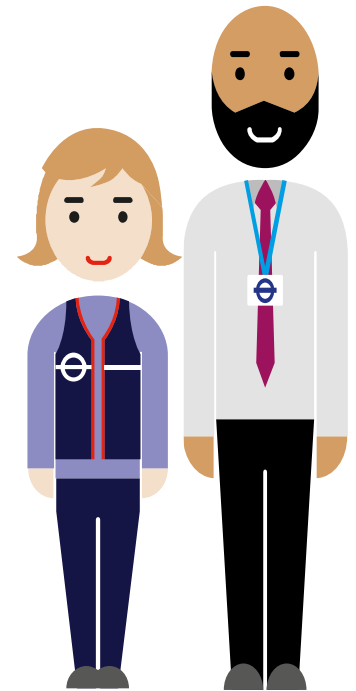


Wellness and fitness to drive

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Taxi and Private Hire (TPH) Fitness Standard

- Driver and Vehicle Licensing Agency (DVLA)
- Assessing Fitness to Drive – a guide for medical professionals (March 2019)
- For TPH a medical to Group 2 Standard is required by TfL



Sudden Disabling Event & Duties of the driver

- Anyone with a medical condition likely to cause a sudden disabling event at the wheel or who is unable to control the vehicle safely for any other reason must not drive
- For Group 2 licensing the DVLA defines the risk of sudden disabling event as 2% likelihood in 1 year
- Applicant and license holder have a legal duty to:
 - Notify the DVLA of illness that is likely to impact safe driving
 - Respond fully and accurately to requests for information
 - Comply with requirements of the issued license, including periodic medical reviews



Fatigue

- Understanding of the cause of fatigue (lack of sleep)
- Most people need 7-8 hours per day
- Good sleep hygiene
- Diurnal variation
- Sleep apnoea
 - Investigation and treatment
 - Maintain a normal weight



Cardiovascular Disease and Prevention

- High Blood Pressure
- Heart Attack
- Coronary Artery Disease
- Cerebrovascular Disease

Prevention

- Good diet
- Maintain a normal weight
- Exercise regularly
- Stop smoking
- See GP for blood pressures and cholesterol check
- Family History



Diabetes

- Type 1 Insulin Dependent
- Type 2 late onset non-insulin dependent
- Awareness of hypoglycaemia - must report if severe
- Glucose monitoring regular and must keep a record
- Understand the risks of hypoglycaemia
- Comply with treatment
- Maintain good control of diabetes
- Keep records
- Maintain diet and weight



Mental Health –Anxiety and depression

- Unfit if significant memory or concentration problems, agitation behavioral disturbances or suicidal thoughts

Prevention

- Good social/family contacts
- Exercise
- Healthy diet
- Healthy alcohol consumption (less than 14 units per week)
- Seek help from friends and family (Talk to Someone)
- Talk to GP
 - Talking therapies
 - Drug Therapies
- On line Advice NHS or MIND



Alcohol

If alcohol dependence must not drive and must notify the DVLA

- Minimum of 1 year of controlled drinking (<14units per week) or abstinence

Definition of Dependence

- Strong desire to take alcohol
- Difficulties in controlling use
- Persistent use despite harmful consequences
- Evidence of tolerance and sometimes withdrawal, alcohol related seizures

Government recommended guidelines 14 units per week



Drug Use

Drug misuse or dependence

- Must not drive and must inform TPH
- Must be free of misuse for 1 year

Use of non-prescribed prescription drugs is also not allowed

Mental Health consequences of drug use

- Depression, anxiety, psychosis, seizures

For prescription drugs ask your doctor if they will effect your driving and if you need to take precautions or inform TPH



Vision

- Maintain good vision
- Regular eye checks with optician annually
- You must use visual aids like spectacles or contact lenses if you need them to meet the visual standard.

