

Possible Stations

- Epileptic patient agreed not to drive but a nurse saw him parking today before his review
- HGV driver had a seizure and you must break the news regarding driving restrictions
- A patient presented with a seizure and is now being discharged – please speak to them about lifestyle changes

Phrases to Help You

- “Safety precautions”
- “The tablets don’t guarantee your safety and the safety of others if you are driving”
- “Have you been able to follow the advice given to you with regards to driving?”
- “If you drive you will be breaking the law and your insurance will not be valid”

Aims of the Station

- Empathise and be non-judgemental
- Address the patients concerns and pick up on their cues
- Use a [breaking bad news](#) approach
- Convey the importance of them not driving
- You may need to be firm with them – how would they feel if they had a seizure at the wheel and harmed/killed their own family or other people
- Offer solutions to the patients problems or sources of help if you have any (if not, just listen and empathise)
- Know the DVLA rules

The DVLA Rules

- The rules are different for normal licences and HGV licences (includes taxis, busses, lorries, large vehicles). Below are some example restrictions but many other conditions also require the patient to inform the DVLA – see the guide: <https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals>.
- If a patient drives after advised not to, their insurance is invalid and they are breaking the law

	Normal licence	HGV licence
Diabetes	No immediate restriction	Stop driving (must meet certain criteria)
First unprovoked seizure	6 months	5 years
Other seizure	1 year	10 years
Stroke/TIA	1 month*	1 year
Unexplained syncope	6 months	1 year
Treated cardiac syncope, or seated vaso-vagal	1 month	3 months
MI treated with stent	1 week*	6 weeks (but need tests)

*Do not need to tell DVLA if no residual symptoms (all others need to tell DVLA)

If the Patient Refuses to Comply

- It is the doctors duty to advise the patient not to drive and advise them to inform the DVLA
- If the patient refuses and says they will continue driving, involve senior and have multiple conversations
- If they still insist, break confidentiality and inform DVLA