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Friday, June 9, 2017

(Room 6)

16:30 - 17:25 WS #66: Substance Impaired Driving: Patient Education

17:35 - 18:30 WS #78: Substance Impaired Driving: Patient Education
(Repeated)

NZTA led collaboration Patient Education

SUBSTANCE IMPAIRED DRIVING



Margaret Stevenson-Wright, Senior Education Advisor, NZTA
Anne Dowden, independent evaluation consultant [TODAY'S SPEAKER]

Today's session

Resources GPs and Pharmacists Substance Impaired Driving Patient Education

1. What is Substance Impaired Driving
2. Collaboration with health, police and transport
3. Substance Impaired Driving & medication
4. Substance Impaired Driving in NZ
5. Resources to support patient education – 'How to'
6. Continuing education
7. Take home tips



Substance Impaired Driving

Drivers at risk of driving
impaired due to the effects of
medications (or drugs) used
with or without alcohol

Substance Impaired Driving

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver

Substance Impaired Driving

In New Zealand, its **illegal** to
drive impaired by ... ?

Substance Impaired Driving

In New Zealand, its **illegal** to
drive impaired by **any**
substance

SID: What do health practitioners need to know and do?

SUBSTANCE IMPAIRED DRIVING





Health Practitioners told us what they wanted

Want NZ not international ‘evidence’

Want ‘medication’ not ‘drug’ evidence

Want support with patient education

Better evidence

International literature

Epidemiological &
Experimental studies

New Zealand literature

Revisit drug
impaired stats

Admin & primary data

NZ stakeholders
& data sets
-Drink driver
bloods
-Prescription
patterns
-License reviews

International research: impairing effects of medications

**SUBSTANCE
IMPAIRED
DRIVING**



International experimental studies

16 common New Zealand medications used for **anxiety, pain, depression, insomnia, psychosis** cause driving impairment

1. drivers given medication
2. impairment and skills tested
3. compared to pre-test or controls

International experimental studies

Long-acting **insomnia** and **anxiety med** (Lorazepam) impairs driving 10hrs – 17hrs later). They may increase risk of crash [100K 'scripts]

Low doses of combined **codeine/paracetamol** for pain impairs driving in 'elderly' (average age 60 years). [Over-the-counter]

Zopiclone (mainly for **insomnia**) causes marked impairment 10 hrs. after taken at bedtime [½ MIL 'scripts]

Oxazepam (for **anxiety**) taken alone or with alcohol significantly impaired driving performance [13K 'scripts]

Alprazolam (for **anxiety**) effects driving performance (inc. weaving; risky following; dec. reactions / alertness. [11k 'scripts]

International epidemiological study

Polydrug use: an international study

Mixing alcohol with medications or drugs that impair driving can make drivers many times more impaired

A driver is 13X more likely to be in fatal crash after drinking

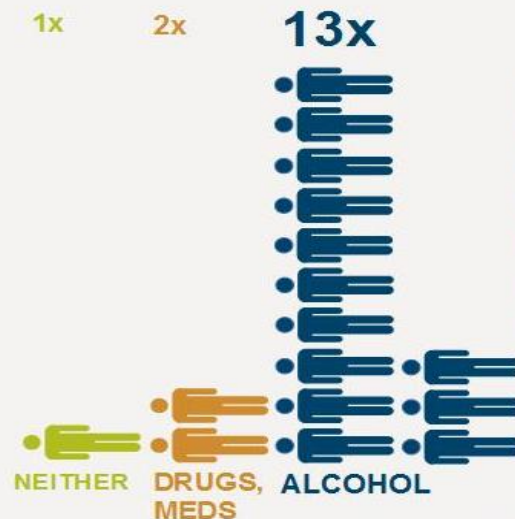
How many X more likely if you mix impairing meds or drugs with alcohol?

International epidemiological study

Polydrug use: an international study

Mixing alcohol with medications or drugs that impair driving can make drivers

ODDS OF FATAL CRASH FOR DRIVERS WHO TEST POSITIVE DRUGS / ALCOHOL



UNITED STATES WEEKEND NIGHTS IN 2007
n=700+ FATAL CRASHES (LI, 2013)

