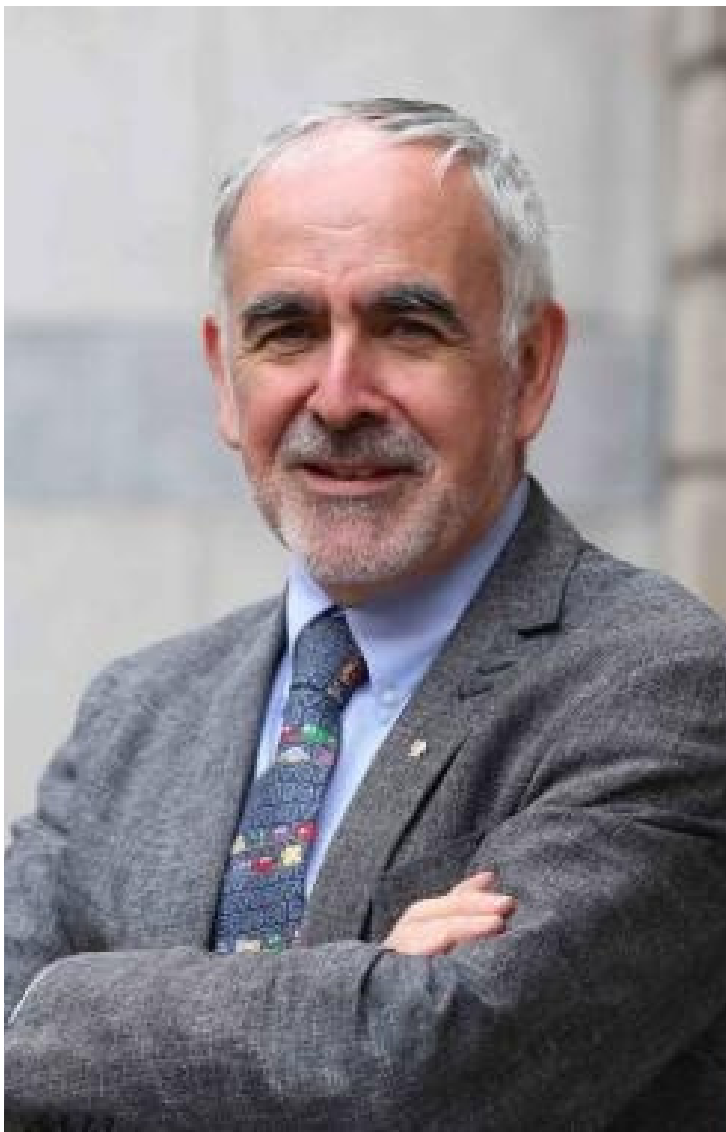


NATIONAL OFFICE FOR TRAFFIC MEDICINE E-ZINE

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DIRECTOR'S INTRODUCTION



Welcome to our latest E-Zine from the National Office for Traffic Medicine. It has been a busy year in terms of both national and international activity in traffic medicine. In addition to the initiatives listed below on the guideline update, education and research initiatives, the topic has been highlighted in the recent Fourth Directive from the European Commission on driver licencing. This contained a number of elements which may be novel for some European countries, including the requirement for some form of routine medical screening at application and renewal of driving licences.

Working with CIECA, the international organisation of driver testing organisations, where I am the Chair of its Fitness to Drive Permanent Group, has been productive with a recommendation to its members that the optimal option is itemised self-screening with certification of items ticked as present and sanctions for dishonest reporting. This is very much the model in Ireland and the UK and represents the state of the art in both WHO guidelines on screening and current practice in occupational health. A further element in the Directive is the potential to implement alcohol ignition interlocks as a part of managing alcohol use disorders, a potentially valuable tool in reducing death and injury from road crashes as well as other harms from alcohol use disorders.

We continue to be very grateful for the enthusiasm and dedication of our Working Group members and look forward to continuing with our portfolio of activities over the coming year, including a research seminar in October, more details to follow!

- Prof Desmond O'Neill



SLÁINTE AGUS TIOMÁINT

MEDICAL FITNESS TO DRIVE GUIDELINES



The ongoing development and delivery of the Sláinte agus Tiomáint Medical Fitness to Drive Guidelines remains a core objective of the Traffic Medicine programme. This year, the NOTM delivered the 13th Edition of the Guidelines, with the 2026 update launched through a live webinar on the 23rd of April.

