

EU Road Safety Results Conference

The importance of the Safe System approach for Europe

Tuesday 20th April 2021

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Medical Bureau of Road Safety

|||hiúró |||
|||hábháilteacht ||| |||hóithre

53 Years: 1968 - 2021



Intoxicants and Driving



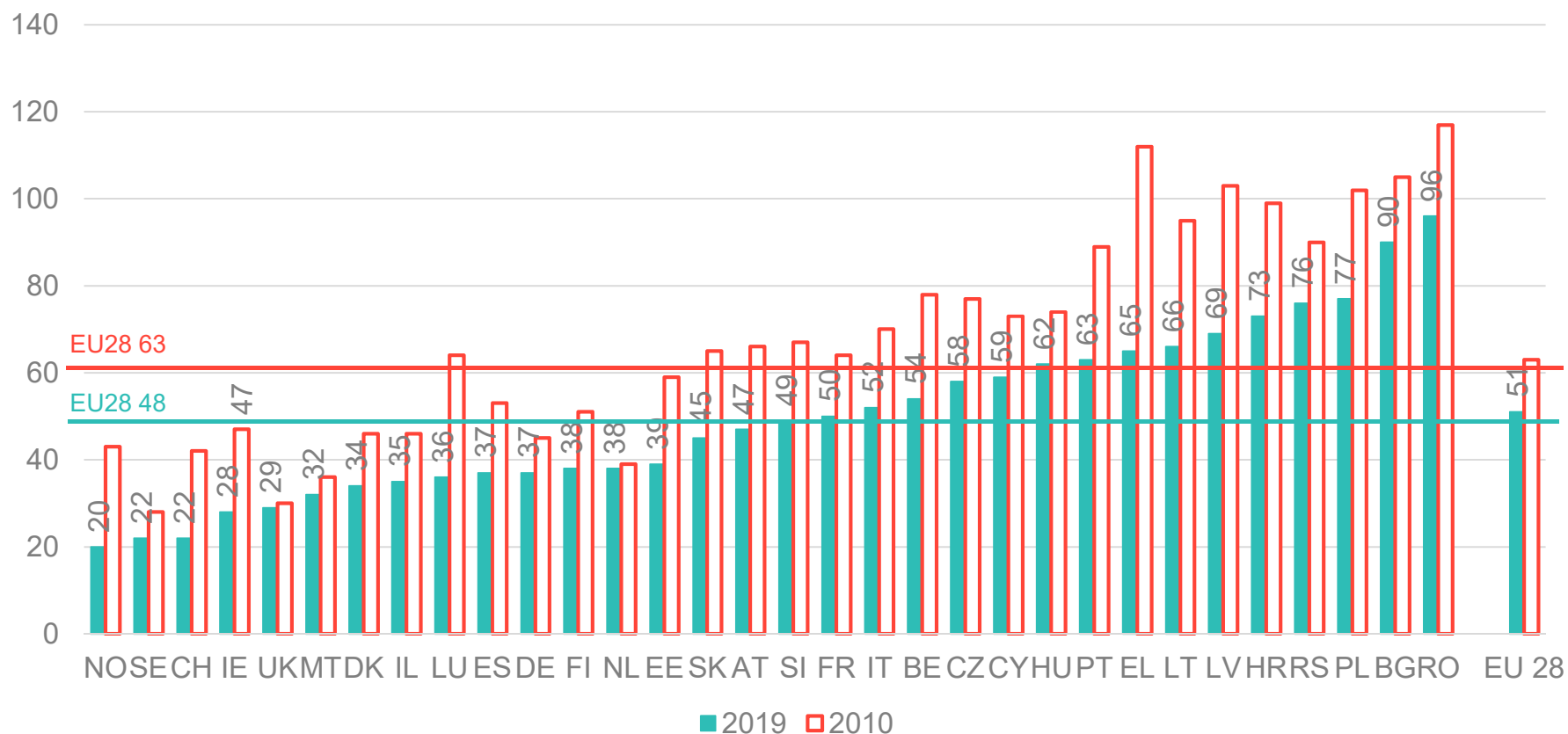
- Depressant Effect

- Alcohol
- Cannabis
- Benzodiazepines
- Opiates
- Z drugs
- Pregabalin

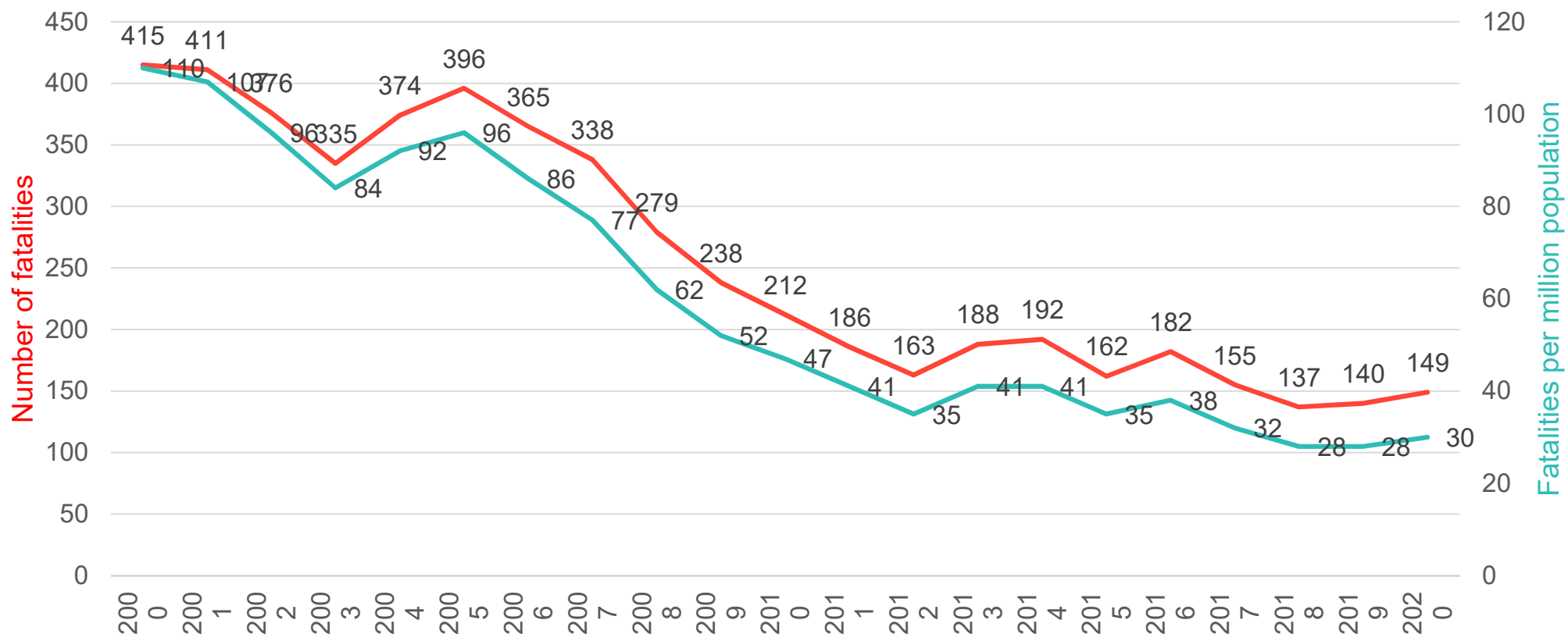
- Stimulant Effect

- Cocaine
- (Cocaethylene)
- Amphetamines
- Metamphetamine

Deaths Per Million Population 2019 (ETSC 14th PIN Report)