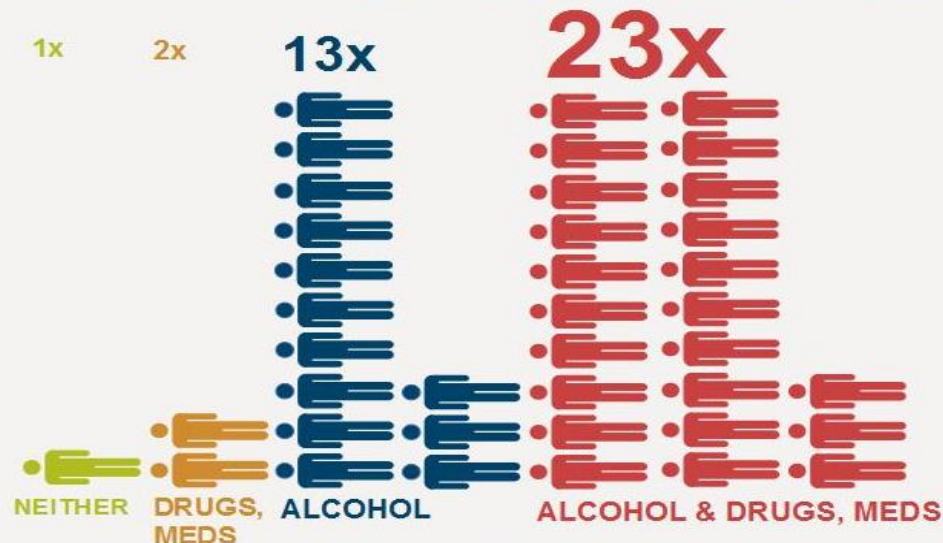
International epidemiological study

Polydrug use: an international study

Mixing alcohol with medications or drugs that impair driving can make drivers

23 times more likely to have a fatal crash than those that use neither (U.S.A)

ODDS OF FATAL CRASH FOR DRIVERS WHO TEST POSITIVE DRUGS / ALCOHOL



UNITED STATES WEEKEND NIGHTS IN 2007
n=700+ FATAL CRASHES (LI, 2013)

The size of medication related SID in New Zealand

**SUBSTANCE
IMPAIRED
DRIVING**



New Zealand study of 1000 killed drivers over 5 years (to 2009)

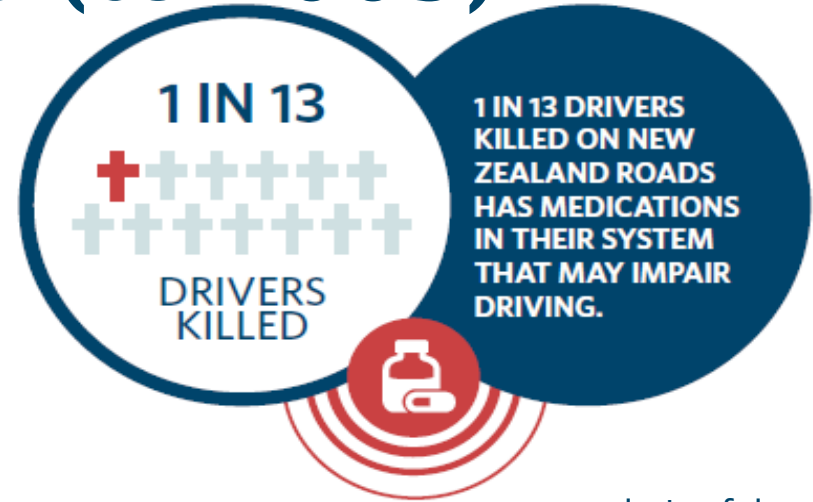


It is
beyond
illicits

How much
of this is
medication?

New Zealand study of 1000 killed drivers over 5 years (to 2009)

Your chances of having a crash if you're impaired by **medication** are much higher than previously thought



reanalysis of data
using list of impairing
medications developed by Poulsen as
an expert advisor to the SID education project

Drivers are at risk through prescribed/OTC medication

**SUBSTANCE
IMPAIRED
DRIVING**



Prescriptions in New Zealand

Common prescription medications that may impair driving

- Analgesics
- Antidepressants
- Beta blockers/calcium channel blockers
- Substance dependence treatments
- Anti histamines
- Sedatives
- Anti-psychotics
- Anti-epilepsy
- Anti-nausea
- Anxiolytics

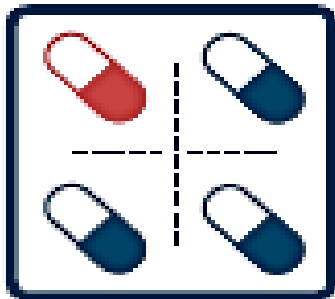
How many drivers take impairing medications each year?