The webinar, titled *Sláinte & Tiomáint 13th Edition: Medical Fitness to Drive Guidelines Update 2026*, was very well received, with 116 attendees. The event was accredited for **2 CPD credits by both the ICGP and RCPI**.

The session focused on key updates to the 2026 Medical Fitness to Drive Guidelines and included specialist presentations on dementia and medications and driving. These talks provided participants with an opportunity to increase their knowledge and understanding of important areas of traffic medicine, with reference to emerging evidence in clinical practice and empirical research.

Speakers on the day included Prof Desmond O'Neill, Director of the National Office for Traffic Medicine, Trinity College Dublin, and Dr David Carr, Professor of Geriatric Medicine at Washington University in St. Louis and an expert in dementia.

The live event was not recorded; however, presentations are available on the [NOTM website](#).

Prof Desmond O'Neill
Director of NOTM

[Presentation on Medications and Driving.](#)

Dr David Carr
Professor of Geriatric Medicine at
Washington University (St Louis, US)

[Presentation on Dementia and Driving.](#)

To access the 2026 edition of the Sláinte agus Tiomáint Medical Fitness to Drive Guidelines, please [click here](#).

In response to queries about online/telemedicine services, we clarify that no change has happened to the **long-standing requirement that medical certification (the D501 form) must be signed by the driver in the presence of the doctor and therefore the assessment and signing must take place during an in-person consultation** and cannot be performed via an online consultation.

EDUCATION & CPD COURSES

Another core commitment of the NOTM is to provide ongoing education and CPD courses on medical fitness to drive and road safety and mobility.

POSTGRADUATE CERTIFICATE IN TRAFFIC MEDICINE

The NOTM has launched the Postgraduate Certificate in Traffic Medicine, a Level 9 online programme delivered through Trinity College Dublin commencing in September 2026 with enrollment open until July 31, 2026. This programme is the only postgraduate certificate of its kind internationally and has been designed to develop expertise in traffic medicine among healthcare professionals.

The course supports healthcare professionals in developing the knowledge, skills and understanding required to advise patients on

how medical conditions can affect driving, and how these conditions can be monitored and managed in clinical practice. It also raises awareness of transport policy and the importance of adopting a patient-centred approach to safe mobility across the lifespan.

The programme is delivered fully online over one year and offers a structured but flexible learning experience, allowing students to study from any location and fit their studies around professional and personal commitments. Teaching includes contributions from national and international experts in traffic medicine, road safety, mobility, health and related disciplines.

Applications are open until the 31st of July 2026. Further information on the programme, including entry requirements and application details, can be found on the on our [website](#).

Please click on the link below to make an application



[Postgraduate Certificate in Traffic Medicine](#)
[Trinity College Dublin](#)

SHORT COURSE CERTIFICATE IN ROAD SAFETY, MOBILITY & HEALTH

This year, the NOTM launched the Short Course Certificate in Road Safety, Mobility & Health, designed for professionals and stakeholders with an interest in road safety, mobility and health. The course provides a practical and interdisciplinary introduction to key issues in road safety, with contributions from experts working across policy, research, enforcement, education, rehabilitation, public health and traffic medicine.

The online self-paced component began on the 13th of April 2026 and covers topics including road safety in Ireland, dangerous road user behaviours, human factors, medical fitness to drive, driving assessment, rehabilitation, vehicle adaptations, education, engineering and enforcement measures.

The course also includes a mandatory in-person workshop, taking place on the 28th of May in Trinity College Dublin. This workshop provides participants with the opportunity to engage with key themes from the online content in a live and interactive setting, including presentations and discussions on public health, traffic psychology, alcohol, drugs and driving, collision investigation, crash safety and adaptive processes.

Speakers and contributors come from a range of organisations, including the National Office for Traffic Medicine, Trinity College Dublin, the Road Safety Authority, An Garda Síochána, Transport Infrastructure Ireland, the National Rehabilitation Hospital, the Health Service Executive and the Medical Bureau of Road Safety.

This course will run annually, continuing to support professionals and stakeholders working across road safety, mobility and health. Further information on the course content, structure and future dates can be found on the [NOTM website](#).



SHORT COURSE CERTIFICATE IN ROAD SAFETY, MOBILITY & HEALTH

ONLINE CONTENT

The online component of the Short Course Certificate in Road Safety, Mobility & Health is delivered through a structured series of recorded presentations released weekly. These sessions are designed to support participants in building their knowledge progressively before attending the in-person workshop. The content brings together perspectives from road safety, traffic medicine, public health, rehabilitation, enforcement, education and transport infrastructure.