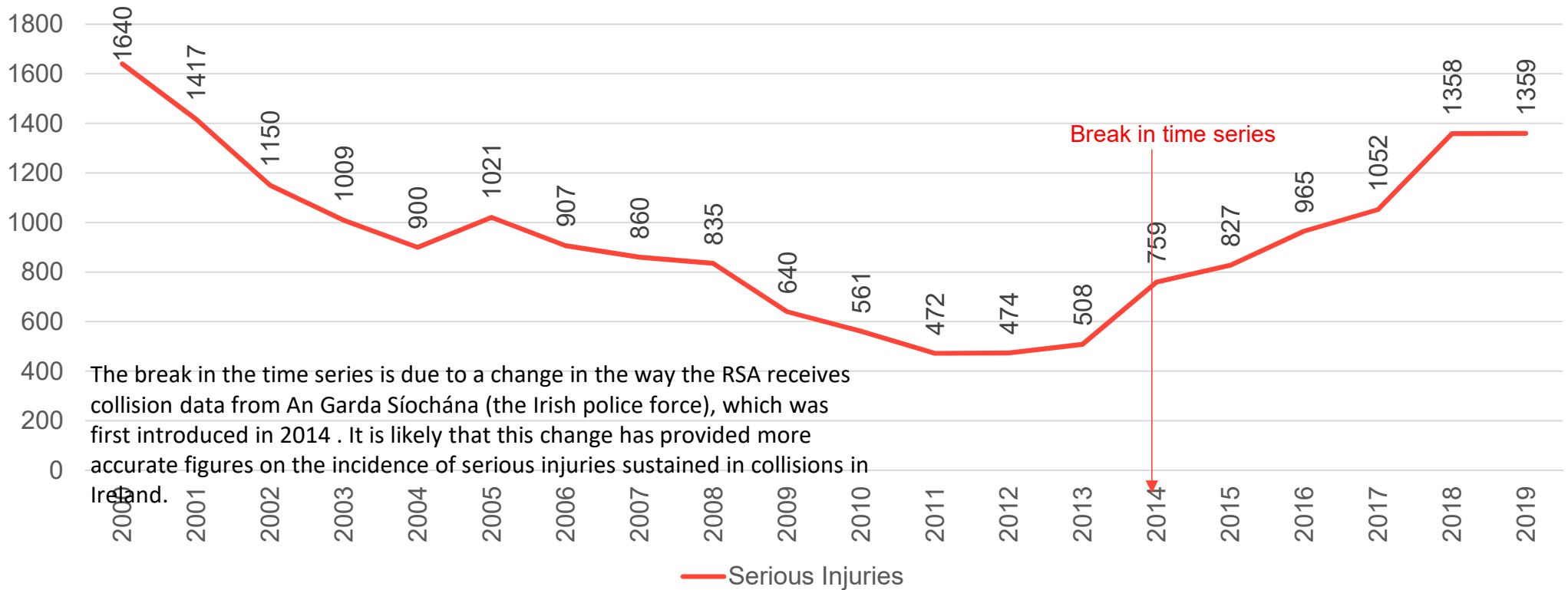
Fatalities and fatality rate per million 2000 - 2020



Note: 2018 – 2020 provisional and subject to change.