MEDICATIONS PRESCRIBED TO NEW ZEALANDERS OF DRIVING AGE



NZ drivers regularly use impairing medication

The majority of drivers take potentially impairing medications

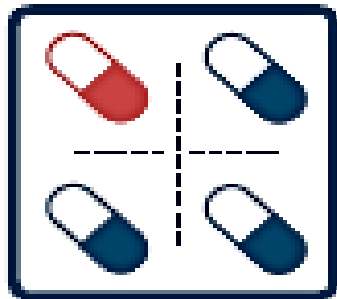


Nearly 7.5 MIL new 'scripts a year for people of driving age (not counting repeats) for **medications that may impair**

NZ drivers regularly use impairing medication

**7 in 10
drivers
took meds
last year**

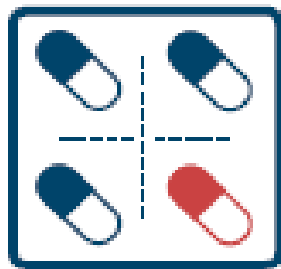
Drivers report they took potentially impairing medications in last 12 months



**One in four
prescriptions are for
medications that
may impair driving**

Nearly 7.5 MIL new 'scripts a year for people of driving age (not counting repeats) for **medications that may impair**

The frequency increases with age



total 'scripts/yr	impairing 'scripts/yr
15-24 yrs 4	15-24 yrs 1
25-39 yrs 5	25-39 yrs 1
40-49 yrs 7	40-49 yrs 2
50-59 yrs 11	50-59 yrs 3
60-69 yrs 17	60-69 yrs 4
70-79 yrs 25	70-79 yrs 5

NZ drivers drink alcohol while using medication

**SUBSTANCE
IMPAIRED
DRIVING**



NZ drivers & polypharmacy/alcohol

**1 in 7
report
impaired**

15% of ALL
drivers report
they took meds
or drugs last
year that may
**affect ability to
drive**

**of
these**

**7 in 10
drank
alcohol**

70% of these
drivers
**drank alcohol
while using or
taking** medications
or drugs, at least
some of the time.

NZ drink drivers found with impairing substances

how many
drink drivers were also positive for
medications that impair?

NZ drink drivers found with impairing substances

1 in 6

drink drivers were **also positive** for **medications** that impair

1 in 6 (15%)
test positive
for
medications
that could
impair

1 in 16 (6%)
used less
impairing
medication -
advice includes
“**limit/avoid
alcohol**”

1 in 11 (9%)
were taking
strong
impairing
medications –
advice includes
“**do not drive**”

1 in 50 (2%)
had used
illicit drugs
(excludes
cannabis)

More than 1
in 4 (27%) had
used
cannabis
concurrent or
historic use

**3x more likely to use strong
medications than illicit drugs
excluding cannabis**

Drivers know little but are keen to know more

SUBSTANCE IMPAIRED DRIVING



NZ drivers surveys: they want and need education

Its an important topic	Half not recall warning	1 in 3 don't know where	1 in 4 not well informed	Half want to know more
96% of drivers* agree its important	55% recall being warned about their medication and driving	34% of drivers don't know where to get information	27% of drivers don't feel well informed	50% of drivers want to know more
*survey of 3000 NZ drivers	The rest don't recall			

NZ health practitioners: not always educating drivers

Its an
important
topic

97% its
important to
be
knowledgeable

*survey
of GPs

2 in 3
not well
informed on
alternatives

37% not well
informed on
alternatives to
driving while
impaired

1 in 3 don't
know its
illegal

34% don't know -
impaired by
prescribed
medications
60% don't know
- medications
used as directed

1 in 4 don't
caution
regularly

11% strongly
agree; 63%
agree they
caution
26% neither or
disagree

2 in 3 don't
discuss
alternatives

4% strongly
agree; 31%
agree they
discuss
alternatives to
driving while
impaired

New Zealand Solutions

SUBSTANCE IMPAIRED DRIVING



Education objectives

Culture change

Collaborate & strengthen relationships with *Safer Journeys'* partners

Increase the **priority** of SID

Increase **access** to information on SID

Increase **awareness** and **understanding** of SID

Increase access to information on '**what works**'

Contribute to the safe road system & less serious injuries & deaths on New Zealand roads

Solution: Education by trusted influencers

Aims

Develop tools in collaboration with trusted influences to educate drivers to raise awareness and change behaviour

Operational partners

1. **Health:** GPs and Pharmacists
2. **Transport** operators with Police & CVIU

First education solution: GPs/Pharmacists educate drivers

**SUBSTANCE
IMPAIRED
DRIVING**



Collaboration: a key feature



Reference group partners

- NZTA
- New Zealand Police
- Ministry of Transport
- Ministry of Health
- Accident Compensation Corporation
- New Zealand Drug Foundation
- Safe and Sustainable Transport Association (SASTA)
- The New Zealand Automobile Association (AA)

Expert Collaborators

- Various peak bodies (e.g. RNZCGP, GPNZ, Pharmaceutical Society)
- Environmental Science Research (ESR)
- Experts / Stakeholders (e.g. Heavy Transport sector)

It is a tested evidence based resource

It did not cause undue worry or cause drivers to stop taking their medications so that they can drive.