The table below outlines the weekly release schedule and the recorded presentations included in the online component.

Module	Road Safety, the Broader Picture	Organization	Lecturer
1	Road Safety – How are we performing?	RSA	Velma Burns
	Road Safety – Overview of Dangerous Behaviours on Irish Roads	RSA	Velma Burns
	Road Safety in Ireland – A Multi-Agency Approach	An Garda Síochána	Superintendent Sean O'Reardon
		RSA	Graham Brennan
		TII	Dr Suzanne Meade
Human Factors and Road Safety	NOTM	Dr Maggie Martin	
Module	Driving Assessment, Rehabilitation & Adaptive Processes	Organization	Lecturer
2	Medical Fitness to Drive	NOTM	Prof Desmond O'Neill
	Assessment of Fitness to Drive	TCD	Dr Tadhg Stapleton
	Rehabilitation and Adaptive Processes	NRH	Dr Paul Carroll
		RSA	Graham Brennan
Module	Strategies to Improve Road Safety	Organization	Lecturer
3	Education and Awareness	RSA	Chris Hegarty
	Engineering Measures	TII	Dr Suzanne Meade
	Enforcement Measures	An Garda Síochána	Superintendent Sean O'Reardon

SHORT COURSE CERTIFICATE IN ROAD SAFETY, MOBILITY & HEALTH

IN-PERSON WORKSHOP

The mandatory in-person workshop takes place in Trinity College Dublin and forms an essential part of the Short Course Certificate in Road Safety, Mobility & Health. Attendance at the workshop is required in order to receive the Certificate of Completion.

By the time participants attend the workshop, they will have engaged with the online learning content and will therefore be familiar with the main topics covered across the course. The workshop builds on this prior learning and supports cross-sector exchange between participants and speakers, encouraging discussion on how road safety, mobility and health are addressed in practice across different professional settings.

The agenda below provides an overview of the workshop sessions and speakers.

Time	Content	Speaker
09.30-10.00	Registration	
10.00-10.45	Welcome Keeping up to Date with the Science of Road Safety	Prof Desmond O'Neill
10.45 – 11.30	Road Safety and Impact on Public Health	Dr Michael Hanrahan
11.30 – 11.50	Break	
11.50-12.30	Traffic Psychology	Dr Michael Gormley
12.30 – 13.00	Alcohol, Drugs and Driving	Medical Bureau for Road Safety, Helen Kearns
13.00 –13.15	Q&A	
13.15-14.00	<i>Lunch</i>	
14.00 –15.30	Re-enactment of a Serious Collision	Garda Forensic Collision Investigator
15.30-16.15	Mechanism of Injury/ Crash Safety/Adaptive Processes	Prof Ciaran Simms
16.15-16.45	Panel discussion	
16.45 – 17.00	Closing remarks	Prof Desmond O'Neill

MAKING THE TRANSITION FROM DRIVING TO NOT DRIVING CPD WEBINAR

The NOTM also hosted a free CPD webinar titled *Making the Transition from Driving to Not Driving* on the 16th of October 2025, from 17:30 to 19:30.

The webinar was aimed at professionals involved in assessing medical fitness to drive and focused on how to support a person through the transition from driving to not driving. The session placed particular emphasis on the psychological and social impact of driving cessation, as well as patterns of mobility among this cohort in Ireland.

The transition from driving to not driving often begins with informing a person that they may no longer be able to continue driving. This can be a challenging conversation for both the person delivering the news and the person receiving it. The webinar provided guidance on how to conduct this discussion in an emotionally attentive and supportive manner, including how to support the person and their family members, and how to recognise the potential impact on the professional delivering this news.

Speakers on the day were Prof Desmond O'Neill, Director of the NOTM; Prof Charles Musselwhite, Professor of Psychology and Head of the Psychology Department at Aberystwyth University; and Dr Daragh Keogh, Chartered Counselling Psychologist and Assistant Professor in the School of Psychology, Trinity College Dublin.

The webinar was accredited for 2 CPD credits, and presentations from the session are available online.

Prof Desmond O'Neill

[Presentation](#)

Dr Daragh Keogh

[Presentation](#)

Prof Charles Musselwhite

[Presentation](#)

TRINITY COLLEGE DUBLIN MEDICAL STUDENT RESEARCH PROJECT

The NOTM continues to support education and research engagement with medical students. This year, two medical students from Trinity College Dublin are working with the NOTM on an ongoing research project.

