

# Australian Diabetes Society

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The Peak Medical and Scientific Organisation on Diabetes in Australia

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## **Re: Assessing Fitness to Drive for Commercial and Private Vehicle Drivers, Medical Standards for Licensing and Clinical Management Guidelines**

The Australian Diabetes Society are writing this in response to concerns raised about issuing of licenses to people with diabetes.

The above guidelines have previously asked whether diabetes control was satisfactory. There is a new, specific recommendation in the guidelines. This is an HbA1c of 9.0% (75 mmol/mol) or greater, as below.

*“When assessing whether the criteria for a conditional licence are met, ‘satisfactory control’ of diabetes will generally be defined as a glycated haemoglobin (HbA1c) level of less than 9.0% measured within the preceding three months...”*

The Australian Diabetes Society have suggested to Austroads that the document should be modified to the text below.

*“When assessing whether the criteria for a conditional licence are met, ‘satisfactory control’ of diabetes will generally be defined as a glycated haemoglobin (HbA1c) level of less than 9.0% measured within the preceding three months. **An HbA1c level below 9.0% (75 mmol/mol) in a driver seeking a conditional licence is not an absolute requirement, but an HbA1c above this level should usually trigger a formal consultation and assessment by a specialist or clinician experienced in the management of diabetes, in order to assess fitness to drive.**”*

An HbA1c >9.0% (75mmol/mol) does indicate poor diabetes control, and a formal review of their diabetes by an endocrinologist or a clinician with expertise in diabetes care is appropriate.

As always, each person should be assessed on an individual basis, and the crucial question for holding a license remains safety.

**Is the person a danger to themselves or to others if they drive?**

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