Serious injuries 2000 - 2019



Note: 2018 – 2020 are provisional and subject to change

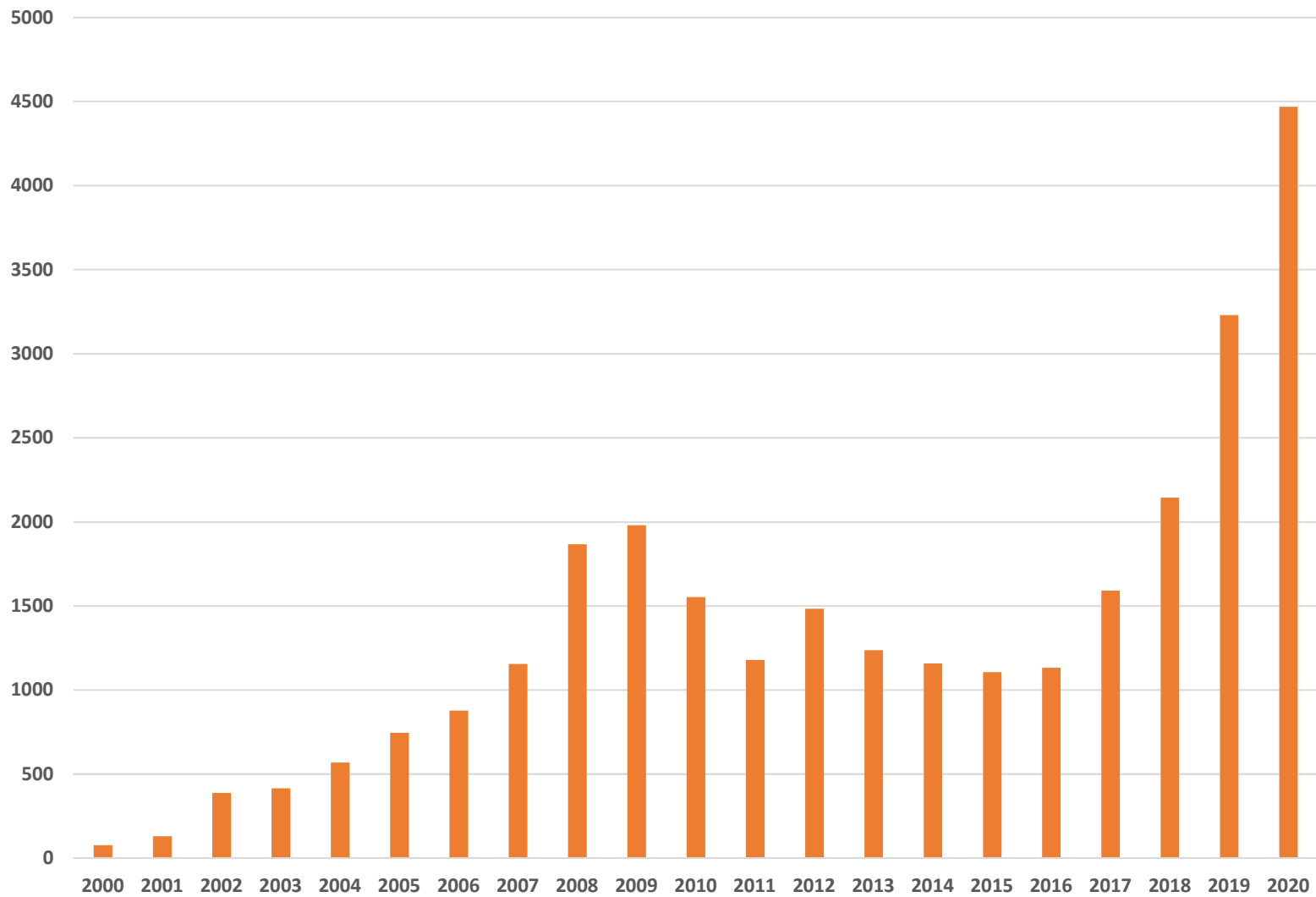


Increase in Alcohol and Drug Testing

www.mbrs.ie

Year	Blood and Urine Specimens received (tested for drugs)	Increase in alcohol specimens from 2015	Increase in toxicology specimens from 2015
2015	3,077 (1,145)	-	-
2016	3,020 (1,235)	0%	7.8%
2017	3,386 (1,594)	10%	39%
2018	3,865 (2,152)	26%	87%
2019	4,854 (3,230)	56%	182%
2020	5,967 (4,469)	94%	290%

Forensic Toxicology Screening Analysis Ireland 2000-2020



Sláinte agus Tiomáint (April 2019 Edition)

[DUID and the link with
Fitness to Drive]

Chapter 6.1 and 6.2:

*Alcohol and Drugs Misuse and
Dependence*

Information Leaflets:

Medicines and Driving

&

*Driving Under the Influence of
Illicit Drugs and/or the Abuse of
Prescription Drugs*

RSA



Sláinte agus Tiomáint

Medical Fitness to Drive Guidelines
(Group 1 and 2 Drivers)
May 2018

An tÚdarás Um Shábháilteacht Ar Bhóithre
Road Safety Authority

Chapter 6: Alcohol and other Substance Abuse and Dependence ^[86]

Part 1: Alcohol misuse and dependence

The presence of any of the conditions listed below requires the applicant or licence holder to inform the National Driver Licence Service (NDLS) unless stated otherwise in the text.

Group 2 standards are minimum standards and do not preclude employers setting higher standards in terms of the demands of the driving tasks encountered in the course of employment. Group 1 and Group 2 standards for an Ordinary Driving Licence (ODL) are set out below.

