tests, horizon scanning, research and literature

DVLA reminded all panel members as part of the terms and conditions of the requirement to update panel regarding any information/tests/research that could impact on standards or existing processes.

Panel reviewed a brief report from Diabetes Technology & Therapeutics on 'Driving with Type 1 Diabetes: Real-World Evidence to support starting glucose level and frequency of monitoring during journeys.'

9. AOB

Recruitment Update

DVLA confirmed that the panel now has six new expert members who will be attending in the Autumn 2022 panel meeting, which will be held face-to-face in London.

Faculty of Occupational Medicine (FOM)

The panel Chair discussed and shared a report received from the Faculty of Occupational Medicine Guidelines for Assessing Fitness for Blue Light Driving.

Panel reviewed the document. The panel chair will liaise with FOM and will subsequently update panel.

Important: These advisory notes represent the balanced judgement of the Secretary of State's Honorary Medical Advisory Panel as a whole. If they are quoted, they should be reproduced as such and not as the views of individual Panel members.



10. Date and Time of next meeting

27th September 2022

Original draft minutes prepared by:

Sian Taylor

Note Taker

Date: 23/03/2022

Final minutes signed off by:

Professor Mark Evans

Panel Chair

Date: 11/04/2022

THE DVLA WILL CONSIDER THE ADVICE PROVIDED BY THE PANEL AND NO CHANGES TO STANDARDS WILL TAKE EFFECT UNTIL THE IMPACT ON INDIVIDUALS AND ROAD SAFETY IS FULLY ASSESSED.

Important: These advisory notes represent the balanced judgement of the Secretary of State's Honorary Medical Advisory Panel as a whole. If they are quoted, they should be reproduced as such and not as the views of individual Panel members.