The project provides an opportunity for students to engage with traffic medicine as an emerging area of clinical, public health and road safety practice. Through this work, the students are contributing to the development of research activity within the NOTM while gaining experience in the application of medical knowledge to issues relating to driving, mobility and health.

The topic this year was on how older drivers are portrayed in the research literature on transport and traffic, an important issue given both their good safety record but also prior evidence of inappropriate characterisation of risk compared to younger age-groups. The students took to the task with gusto and application: the findings have been submitted for both presentation and publication.

MEDICAL FITNESS TO DRIVE GUIDELINES

ONLINE CPD COURSE

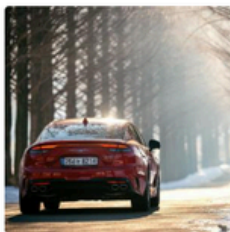
The NOTM continues to deliver the short online course supporting healthcare professionals in familiarising themselves with the Medical Fitness to Drive Guidelines and their updates.

This course has received **ICGP accreditation for the second year** and has been updated to reflect the 2026 edition of Sláinte agus Tiomáint. It is designed to allow participants to begin their study at a time convenient to them, without the need to adhere to strict start dates.

The course aims to assist doctors and other healthcare professionals in:

- Advising their patients on fitness to drive
- Understanding the requirements for reporting to the National Driver Licence Service (NDLS)
- Reviewing the stability, progression or improvement of patient conditions

Further information on the Medical Fitness to Drive Guidelines course can be found on [our website](#), where you will also find a link to [register for the online course](#).



Chapter 1: Introduction

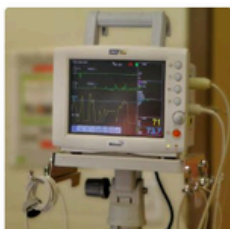
The Reading material is an optional Resource. The Quiz is mandatory and you must achieve a grade of 80% in order to proceed to the next Chapter.



Chapter 2: Neurological Disorders

Content isn't available

The Reading material is an optional Resource. The Quiz is mandatory and you must achieve a grade of 80% in order to proceed to the next Chapter.



Chapter 3: Cardiovascular Disorders

Content isn't available

The Reading material is an optional Resource. The Quiz is mandatory and you must achieve a grade of 80% in order to proceed to the next Chapter.

MARY WARD ESSAY COMPETITION

The NOTM continues to provide education and support to colleges and institutions providing medical and allied health training. The Mary Ward Essay Competition 2025/2026 invited students to write an essay on the topic of

“Educating healthcare professionals and the public on medical fitness to drive.”

The competition was open to medical and allied health students enrolled on a full-time course in the Republic of Ireland, with undergraduate and postgraduate prizes available.

This year’s winners were:



*First Prize Undergraduate winner
Heba Bangash, Trinity College Dublin*



*Second Prize Undergraduate winner,
John Scully, Trinity College Dublin*



*First Prize Postgraduate winner,
Joyce Joan Macharia, University of Limerick*

>>>Note that this competition will commence again with registration opening in October 2026, please check in with the [NOTM webpage](#) and social media for further updates.

EVENTS & OUTREACH

As part of its ongoing commitment to public engagement and education in traffic medicine, the NOTM attended a number of events during the year and will continue to participate in outreach events throughout 2026. This list is not exhaustive and will be updated on a regular basis. Please check our [website](#) for the latest updates.

Local Authority Road Safety Officer Seminar

17 FEBRUARY 2026

The NOTM attended the Local Authority Road Safety Officer Seminar, held at the Hodson Bay Hotel in Athlone on the 17th of February 2026. This event provided an opportunity to engage with local authority road safety officers and other stakeholders involved in road safety education, policy and practice.

Education Sub Committee Meeting

18 FEBRUARY 2026

Our bi-annual Education Sub committee meeting took place on the 18th of February, bringing together national and international experts to support the development of education and training in traffic medicine. The group discusses current and future educational activity, and opportunities to further develop training for professionals involved in medical fitness to drive, road safety, mobility and health.

CIECA Fitness To Drive Workshop: New Developments in Medical Fitness to Drive

20 FEBRUARY 2026

The NOTM hosted the CIECA Fit to Drive workshop, New Developments in Medical Fitness to Drive, in Trinity College Dublin, bringing together national and international experts to discuss emerging issues in medical fitness to drive. The event provided an opportunity to share research, practice and policy perspectives across driver licensing, clinical assessment and road safety.

