



Driving and Older Adults *The Primary Care Provider's Role*

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Learning Objectives

- ❖ Identify legal requirements for older Maine drivers
- ❖ Describe health conditions or treatments that may impact older adult driving
- ❖ Discuss one ethical issue raised when older adult driver's license is removed
- ❖ Identify one assessment tool to evaluate driving ability in older adults



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The Driving Discussion

Typical Scenario

Call from concerned family member prior to a scheduled visit
"You have to do something. Dad (or mom) isn't safe to drive anymore."



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Maine Driving Law



- ✓ 6 year renewal cycle
- ✓ 65 + - renew every 4 years
 - ❑ A vision test is required for those older than 40, and every other renewal until age 62.
 - ❑ After 62, a vision test is required at each renewal.



Source: Insurance Institute for Highway Safety, 2003

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New Hampshire

- 5 year renewal cycle; 75 + road test; All have vision test with renewal

New Mexico

- Drivers choose 4 or 8 year renewal; 75+ renew yearly and have signed permission from a doctor.

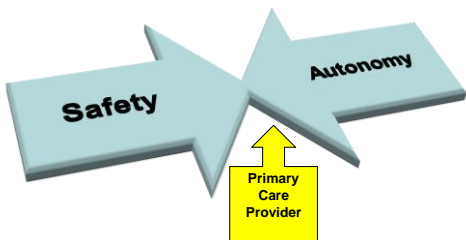
District of Columbia- 5 year renewal; 70+ vision test, doctor's statement & may be required to pass reaction time test. 75+ may be required to pass written and road tests



Source: Insurance Institute for Highway Safety, 2003

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Considering Ethical Issues



Nusbaum (2004). Safety versus autonomy: Dilemmas and strategies in protection of vulnerable community-dwelling elderly, *Annals of Long Term Care* (12) 5

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NP In Primary Care

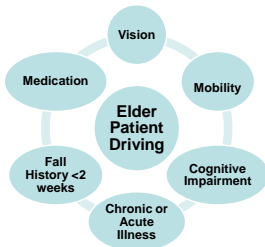
History

- ✓ His Story, Her Story and Their Story
- ✓ Ask For Specifics including:
 - Accidents
 - Last Vision Exam
 - Patient Concern Re: Driving
 - How Long Has Driving Been A Concern
 - What Is The Plan If Driving No Longer Possible



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Driving Issues: Multifactorial



Source: Burke & Laramie (2004) Primary Care of the Older Adult 2nd Edition

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NP In Primary Care: Driving Assessment

- ✓ Focus on Overall Function & Any Medical Condition That Might Influence Driving
 - Vision
 - Mobility (include Falls Risk)
 - Cognition
 - ID Acute Illness
 - ID Chronic Disease Exacerbation
 - Medication



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Physical Exam Elements to Assess Driving Ability

- General: appearance, affect, thought content
- Sensory: hearing, vision (near/far & field of vision)
- Cardiac
- Musculoskeletal: ROM, Strength, Gait
- Neurologic: Clock Draw Test, Attention, Memory



AMA Physician's Guide to Assessing and Counseling Older Drivers (2010)

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NP In Primary Care: Driving Assessment

Vision

- ✓Tools: Rosenbaum, Snellen
- ✓Fundoscopic Exam
- ✓Referral for Vision Testing
 - Macular Degeneration, Diabetic Retinopathy, Glaucoma, Cataracts



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NP In Primary Care: Driving Assessment

Mobility (include Falls Risk)

- ✓ROM – neck, torso, extremities
- ✓Gait & Balance
 - Tools: Get Up and Go, Tinetti Gait and Balance; Timed Distance Walking Test
- ✓ASSESS FEET



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NP In Primary Care: Driving Assessment

Cognition

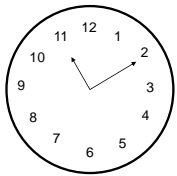
- ✓ Attention
- ✓ Memory
- ✓ Executive Function
- ✓ Tools: Mini-Cog, Clock Draw Test, CAMS



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The Clock Drawing Test



- Used extensively in assessment of cognitive function, especially as a screen for dementia
- Administration is quick, easy and nonthreatening
- Several studies assessing its validity as a screen for delirium with conflicting results
- Multiple scoring methods, >12 reported in the literature

Draw a clock face. Set the time at 10 past 11.



Source: J Geriatr Psychiatry Neurol 2005;18:129-133
Int J Geriatr Psychiatry 2000;15:548-561

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NP In Primary Care: Driving Assessment

Identification of Illness

- ✓ Acute vs. Chronic
 - Objective measurements
 - Functional change - especially mobility



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NP In Primary Care: Driving Assessment

Medication Review

- ✓ Antidepressants
- ✓ Benzodiazepines
- ✓ Antihistamines
- ✓ Alcohol
- ✓ Any medication that causes CNS side effects i.e. sedation or drowsiness



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Functional Ability Profile (FAP) II - Maine

- Functional ability to operate a vehicle safely may be affected by a wide range of physical, mental or emotional impairments.
- 10 Categories of Health Conditions
- Assessment assigns a Level of Risk



Source: Maine Bureau of Motor Vehicles, <http://www.maine.gov/sos/bmv/licenses/medrules.html>



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Primary Care Interventions

- ✓ Discuss Recommendations
- ✓ FAP II – May prompt BMV notification
- ✓ PT and OT referrals
- ✓ Patient Education Resources -
AAA Foundation for Traffic Safety
www.seniordrivers.org
National Highway Traffic Safety Administration
<http://www.nhtsa.gov/Senior-Drivers>



AMA Physician's Guide to Assessing and Counseling Older Drivers (2010)

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Primary Care Resources

AMA Physician's Guide to Assessing and Counseling Older Drivers (2010)

<http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/geriatric-health/older-driver-safety/assessing-counseling-older-drivers.page>

Hartford Institute of Geriatric Nursing
www.consultGerRN.org



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In Summary....

- Assessing Older Adult Driving Key for NPs
 - Know State Laws & Guidelines
 - Use Evidence-Based Assessment
 - Offer Interventions and Information
 - Know Your Resources



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Thank You!

Questions & Discussion



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