Alcohol Problems	Group 1 Entitlement ODL car, motorcycle and tractor	Group 2 Entitlement ODL
<p>Alcohol misuse</p> <p>There is no single definition which embraces all the variables in this condition but the following is offered as a guide:</p> <p>“A state which, because of consumption of alcohol, causes disturbance of behaviour, related disease or other consequences, likely to cause the patient, his/ her family or society harm now, or in the future, and which may or may not be associated with dependence^[93]”</p> <p>Reference to ICD10F10.1^[94] is relevant.</p>	<p>Persistent alcohol misuse, confirmed by medical enquiry with or without evidence of otherwise unexplained abnormal blood biomarkers:</p> <p>Not permitted to drive until a minimum 3 month period of controlled drinking or abstinence has been attained, with normalisation of biomarkers, if relevant.</p> <p>Driver must seek advice from medical or other sources during the period off the road.</p> <p>Driver should notify NDLS.</p>	<p>Persistent alcohol misuse, confirmed by medical enquiry with or without evidence of otherwise unexplained abnormal blood biomarkers:</p> <p>Not permitted to drive until a minimum 1 year period of abstinence or controlled drinking has been attained, with normalisation of biomarkers, if relevant.</p> <p>Driver must seek advice from medical or other sources during the period off the road.</p> <p>Driver should notify NDLS.</p>

93. Substance Misuse Disorders (see American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders (DSM-5). 5th ed. Arlington, VA: American Psychiatric Publishing; 20.

94. World Health Organisation. International statistical classification of diseases and related health problems (ICD-10). 10 ed. Geneva. : WHO; 1992. [



Chapter 6: Alcohol and other Substance Abuse and Dependence

Part 2: Drug misuse and dependence^[97-102]

The non-prescribed use of the drugs listed in this section and/or the use of supra-therapeutic dosage constitutes misuse/dependence for licensing purposes.

The requirements below apply in the context of single-substance misuse or dependence. Multiple substance misuse – including with alcohol misuse or dependence – are not compatible with fitness to drive or licensing consideration for both Group 1 and Group 2 drivers. Group 1 and Group 2 standards for an Ordinary Driving Licence (ODL) are set out below.


Drug Misuse and Dependence Reference to ICD10 F11 – F19 inclusive is relevant	Group 1 Entitlement ODL car, motorcycle and tractor	Group 2 Entitlement ODL
<p>Cannabis</p> <p>The prescribed use of medicinal cannabis at therapeutic doses (MIMS/BNF/PIL), without evidence of impairment, does not amount to misuse/dependence for licensing purposes (although clinically dependence may exist)*: Just as there are legal limits for alcohol when driving, there are also (as of April 2017) legal limits for cannabis, cocaine and heroin.</p>	<p>Persistent use of or dependence on these substances, confirmed by medical enquiry: Not permitted to drive until a minimum 3 month period free of such use has been attained. Independent medical assessment and drug screen may be required. There should be no evidence of continuing use of illicit substances.</p> <p>Driver should notify NDLS.</p>	<p>Persistent use of or dependence on these substances, confirmed by medical enquiry: Not permitted to drive until a minimum 1 year period free of such use has been attained. Specialist medical assessment (including accredited Level 2 trained GP) and drug screen may be required. There should be no evidence of continuing use of illicit substances.</p> <p>Driver should notify NDLS.</p>
<p>Cocaine, Amphetamines, Methamphetamine</p> <p>Ecstasy, ketamine & other psychoactive substances, including LSD and hallucinogens, psychoactive substances (Head shop products); just as there are legal limits for alcohol when driving, there are also (as of April 2017) legal limits for cannabis, cocaine and heroin</p>	<p>Persistent use of or dependence on these substances, confirmed by medical enquiry: Not permitted to drive until a minimum 6 month period free of such use has been attained. Independent medical assessment and drug screen may be required. There should be no evidence of continuing use of illicit substances.</p> <p>Driver should notify NDLS.</p>	<p>Persistent use of or dependence on these substances, confirmed by medical enquiry: Not permitted to drive until a minimum 1 year period free of such use has been attained. Specialist medical assessment (including accredited Level 2 trained GP) and drug screen may be required. There should be no evidence of continuing use of illicit substances.</p> <p>Driver should notify NDLS.</p>

101. Rudisill TM, Zhu M, Kelley GA, Pilkerton C, Rudisill BR. Medication use and the risk of motor vehicle collisions among licensed drivers: A systematic review. Accident Analysis & Prevention. 2016;96:255-70.