No patients stopped taking medications as directed so that they could drive

It delivers content that is new and interesting to drivers



ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Promoting safe-to-drive conversations

A. 'How to' and promote action
for doctors pharmacists and nurses
Is my patient safe to drive?

B. Prompts drivers to ask for advice
Driver information sheet: Are you safe to drive?

C. Fold out to support patient education
Fold out patient education: Are you safe to drive?

A. Resources

Resources for health practitioners



A. Resources

Resources for health practitioners

HAVE THE 'SAFE TO DRIVE' CONVERSATION WITH YOUR PATIENTS.

Give your affected patients a copy of the 'Are you safe to drive?' leaflet, tick their medications and possible symptoms, and discuss the following:

- Let your patients know **if their medication could affect their driving.**
- Make sure they **check for symptoms** each time they drive.
- Advise **how long** the effects of their medication may last.
- Tell them whether they should avoid **alcohol** while taking their medication as it may multiply the risk.
- Advise them **not to stop taking their medication** so they can drive.
- Talk about the **options**, such as trying a different medication or dose, or taking their medication at a different time.

You might also want to raise one of these:

- The **decision to drive** is their responsibility.
- **Reactions times** are really slowed when they're impaired.
- 'Impairment' **may only be temporary.**
- **Other drugs** like cannabis or over-the-counter medications may affect their driving.
- **Car insurance** may be affected if they drive impaired when they've been told not to drive on strong medications.
- Discuss **alternatives to driving** such as taking the bus or getting a lift. Talk about how long they may have to do this.
- Consider the **effects when they change their routine** – such as evening activity or a very early start.
- Make a plan for **emergency night-time driving.**



1 IN 3 DRIVERS KNOWS NONE OR ONLY ONE OF THE SIGNS OF IMPAIRED DRIVING*

Some signs or symptoms of medication impaired driving:

- Feeling drowsy/sleepy
- blurred vision
- headache
- feeling weak
- slowed reactions
- dizziness
- nausea, feeling sick
- unable to focus or pay attention
- being easily confused
- having trouble forming a sentence
- slurred speech
- feeling wired and overconfident (although a person may not notice this themselves).

THE RISK MULTIPLIES IF YOU MIX ALCOHOL WITH MEDICATION OR DRUGS THAT MAY IMPAIR DRIVING. IT CAN MAKE YOU 23 TIMES MORE LIKELY TO FATALLY CRASH THAN DRIVERS WHO HAVE TAKEN NONE OF THESE¹.



Five types of medications most often prescribed by New Zealand doctors make up three-quarters of those that may impair driving.

- Analgesics
- Antidepressants
- Heart medications
Beta blockers/Calcium channel blockers
- Antihistamines
- Sedatives

Five less common prescription medications make up most of the rest.

- Antipsychotics
- Anti-epilepsy drugs
- Substance dependence treatments
- Anti-nausea medications
- Anxiolytics.

These 10 account for over 95 percent of prescription medications that may impair driving in New Zealand. Talk to your patient about how their driving could be affected if they're:

- taking one or more of these medications (or)
- taking some of the variants sold as 'pharmacy only' (or)
- taking over-the-counter medications such as antihistamines or cold and flu preparations.



New Zealand roads
rugs in their system
ng.²

edications that may
last 12 months.²

taking medications or
have affected their
in the past year.²

i If you have further queries, you can visit www.nzta.govt.nz/medication call our contact centre on 0800 699 000 or write to us: NZ Transport Agency Private Bag 6995, Wellington 6141

use and fatal motor vehicle crashes:
1. For NZTA Substance Impaired Driver Survey
2. For NZTA Substance Impaired Driver Survey data from the 1st July 2014.
or other drug use in New Zealand

A. Resources

Resources for health practitioners

Information for doctors,
pharmacists and nurses.

IS MY PATIENT



HAVE THE 'SAFE TO DRIVE' CONVERSATION WITH YOUR PATIENTS.

