## GUIDELINES FOR CLINICAL EXAMINATION FOR DRUNKENNESS BY GOVERNMENT MEDICAL OFFICER <br> (Please fill or tick off the cages)



## C. HISTORY FROM THE EXAMINEE

(The short history of the incident/event which led to medico-legal examination)



Describe the injuries in numerical order including nature, size, site, disposition, depth, colour etc. and may illustrate in a diagram form ( H1135A ) Use Annex in reporting.
G. SPECIFIC EXAMINATION

## G.1. EYE EXAMINATIONS

Pupillary size: Use the gauge below or a printed laminated card to assess pupil size:


| Corrective lenses | Blindness | Eyes |  |  | Eye lids |  | Able to follow stimulants |  |  | Equal tracking |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Hard contact | None | Near Normal |  |  | Normal |  |  |  |  |  |  |  |
| Soft contact | Left | Congested |  |  |  | $\square_{\text {Yes }}$ |  |  | No | $\square \mathrm{Yes}$ |  | No |
| Glasses | Right | Tearing |  |  | Droopy |  |  |  |  |  |  |  |
| None |  |  |  |  |  |  |  |  |  |  |  |  |
| Vision (to perform the crude test initially-ability to read small \& large letters) | Visual acuity | R | L | Visual | fields |  | R | L | Colour vision |  |  |  |
|  | Not impaired |  |  | Not Redu | uced |  |  |  |  |  |  |  |
|  | Impaired |  |  | Reduced |  |  |  |  |  |  |  |  |
|  | Grossly impaired |  |  | Grossly ( tunnel | reduced sion) |  |  |  |  |  |  |  |
| Horizontal Gaze Nystagmus (HGN) |  |  |  |  |  | Left |  |  | Right |  |  |  |
| 1. Lack of Smooth pursuit |  |  |  |  |  |  | Yes* |  | No | Yes* |  | No |
| 2. Distinct \& Sustained Nystagmus at Maximum Deviation |  |  |  |  |  |  | Yes* |  | No | Yes* |  | No |
| 3. Angle of Onset Prior to 45 degrees |  |  |  |  |  |  | Yes* |  | No | Yes* |  | No |
| Vertical gaze nystagmus |  |  |  |  |  |  | Prese |  |  | Absent |  |  |
| Lack of convergence |  |  |  |  |  |  | Prese |  |  | Absent |  |  |
| Each observation marked in * if present should carry 1 mark. Total score for Eye Examination is 6. |  |  |  |  |  |  |  |  |  |  |  |  |
| Score obtained out of 6 |  |  |  |  |  |  |  |  |  |  |  |  |
| H. IMPAIRMENT TESTS |  |  |  |  |  |  |  |  |  |  |  |  |
| H.1. DIVIDED ATTENTION \& TESTS OF COORDINATION |  |  |  |  |  |  |  |  |  |  |  |  |

"I would like you to perform series of tests to enable me to ascertain whether you have a condition which might be due to drink or drugs, or whether your ability to drive is impaired by drink or drugs. These tests are simple and part of my evaluation will be based on your ability to follow instructions. If you do not understand any of the instruction, please tell me so that I can clarify them".




## ROMBERG BALANCE TEST

INSTRUCTIONS (The doctor should instruct the examinee with demonstrations).

- Stand up straight with feet together with the arms down by the sides of the body.
- Tilt his head slightly backwards and then close the eyes.
- Keep the head in chin up position with eyes closed and estimate up to 30 seconds in mind.
- Bring down the head to initial position when 30 seconds have gone by.
- Open the eyes and say "finish".

At the end of the instructions, the doctor should clarify whether the examinee understood it and the answer must be recoded as YES/NO.
When the examinee says 'yes', the doctor should commence the test. The doctor should actually time the test using a clock (the estimated period of 30 seconds by the examinee). Once the examinee opens the eyes and says 'finished' the doctor should ask from him what was the time period estimated by him and how did he do it.

