

Drivers with Diabetes

Medical Reporting by Healthcare Practitioners

The *Highway Traffic Act* requires physicians, optometrists and nurse practitioners in Ontario to report to the ministry patients age 16 or over who have certain medical or visual conditions that may make it dangerous to drive. In addition, physicians, nurse practitioners, optometrists and occupational therapists have the discretion to report patients who, in their opinion, have a condition that may make it dangerous to drive.

For individuals with diabetes, the primary safety concern is the risk of sudden incapacitation due to hypoglycaemia but complications of diabetes, such as damage to the eyes, kidneys and nervous system, can also make it unsafe to drive.

Private (Class G and M) Drivers

Diabetes – Diet Control or Oral Medication

If your diabetes is controlled by diet and exercise or by oral medication, you will not be required to file a medical report unless specific concerns are raised by a health care provider.

Diabetes - Insulin Treated

When the ministry receives a report that indicates your driving privilege should be reviewed due to a diagnosis and/or complications resulting from insulin dependent diabetes, a detailed medical report will be requested. In some cases, a licence suspension may also be issued.

The ministry will send you a *Diabetes Assessment* form to be completed by your physician or nurse practitioner. Once the ministry receives your report, your file will be reviewed and you will be notified of the decision in writing. The review process can take up to 30 business days.

If you have insulin dependent diabetes, you may also be asked to file a medical report when you renew your driver's licence. This report is to confirm that you meet national medical standards. If no concerns or complications are reported by your physician, further information will not be required.

The Medical Review Process

Information about the medical review process is available on the Ministry of Transportation's website at

<http://www.mto.gov.on.ca/english/safety/medical-review-drivers.shtml>

Commercial (Classes A, B, C, D, E and F) Drivers

Diabetes – Diet Control or Oral Medication

Unless specific concerns are raised by a healthcare provider, commercial drivers whose diabetes is controlled by diet and exercise or by oral medication are only required to file regular medical reports on a cyclical basis to retain a commercial class licence.

Diabetes – Insulin Treated

If you are applying for a commercial licence, or if you hold a commercial licence and your medical report indicates a diagnosis of diabetes treated with insulin, the ministry will send you a *Diabetes Assessment* form to be completed by your physician or nurse practitioner. Once the ministry receives your report, your file will be reviewed and you will be notified of the decision in writing. The review process can take up to 30 business days.

National Medical Standards for Commercial Drivers

Commercial drivers with insulin dependent diabetes must meet medical standards that are over and above those for class G drivers. For more information on national medical standards you can visit the Canadian Council of Motor Transport Administrators web site at

<http://www.ccmta.ca/en>

Appeal Procedures

Medical licence suspensions can be appealed to the *Licence Appeal Tribunal*. You can contact the Tribunal to get details on making your appeal by calling (416) 326-1356 or 1-888-444-0240 (toll free).

You can also visit the Tribunal's website at

<https://tribunalsontario.ca/lat>

If you require information specific to your medical condition and how to adequately control your diabetes, you should visit your physician or nurse practitioner.

For more information on the medical review process and national medical standards, please visit us at
<http://www.mto.gov.on.ca/english/safety/medical-review.shtml>