Give your affected patients a copy of the 'Are you safe to drive?' leaflet, tick their medications and possible symptoms, **and discuss the following:**



- Let your patients know **if their medication could affect their driving.**
- Make sure they **check for symptoms** each time they drive.
- Advise **how long** the effects of their medication may last.
- Tell them whether they should avoid **alcohol** while taking their medication as it may multiply the risk.
- Advise them **not to stop taking their medication** so they can drive.
- Talk about the **options**, such as trying a different medication or dose, or taking their medication at a different time.

Five types of medications most often prescribed by New Zealand doctors make up three-quarters of those that may impair driving.

- **Analgesics**
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Beta blockers/Calcium channel blockers
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- **Sedatives**

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- **Antipsychotics**
- **Anti-epilepsy drugs**
- **Substance dependence treatments**
- **Anti-nausea medications**

...ing. You can help them make good choices about whether or not they're safe to drive.

What is substance impaired driving?

Substance impaired driving is when a person's ability to drive a car is affected because they have taken a drug or medication, a combination of these or will enforce this law.

- References:
1. Gosselin LL et al (2013) Drug use and fatal motor vehicle crashes: a case-control study.
 2. NZ Transport Agency (2015). For NZTA Substance Impaired Driving Project. Memo: Baseline Driver Survey.
 3. NZ Transport Agency (2015). For NZTA Substance Impaired Driving Project. Memo: Analysis of summary data from the Pharmaceutical collection year to July 2014.
 4. Probst, Helen (2013) Alcohol and other drug use in New Zealand drivers 2004 to 2009.

A. Resources

Resources for health practitioners

You might also want to raise one of these:

- The **decision to drive** is their responsibility.
- **Reactions times** are really slowed when they're impaired.
- 'Impairment' **may only be temporary**.
- **Other drugs** like cannabis or over-the-counter medications may affect their driving.
- Car **insurance** may be affected if they drive impaired when they've been told not to drive on strong medications.
- Discuss **alternatives to driving** such as taking the bus or getting a lift. Talk about how long they may have to do this.
- Consider the **effects when they change their routine** – such as evening activity or a very early start.
- Make a plan for **emergency night-time driving**.



1 IN 3 DRIVERS KNOWS NONE OR ONLY ONE OF THE SIGNS OF IMPAIRED DRIVING²

Some signs or symptoms of medication impaired driving:

- Feeling drowsy/sleepy
- blurred vision
- headache
- feeling weak
- slowed reactions
- dizziness
- nausea, feeling sick
- unable to focus or pay attention
- being easily confused
- having trouble forming a sentence
- slurred speech
- feeling wired and overconfident (although a person may not notice this themselves).

THE RISK MULTIPLIES IF YOU MIX ALCOHOL WITH MEDICATION OR DRUGS THAT MAY IMPAIR DRIVING. IT CAN MAKE YOU 23 TIMES MORE LIKELY TO FATALLY CRASH THAN DRIVERS WHO HAVE TAKEN NONE OF THESE¹.



If you have further queries, you can visit www.nzta.govt.nz/medication call our contact centre on 0800 699 000 or write to us: NZ Transport Agency Private Bag 6995, Wellington 6141

Information for doctors, pharmacists and nurses.

IS MY

And raised medications

• Anxiolytics.

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land roads
air system



that may
ths.²



cations or
ed their
year.²

B. Driver information sheet

A self read sheet that prompts questions and taking responsibility

List of medications

Information for drivers taking medication

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive' conversation with your doctor, pharmacist or nurse.



It can be unsafe to drive when taking medication which impairs/affects your driving ability.

IT'S AGAINST THE LAW TO DRIVE WHEN YOU'RE IMPAIRED.

Many prescribed medications (or those purchased over-the-counter) can impair your driving, as can many recreational drugs. It's important you talk honestly with your health practitioner about your medication (and anything else you're taking) so they can help you stay safe on the road.

Some of these prescription medications may impair your driving:

- ☐ Strong painkillers
- ☐ Depression medications
- ☐ Heart medications
- ☐ Allergy medications
- ☐ Sleeping tablets
- ☐ Anti-psychotic medications
- ☐ Epilepsy medications
- ☐ Addiction treatment
- ☐ Nausea medications
- ☐ Anxiety medications.

Not every medication in each type listed above will impair driving. Find out if you're at risk.

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver. You need to make sure you're safe to drive before you get in the car.