## Romberg Balance Test: Instructions in Sinhala





Romberg Balance Test: Instructions in Tamil

- கால்கள் இரண்டையும் ஒண்றாக வைத்துக்கொண்டு கைகள் இரண்டையும் உடலின் இருபறமும் வைத்துக்கொண்டு நேராக நிற்கவும்.
- தலையை சற்று பின்நோக்கி சாய்க்குக. பின் கண்கள் இரண்டையும் மூடவும்.
- தலையை பின்நோக்கி சாய்த்தவண்ணம் மனதிற்குள் முப்பது வினாடிகளை எண்ணவும்.
- முப்பது வினாடிகளை எண்ணி முடித்ததும் தலையை சாதாரண நிலைக்கு கொண்டுவரவும்
- கண்களை திறந்து எண்ணிமுடிந்துவிட்டது என்று அறிவிக்கவும்.


## Observations to be made by the doctor while the test is performed



Observe the direction and degree of sway (test is positive if there is a significant degree of sway)

| Answers given by the examinee (after the test) |  |  |
| :---: | :---: | :---: |
| Actual time spent by the examinee estimated as 30 seconds (test is considered positive if the estimated time is 10 seconds more) |  | Positive* Negative |
| How many seconds estimated? (as per examinee) (test is considered positive if the answer is not 30 seconds ) |  | Positive* Negative |
| How had he estimated the time? (method used rational or not) | Irrational* | Rational |
| Comments of the doctor, if any |  |  |
| Each observation marked in * if present should carry 1 mark. <br> Total score is 5 (If the examinee is unable to follow the instructions and do the test 5 points should be given.) |  |  |
| Score obtained out of 5 |  |  |

## WALK AND TURN TEST

INSTRUCTIONS (The doctor should instruct the examinee with demonstrations).

- Identify a real or imaginary line on the floor.
- Place the left foot on the line at one end.
- Place the right foot on the line in front of the left foot touching heel to toe.
- Place the arms down by the sides of the body and keep them in that position throughout the entire test.
- take nine heel to toe steps along the line
- At the $9^{\text {th }}$ step turn around and take another nine steps in the opposite direction.
- Watch the feet and count each step out loud while walking.

At the end of the instructions, the doctor should clarify whether the examinee understood it and the answer must be recoded as YES/NO.
Walk \& turn test- Instructions in Sinhala









## Walk and Turn Test- Instructions in Tamil

- ஒரு உண்மையான அல்லது கற்பனை கோட்டை நிலத்தில் அடையாளப்படுத்தவும்.
- கோட்டின் அந்தத்தில் உங்களது இடது பாதத்தை வைக்கவும்.
- வலது பாதத்தை இடது பாதத்திற்கு முன்னால் இடது கால் கட்டை விரல் வலது கால் பகுதியில் படுமாறு வைக்கவும்.
- கைகள் இரண்டையும் உடலின் இருபறங்களிலும் பரிசோதனை முடிவடையும்வரை வைக்கவும்.
- கோட்டிலே இவ்வாறு ஒன்பது பாதங்களை எடுத்து வைக்கவும் (கால் கட்டைவிரல் - கால் பகுதி)
- ஓன்பதாவது பாத முடிவிலே 180 ஊடாக திரும்பி மீண்டும் ஒன்பது பாதங்களை எடுத்து எதிாத்திசையில் நடக்கவும்.
- பாதங்களை பா்த்தவண்ணம்,ஒவ்வொரு பாதம் வைக்கும்போதும் சத்தமாக எண்ணவும்.


ONE LEG STAND TEST (in cases where there is a problem to perform the one leg stand test due to disability of the lower limbs finger nose test is mandatory to perform)

INSTRUCTIONS (The doctor should instruct the examinee with demonstrations).

