

An Overview for Applicants:

What do I need to do to receive accommodations for diabetes?

Requesting Accommodations for Diabetes

Select items are permitted in the standard test room without prior approval. Please see AAMC's list of Items Not Requiring Prior Approval for more information regarding items that do not require prior approval. If you require accommodations for diabetes management beyond obtaining those items listed on the Items Not Requiring Prior Approval list, please follow the guidelines for requesting diabetes related accommodations. If you have any questions or would like additional information, you may contact us at accommodations@aamc.org.

Why a Professional Evaluation is Required

The Association of American Medical Colleges (AAMC) is committed to providing appropriate accommodations to individuals with disabilities as defined by the American with Disabilities Act. At the same time, the Association must protect the validity of the MCAT exam by offering accommodations only when they are supported by appropriate evidence.

Which Diabetes Related Items Do Not Require Prior Approval?

No application or prior approval is required for the following items:

1. An insulin pump (allowed in the testing room)
2. A continuous glucose monitor (without network transmission capability or accompanying remote devices)
3. A glucagon pen (allowed in the testing room)
4. Glucose tablets (allowed in the testing room)
5. Access to food and/or beverage (to be stored in a locker and used during regularly scheduled breaks)

**Please note that these items may be subject to inspection and must be inaudible.*

What Must I Submit if My Requested Accommodations Require Prior Approval?

If your request for accommodations requires anything beyond the items on the Items Not Requiring Prior Approval list, you will need to submit documentation from a qualified medical professional in support of your request. To assist you and your evaluator in understanding the information that is required to support your request, we have outlined the necessary components of the evaluation in this document. If you have any questions or would like additional information, you may contact us at accommodations@aamc.org.

Documentation of your diagnosis of diabetes should meet the following conditions:

1. Submit a medical report or letter from a qualified medical professional that documents your diagnosis. Notes on a prescription pad are not accepted. The document should be on letterhead with a signature and date. Qualified professionals should be independent medical personnel (i.e., not relatives or employers) who have personally evaluated you.
2. Due to the long-term nature of diabetes, your documentation may not need to meet a currency requirement. Documentation that identifies your diagnosis, states your functional limitations due to diabetes, and provides recommendations for accommodations will be accepted. Please note that requests for accommodations related to an additional diagnosis are subject to the guidelines that correspond with that diagnosis (e.g., if you have diabetes and a psychiatric disorder, documenta-

tion related to the psychiatric disorder will continue to be subject to recency requirements for psychiatric disorders).

If an updated evaluation is necessary and you have limited funds for that assessment, please review the information regarding eligibility for [Financial Assistance](#) from the AAMC.

III. What Elements Should the Diagnostic Report Contain?

Although specific elements of the diagnostic report may vary somewhat, all diagnostic reports should include the following components:

1. **Identifying Information.** The first page of the report should be printed on letterhead and should include the examinee's name, date of birth, date of the evaluation, and age at the time of the evaluation.
2. **History and Background.** The report should include:
 - a. A description of the condition(s)
 - b. Relevant medical history
 - c. Results of any previous evaluation
3. **Diagnosis and Recommendations.** The diagnosis must:
 - a. Be based on relevant history, test results, level of current functioning, and clinical judgment
 - b. Use standard diagnostic codes

If you are thought to have two or more disorders, the diagnostic report should clearly describe the *unique* impact of each and the documentation guidelines for each disorder should be met.

4. **Evaluator's Recommendations.** The evaluator must provide recommendations that:
 - a. Are individualized for you
 - b. Identify *specific* accommodations
 - c. Describe the rationale for each accommodation

VI. Is There Anything Else of Which I Should be Aware?

Finally, it will be helpful for you to be aware of two concepts associated with the provision of accommodations. We describe these briefly for you below:

1. **Benchmark.** To be covered under the Americans with Disabilities Act, the "benchmark" is how well you are able to perform compared to *most people* in the general population.
2. **Purpose of Accommodations.** Pursuant to 28. C.F.R. § 36.309(b)(1)(i), the purpose of testing accommodations is to ensure, in a reasonable manner, that the "examination results accurately reflect the individual's aptitude or achievement level or whatever other factor the examination purports to measure, rather than reflecting the individual's impaired sensory, manual, or speaking skills (except where those skills are the factors the examination purports to measure)".