1 IN 4
prescriptions are
for medication that
can impair driving

B. Driver information sheet

List of signs & symptoms

List of actions

Information for drivers

You need to have a 'safe to drive' conversation with your health practitioner about your medication. To avoid driving while impaired you may need to:

- avoid driving altogether when taking your medication
- consider avoiding driving at first when taking your medication
- not drink alcohol while taking your medication.

Before you drive, always check for any of these symptoms:

- Feeling drowsy/sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused
- Slurred speech
- Having trouble forming a sentence
- Feeling wired and overconfident (although you may not notice yourself).

Be a responsible driver when taking medication:

- Always take medication according to the Instructions.
- Don't stop taking medication because you want to be okay to drive.
- Check how you're feeling after you start a new medication. Talk to your health practitioner if you're concerned.
- Check whether you can drink alcohol when taking your medication.
- Ask your health practitioner how long the effects last. Some medications taken at night may affect you the next morning.
- Don't keep driving if you feel impaired. Call someone to pick you up or take a bus or taxi.
- Talk to your health practitioner about all medication or drugs you're taking – prescription, over-the-counter and recreational.



Not being able to drive doesn't have to disrupt your life. It's usually only temporary. Your health practitioner can help you find alternatives or could change your medication or dose so you're able to drive again.

IN THE LAST
12 MONTHS



2 OUT OF 3 DRIVERS
USED MEDICATION
THAT MAY IMPAIR
DRIVING



see www.nzta.govt.nz/medication for more info

C. Fold out patient education



INFORMATION FOR DRIVERS TAKING MEDICATION

ARE YOU SAFE TO DRIVE?

It can be unsafe to drive when taking medication which impairs/affects your driving ability.

IT'S AGAINST THE LAW TO DRIVE WHEN YOU'RE IMPAIRED.

Partners:

- MINISTRY OF HEALTH
- PHARMACEUTICAL SOCIETY
- NEW ZEALAND POLICE
- AA
- Ministry of Transport
- The Royal New Zealand College of General Practitioners

NZ TRANSPORT AGENCY
WAKA KOTAHU

Safer Journeys

New Zealand Government

Information for drivers taking medication

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive' conversation with your doctor or pharmacist.

Have a 'safe to drive' conversation with your doctor or pharmacist.

Impairment is...

It's the law

Its more common than you think

It's your responsibility

Facts “1 in 4 prescriptions”

Tips “how to be responsible”

Scenarios “make a plan”



ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Structured prompts

specific, personalised, time relevant
education for patients who are drivers

Four step patient education:

1. This medication they are getting today may impair driving
2. How impairing
3. About signs & symptoms
4. About staying safe with driving



Responsible drivers care about the safety of themselves and others.

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver.

You need to make sure you're safe to drive before you get in the car.

Many prescribed medications (or those purchased over-the-counter) can impair your driving, as can many recreational drugs.

A car crash can happen very unexpectedly. If you're not fully alert you could be a danger to yourself, other drivers or your passengers.

Safe drivers take responsibility

It's important you talk honestly with your doctor, pharmacist or nurse about your medication (and anything else you're taking) so they can help you stay safe on the road.

THESE ARE THE PRESCRIPTION MEDICATIONS THAT MAY IMPAIR YOUR DRIVING.

(Health practitioner to tick)



- ☐ Strong painkillers
- ☐ Depression medication
- ☐ Heart medication
- ☐ Allergy medication
- ☐ Sleeping tablets
- ☐ Anti-psychotic medication
- ☐ Epilepsy medication
- ☐ Addiction treatment
- ☐ Nausea medication
- ☐ Anxiety medication



1 IN 4
prescriptions are
for medication that
can impair driving



'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- ☐ These medication/s **could** impair driving.
- ☐ These medication/s **could** impair driving when first taking a change of dose.

Before you drive, check for any of these symptoms:

- | | |
|---|--|
| ☐ Feeling drowsy/sleepy | ☐ Nausea, feeling sick |
| ☐ Blurred vision | ☐ Unable to focus or pay attention |
| ☐ Headache | ☐ Being easily confused |
| ☐ Feeling weak | ☐ Slurred speech |
| ☐ Slowed reactions | ☐ Having trouble forming a sentence |
| ☐ Dizziness | ☐ Feeling wired and overconfident (although you may not notice your own driving) |

To avoid driving while impaired:

- ☐ **Avoid driving** altogether when taking these medications.
- ☐ **Consider avoiding driving** at first when taking these medications.
- ☐ **Do not drink alcohol** while taking these medications.