Working Group Meeting

26 FEBRUARY 2026

Our bi-annual Working Group meeting took place on the 26th of February, and brings together representatives from over 20 organisations with a role or interest in medical fitness to drive. The group works collaboratively to support the development and updating of the Medical Fitness to Drive Guidelines, and to help ensure consistency in the application of Irish medical fitness to drive principles across relevant agencies and professional disciplines.

Safer Roads: Road Safety Conference

11-12 MARCH 2026

The NOTM attended the Safer Roads: Road Safety Conference, which took place on the 28th and 29th of May 2025 at the Gleneagle INEC Arena in Killarney, Co. Kerry. The conference brought together road safety stakeholders to share knowledge, discuss current challenges and consider approaches to improving road safety across Ireland.

Steering Committee Meeting

30 APRIL 2026

Our bi-annual Steering Committee meeting took place on the 30th of April. This committee oversees the strategic and operational direction of the NOTM programme. The meetings provide an opportunity to review progress against programme priorities, consider updates to planned activities, monitor budget and resource matters, and ensure that the work of the NOTM continues to align with its wider objectives in traffic medicine, medical fitness to drive, education and research.



COLLABORATION WITH



CIECA, the International Commission for Driver Testing, is an international organisation which brings together driver testing and licensing authorities, researchers and road safety experts. Its work supports the exchange of knowledge and good practice across areas such as driver assessment, licensing, road safety and medical fitness to drive.

The NOTM continued to collaborate with CIECA through its work on medical fitness to drive. This year, the NOTM, together with the RSA and Trinity College Dublin, hosted the CIECA Fit to Drive workshop, New Developments in Medical Fitness to Drive, in Trinity College Dublin. The workshop brought together national and international experts to consider emerging evidence and policy developments relevant to assessing fitness to drive.

The programme focused on several important areas of traffic medicine, including therapeutic medications, cannabis use, alcohol ignition interlocks, neurological conditions and the reporting of medically unfit drivers.

These topics reflected the increasing importance of considering both clinical evidence and practical licensing processes when supporting safe mobility.

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The workshop included four main presentations. Prof Desmond O'Neill, FTD Chairman, NOTM, Ireland/RSA/TCD, presented on Therapeutic medications and fitness to drive. Dr Thomas Wagner, FTD member, DEKRA Automobil, Germany, presented on Impact of cannabis legalisation on traffic safety in Germany. Mr Kay Schulte, FTD member, DVR, Germany, presented on Psychological programme related to alcohol ignition interlocks. Dr Helena Selander, Associate Professor and Senior Researcher at VTI, the Swedish National Transport Research Institute, Sweden, presented on Involvement in traffic accidents among drivers with neurological conditions and reporting medically unfit drivers.

Through this event, the NOTM continued to contribute to international dialogue on medical fitness to drive and to strengthen links between Irish traffic medicine practice and wider European developments.

[FTD Workshop: New Developments in Medical Fitness to Drive \(Dublin, Ireland / online\) | CIECA](#)

NOTM WORKING GROUP

Superintendent Georgina Grey

An Garda Síochána

Mr Mukesh Gandhi

Association of Occupational
Therapists of Ireland

Mr Martin O'Brein

Association of Optometrists Ireland

Dr Siobhán Corrigan

Centre for Innovative Human
Systems, Co-Director

Prof David Williams

Clinical Pharmacology, RCSI

Dr Sarah Hanley

College of Psychiatry of Ireland

Prof Denis Cusack

Coroners' Society of Ireland &
Forensic and Legal Medicine &
Medical Bureau for Road Safety

Mr Michael Walsh

Department of Transport

Dr Grant Jeffrey

Faculty of Occupational Medicine

Dr Michael Hanrahan

Faculty of Public Health Medicine

Ms Deirdre Sinnott

Health and Safety Authority

Prof Conor Deasy

Irish Association for Emergency
Medicine

Dr Jaina Byrne

Irish Association of Orthoptists

Dr Paul Carroll

Irish Association of Rehabilitation
Medicine

Dr Peter Wheen

Irish Cardiac Society

Dr Kieran Kennedy

Irish College of General Practitioners

Dr Mary Jo Ryan

Irish College of Ophthalmologists

Dr Hannah Forde

Irish Endocrine Society

Dr Karen O'Connell

Irish Institute of Clinical
Neuroscience

Dr Derek Bennett

Irish Institute of Trauma and
Orthopaedic Surgery

Dr Catherine O'Malley

Irish Society of Community & Public
Health Medicine and HSE Principal
Medical Officers