102. Dassanayake T, Michie P, Carter G, Jones A. Effects of benzodiazepines, antidepressants and opioids on driving: a systematic review and meta-analysis of epidemiological and experimental evidence. Drug safety: an international journal of medical toxicology and drug experience. 2011;34(2):125-56.



To view or download information advice leaflets visit www.rsa.ie or www.ndls.ie



Alcohol and Driving

This is an overview of the driving risks for drivers who misuse alcohol and have alcohol-dependence issues. Full guidelines are published in *Sláinte agus Tiomáint: Medical Fitness to Drive (MFTD) Guidelines*. Alcohol and speed are two leading factors in fatal collisions. Alcohol was shown to be a factor in over 15% of fatal collisions in 2007 (*Review of Pre-crash Behaviour in Fatal Road Collisions Report 1: Alcohol*, RSA Research Department, 2011)



Be a responsible driver

It is your responsibility as a driver to:

- take any prescribed medication and manage your condition(s);
- tell the National Driver Licence Service (NDSL) and your insurance provider of any long-term or permanent injury or illness that may affect your ability to drive safely;
- comply with requirements of your licence as appropriate, including periodic medical reviews;
- get medical advice on your medical fitness to drive if you develop a medical condition during the term of your licence.

Effects of alcohol use on driving

As a driver, you should be aware that alcohol can impair your driving. For example, using alcohol can make you tired and affect your concentration, which reduces your ability to drive safely. You also need to be aware of how long it takes for alcohol to leave the body. Many people underestimate how long it takes and, as a result, their driving may be impaired and/or they may be over the legal limit.

As a general rule, you should allow at least one hour for each unit of alcohol (for example, a glass of beer) to leave the body. However, it may take longer than that, as other factors - such as body size, or how recently you've eaten - can also have an effect.

Never ever drink and drive. Any amount of alcohol impairs your driving.

For further advice and information on alcohol and your health visit:

- Health Service Executive:**
<http://www.hse.ie/go/alcohol> and/or
- Alcohol Action Ireland:**
<http://www.alcoholaction.ie>
- Road Safety Authority:**
<http://www.rsa.ie>

Alcohol Misuse

If you misuse alcohol, you may drift into addiction. There is no clear line between misuse and addiction - one fades into the other. If you experience any of the following, then you may be misusing alcohol:

- disturbances of behaviour;
- alcohol-related diseases (liver, stomach, mental health problems, and so on);
- actions that cause you, your family or society harm, now or in the future.

Alcohol Misuse – Driver Responsibilities

Group 1 - Driving a car, motor cycle or tractor

If you are a **Group 1 driver** you must inform NDSL if:

- your doctor or other health professional advises you to stop driving because of your persistent alcohol misuse. You must do so until they confirm that you have achieved a minimum period of 3 months controlled drinking or abstinence. This assessment may also include blood tests.

Group 2 - Driving a bus or truck

If you are a **Group 2 driver** you must inform NDSL if your doctor or other health professional advises you to stop driving because of your persistent alcohol misuse.

You must do so until they confirm that you have achieved a minimum period of 1 year controlled drinking or abstinence. This assessment may also include blood tests.

Alcohol dependence

Alcohol dependence is a condition that develops after repeated alcohol use. People who are alcohol-dependent will have experienced three or more of the following symptoms during the past year:

- have a strong desire to drink alcohol,
- have difficulty controlling their use of alcohol,
- persist in using alcohol despite the harmful consequences,
- have an increased tolerance for high levels of alcohol,
- have neglected other pleasures or interests.

Other indicators of alcohol dependence may include a history of tolerance, of detoxification(s) and/or alcohol-related fits.





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