One

- 
- ☐ Strong painkillers
 - ☐ Depression medication
 - ☐ Heart medication
 - ☐ Allergy medication
 - ☐ Sleeping tablets
 - ☐ Anti-psychotic medication
 - ☐ Epilepsy medication
 - ☐ Addiction treatment
 - ☐ Nausea medication
 - ☐ Anxiety medication

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- ☐ These medication/s **could** impair driving.
- ☐ These medication/s **could** impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- | | |
|---|--|
| ☐ Feeling drowsy/sleepy | ☐ Nausea, feeling sick |
| ☐ Blurred vision | ☐ Unable to focus or pay attention |
| ☐ Headache | ☐ Being easily confused |
| ☐ Feeling weak | ☐ Slurred speech |
| ☐ Slowed reactions | ☐ Having trouble forming a sentence |
| ☐ Dizziness | ☐ Feeling wired and overconfident
<i>(although you may not notice yourself)</i> |

To avoid driving while impaired:

- ☐ **Avoid driving** altogether when taking these medications.
- ☐ **Consider avoiding driving** at first when taking these medications.
- ☐ **Do not drink alcohol** while taking these medications.

Information for drivers
on medication

ARE YOU SAFE TO DRIVE?

Are you 'safe to drive'
when taking medication with your
doctor or pharmacist.

Two

- ☐ Strong painkillers
- ☐ Depression medication
- ☐ Heart medication
- ☐ Allergy medication
- ☐ Sleeping tablets
- ☐ Anti-psychotic medication
- ☐ Epilepsy medication
- ☐ Addiction treatment
- ☐ Nausea medication
- ☐ Anxiety medication



'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- ☒ These medication/s **could** impair driving.
- ☐ These medication/s **could** impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- | | |
|---|--|
| ☐ Feeling drowsy/sleepy | ☐ Nausea, feeling sick |
| ☐ Blurred vision | ☐ Unable to focus or pay attention |
| ☐ Headache | ☐ Being easily confused |
| ☐ Feeling weak | ☐ Slurred speech |
| ☐ Slowed reactions | ☐ Having trouble forming a sentence |
| ☐ Dizziness | ☐ Feeling wired and overconfident
<i>(although you may not notice yourself)</i> |

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- ☐ **Avoid driving** altogether when taking these medications.
- ☐ **Consider avoiding driving** at first when taking these medications.
- ☐ **Do not drink alcohol** while taking these medications.

ARE YOU SAFE TO DRIVE?

safe to drive'
ation with your
r pharmacist.

Three

- ☐ Strong painkillers
- ☐ Depression medication
- ☐ Heart medication
- ☐ Allergy medication
- ☐ Sleeping tablets
- ☐ Anti-psychotic medication
- ☐ Epilepsy medication
- ☐ Addiction treatment
- ☐ Nausea medication
- ☐ Anxiety medication

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- ☐ These medication/s **could** impair driving.
- ☐ These medication/s **could** impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- ☒ Feeling drowsy/sleepy
- ☐ Blurred vision
- ☐ Headache
- ☐ Feeling weak
- ☐ Slowed reactions
- ☐ Dizziness
- ☐ Nausea, feeling sick
- ☐ Unable to focus or pay attention
- ☐ Being easily confused
- ☐ Slurred speech
- ☐ Having trouble forming a sentence
- ☐ Feeling wired and overconfident
(although you may not notice yourself)

To avoid driving while impaired:

- ☐ **Avoid driving** altogether when taking these medications.
- ☐ **Consider avoiding driving** at first when taking these medications.
- ☐ **Do not drink alcohol** while taking these medications.

ARE YOU SAFE TO DRIVE?

safe to drive'
ation with your
r pharmacist.

Four

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- ☐ These medication/s **could** impair driving.
- ☐ These medication/s **could** impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- | | |
|---|---|
| ☐ Feeling drowsy/sleepy | ☐ Nausea, feeling sick |
| ☐ Blurred vision | ☐ Unable to focus or pay attention |
| ☐ Headache | ☐ Being easily confused |
| ☐ Feeling weak | ☐ Slurred speech |
| ☐ Slowed reactions | ☐ Having trouble forming a sentence |
| ☐ Dizziness | ☐ Feeling wired and overconfident
(although you may not notice yourself) |

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- ☐ Strong painkillers
- ☐ Depression medication
- ☐ Heart medication
- ☐ Allergy medication
- ☐ Sleeping tablets
- ☐ Anti-psychotic medication
- ☐ Epilepsy medication
- ☐ Addiction treatment
- ☐ Nausea medication
- ☐ Anxiety medication

ARE YOU SAFE TO DRIVE?

safe to drive'
conversation with your
doctor or pharmacist.