- Stand with feet together with arms by the sides
- Raise the right foot six to eight inches off the ground, keeping the leg straight (without bending the knee) and the toes pointing forward with the foot parallel to the ground.
- Keep the arms by the sides and look at the elevated foot
- Count out loud stating from "One thousand one, one thousand and two etc."
- Stop the counting with the doctors command.
(Doctor should time the test for 30 seconds and give the command to stop)
At the end of the instructions, the doctor should clarify whether the examinee understood it and the answer must be recoded as YES/NO.
Repeat the procedure with each foot.
One leg stand test- Instructions in Sinhala






One Leg stand Test: Instructions in Tamil
- கால்களை ஒன்றாகவும்,கைகள் இரண்டையும் உடலின் பக்கமாகவும் வைத்துக்கொண்டு நிற்கவும்.
- வலது காலை ஆறு தொடக்கம் எட்டு அங்குலம் வரை உயா்த்தவும். முழங்காலை மடிக்காது காவை நேராக வைத்துக்கொள்ளல் வேண்டும்.கால் கட்டை விரல் முன்நோக்கியும், பாதமானது நிலத்திற்கு சமாந்தரமாகவும் இருக்குமாறும் பாா்த்துக்கொள்ளல் வேண்டும்.
- கைகள் இரண்டையும் உடலின் இருபறமும் வைத்துக்கொண்டு உயா்த்திய காலை பாா்க்கவும்.
- ஆயிரத்து ஒன்று, ஆயிரத்து இரண்டு என்று ஆயிரத்து ஆறுவரை எண்ணவும்.
- வைத்தியாின் அறிவுறுத்தல் கிடைத்ததும் எண்ணுவதை நிறுத்தவும்.

| Left | Right |  | Left |  | Right |  | Notes \& Observations |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\bigcirc$ |  | Yes | No | Yes | No |  |
|  | $\bigcirc$ | Sways* |  |  |  |  |  |
|  |  | Uses Arms to balance* |  |  |  |  |  |
|  | $\bigcirc$ | Hops* |  |  |  |  |  |
|  |  | Put foot down* |  |  |  |  |  |

Each observation marked in * if present should carry 1 mark.
Total score is 8 (If the examinee is unable to follow the instructions and do the test 8 points should be given.)
Score obtained out of $8 \quad \square$
FINGER AND NOSE TEST(in cases where there is a problem to perform the one leg stand test due to disability of the lower limbs finger nose test should be performed as an alternative test)

INSTRUCTIONS (The doctor should instruct the examinee with demonstrations).

- Stand with feet together and arms extended in front
- Keep the palms up extending both index fingers while other fingers are clenched.
- Tilt the head slightly back and close the eyes.
- Touch the tip of the nose with the tip of the finger as instructed by the doctor.

At the end of the instructions, the doctor should clarify whether the examinee understood it and the answer must be recoded as YES/NO.
Call out the hands in the following order, left, right, left, right, right, left

Finger nose test: Instructions in Sinhala




Finger Note Test: Instructions in Tamil

- கால்கள் இரண்டையும் ஒன்றாக வைத்துக்கொண்டு கைகள் இரண்டையும முன்னால் நீட்டவும்.
- உள்ளங்கைகள் மேல்நோக்கி இருக்குமாறும், சுட்டு விரலை நீட்டியும் மற்றைய விரல்களை மடக்கியும் வைத்திருக்கவும்.
- தலையை சற்று பின்நோக்கி சாய்த்து கண்கள் இரண்டையும் மூடவும்.
- சுட்டு விரல் நுனியால் மூக்கு நுனியை வைத்தியாின் அறிவுறுத்தல்களிற்கு ஏற்ப தொடவும்.


## Observations to be made by the doctor while the test is performed

Eye lid tremors (while doing the est with closed
eye)
$\square$

Each observation marked in * if present should carry 1 mark.
Total score is 10 (If the examinee is unable to follow the instructions and do the test 10 points should be given.)
Score obtained out of 10

## H.2. TEST OF REACTION TIME

## RULER DROP TEST

The doctor should hold a meter ruler at the zero end while the examinee is asked to places his thumb and index finger either side of the 50 cm mark, without touching the ruler. ithout warning, the doctor should drop the ruler and the examinee must catch the falling ruler between his thumb and index finger as quickly as possible. The score is the number just above the index finger (to nearest 0.1 cm ). Record the best of three attempts using your dominant and non-dominant hand.
Note: Doctor and the examinee must stand up straight, facing each other when doing the test.