Dr Tim Dukelow

Irish Society of Physicians in
Geriatric Medicine

Prof Walter McNicholas

Irish Thoracic Society

Prof Aine Carroll

NOTM Chairperson

Prof Desmond O'Neill

NOTM Director

Dr Maggie Martin

NOTM Programme Manager

Dr Tadhg Stapleton

Occupational Therapy and ORDA
External Expert

Dr Margaret Ryan

Road Safety and ORDA
External Expert

Dr Michael Gormley

Road Safety and Traffic
Psychology Expert

Ms Cathriona Kenny

Road Safety Authority

NOTM WORKING GROUP CONTRIBUTIONS TO MEDICAL FITNESS TO DRIVE

As expert in their fields, the NOTM Working Group members present nationally and internationally in their own professional capacity. This section aims to highlight their important work in contributing to medical fitness to drive and traffic medicine.

European Academy of Optometry & Optics, Riga 2026

"Vision and traffic medicine - role of eye-care professionals!
Gatekeeper or facilitator... beyond VA?"

Martin O'Brien FEAOO, FCOptom, FAOI



Vision is an integral factor in the overall driving task. All eye-care professionals regularly deal with service-users who are drivers as part of their routine work.

Per ITMA (International Traffic Medicine Association) "The term traffic medicine has evolved to embrace all those disciplines, techniques, and methods aimed at reducing the harm traffic crashes inflict on human beings." This includes examination of the eye and provision of advice / optical appliances to improve vision. The outdated view of vision screening in traffic medicine strategy was, of a gatekeeper to identify people who are not able to meet the vision standards required for driver licensing. A more modern approach is enabling individuals right to mobility by providing advice & vision correction or providing / facilitating medical intervention.

The traditional approach using high contrast visual acuity as the main arbiter of fitness to drive cannot be supported as evidence based. Cessation of driving has a significant negative impact on the well-being of affected individuals. This must be balanced against the risk to other road users where drivers continue to drive with impaired vision as highlighted by media reports from the UK Coroners office.

Perimetry, contrast sensitivity (low contrast acuity) and other measures provide information to clinicians in terms of advice to be provided to people who are drivers. With changes in the vision and visual system due to ageing, the advice provided by ECPs needs to adapt depending on various factors.

It is less widely known that there where a driver cannot meet the current visual acuity or visual field requirements that a driving licence may still be issued under exceptional circumstances subject to an On-Road Driving Assessment. Better communication with drivers in our practices can be a powerful tool to reduce traffic accidents, facilitate safer driving and reduce unnecessary driver cessation; relevant in both examination and dispensing disciplines.

UPCOMING EVENTS

The NOTM will continue to support education, outreach and stakeholder engagement through the following upcoming events

- *Driving for Work Seminar*, 20th May 2026
- *Over 50s Show* in Dublin, 31st of July 2026
- *Tullamore Show* in Tullamore, 9th of August 2026
- *National Ploughing Championships* in Tullamore, from the 15th to the 17th of September 2026
- *Education Sub Committee Meeting*, 21st of October 2026
- *Working Group Meeting*, 19th of November 2026
- *Steering Committee Meeting*, 26th of November 2026

The NOTM will also organise a *Research Seminar* in Dublin in October 2026. Further details on this event will be shared through the [NOTM website](#), social media and mailing list closer to the time.



INTERNATIONAL ADVISORY PANEL CONTRIBUTIONS

Members of the NOTM Working Group continue to contribute expertise beyond Ireland through participation in international medical fitness to drive advisory structures.

Medical experts from the Working Group have previously served as honorary members on six UK Secretary of State for Transport's Medical Advisory Panels for Fitness to Drive, covering Alcohol, Drugs & Substance Misuse, Cardiology, Diabetes, Neurology, Psychiatry and Vision.

These panels meet bi-annually and provide specialist clinical advice to support policy and decision-making on medical fitness to drive. Professor Denis Cusack, NOTM Working Group member, continues to hold a position on the Alcohol, Drugs & Substance Misuse panel.

The DVLA has approved the following NOTM Working Group members to participate in their respective panels:

Neurology
Dr Karen O'Connell

Endocrinology/diabetes
Dr Hannah Forde

Cardiology
Dr Peter Wheen

Vision
Dr Mary Jo Ryan

Psychiatry
Dr Sarah Hanley

Alcohol and drugs
Prof Denis Cusack