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Extra patient education

Talk about options: different medication/dose; different time.

Discuss alternatives to driving such as taking the bus or getting a lift, and how long they may have to do this.

Reactions times are really slowed when they're impaired.

Drugs like cannabis or over-the-counter medications may affect their driving.

Car insurance may be affected if they drive impaired when they've been told not to.

Consider the effects when they change their routine –such as evening activity or a very early start.

Make a plan for unplanned or emergency night-time driving.

C. Fold out patient education

The back provides further reading and advice for patients

You don't have to cover everything

IN THE LAST 12 MONTHS

2 OUT OF 3 DRIVERS USED MEDICATION THAT MAY IMPAIR DRIVING

It's illegal to drive if you're impaired

Be a responsible driver when taking medication

- Always take medication according to the instructions.
- Don't stop taking medication because you want to be okay to drive.
- Check how you're feeling after you start a new medication. Talk to your health practitioner if you're concerned.
- Check whether you can drink alcohol when taking your medication.
- Ask your health practitioner how long the effects last. Some medication taken at night may affect you the next morning.
- Don't keep driving if you feel impaired. Call someone to pick you up or take a bus or taxi.
- Talk to your health practitioner about all medication or drugs you're taking – prescription, over-the-counter and recreational.

Not being able to drive doesn't have to disrupt your life. It's usually only temporary. Your health practitioner can help you find alternatives or could change your medication or dose so you're able to drive again.

Information for drivers taking medication

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive' conversation with your doctor or pharmacist.

C. Fold patient

Be a responsible driver when taking medication

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- Don't stop taking medication because you want to be okay to drive.
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Information for drivers
taking medication

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive' conversation with your doctor or pharmacist.

Further information for GPs/Pharmacists and others

SUBSTANCE IMPAIRED DRIVING



Continuing Medical Education: Online Learning

Currently NZTA in collaboration with the Pharmaceutical Society, NZ Police, and with support from RNZCGPs is developing online education

This is aimed at providing CME/CPD for GPs, other doctors, pharmacists nurses, dentists as well as other health practitioners



Continuing Medical Education: Online Learning

It covers a range of SID topics inclusive of:

- The New Zealand context and SID problem definition
- Medication effects that relate to driving impairment
- Providing patient education on SID
- Road policing: the law and enforcement
- NZTA's Driver Licence Medical Review process
- Health & Safety: patients as workers, and workplace drug tests
- SID and car insurance

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your

Take home tips



SUBSTANCE IMPAIRED DRIVING

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Take home tips

A lot of patients are at risk each year

1 in 4 prescriptions are for medication that may impair driving



Substance impaired driving is more common than previously thought, most patients need to think about it every year

Mixing multiples impairing effects: NZ mixing is often alcohol (and/or cannabis)

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Take home tips

Patients want a need information

Patients at risk often don't recall being told

Patients have little knowledge about what SID is and how to stay safe

Patients want to know more

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Take home tips

Four step patient education

Using the fold out resource “Are to Safe to Drive?”

1. This medication today may impair driving
2. How impairing (always, when first taken)
3. The signs & symptoms to watch for
4. Staying safe & driving (don't drive, don't drive if effected, don't drink)

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Take home tips

Get on the website

HAVE THE 'SAFE TO DRIVE' CONVERSATION WITH YOUR PATIENTS

Order copies of the **patient education resources**

Search: NZTA/medications

NZ Transport Agency /Medication

Information and access to resources for health practitioners and drivers



What are you looking for?



Menu

[Home](#) > [Safety](#) > [Driving safely](#) >

Medication



Are you safe to drive? →

It can be unsafe to drive when taking medication which impairs/affects your driving ability. It's also against the law to drive when you're impaired.

Information for doctors and pharmacists – is your patient safe to drive? →

Substance impaired driving is a sizeable and serious problem. As a health professional you can help your patients make good choices about whether or not they're safe to drive.

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive'
conversation with your
doctor or pharmacist.

Take home tips

Get on the website

**HAVE THE 'SAFE TO DRIVE'
CONVERSATION WITH
YOUR PATIENTS**

Tips, conversation starters and scenarios

Search: [NZTA/medications](https://www.nzta.govt.nz/medications)

NZTA SID project

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NZTA

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Mob | 027 546 1630

Information for drivers
taking medication

**ARE YOU
SAFE TO
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Have a 'safe to drive'
conversation with your
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