

# TELEHEALTH

## GUIDANCE FOR NORTH CAROLINA CARE

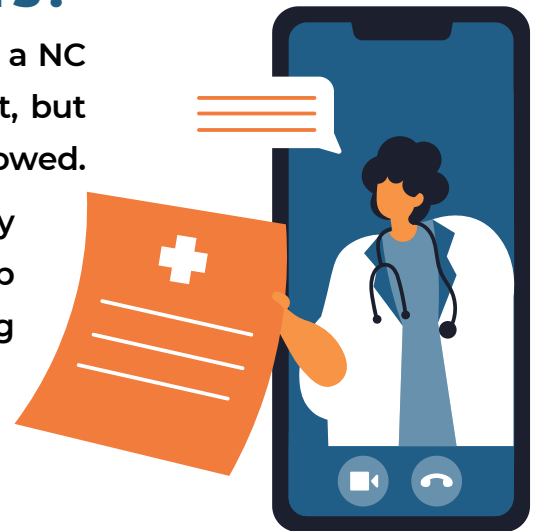
### CAN I PROVIDE TELEMEDICINE TO PATIENTS OUT OF STATE?



The policy guidance of the North Carolina Medical Board to licensees practicing telemedicine is that the practice of medicine occurs in the state where the patient is located.<sup>1</sup> If providing medicine to patients in North Carolina, the provider should be licensed in North Carolina. If a North Carolina licensee is intending to practice medicine using telehealth technology, they should check with the licensing board in the state where the patient is located.<sup>2</sup> Most states require medical providers to be licensed where the patient is located.

### ARE THERE EXEMPTIONS FOR OUT-OF-STATE PHYSICIANS CARING FOR NORTH CAROLINA PATIENTS?

- Provider to provider consultations across state lines where a NC licensee remains responsible for the care of the NC patient, but an out-of-state provider consults “on a irregular basis” is allowed.
- <sup>3</sup> Episodic follow up care in which the patient is temporarily located in North Carolina but has an established relationship with an out-of-state provider (i.e. the patient is attending college or is vacationing in North Carolina) is allowed.<sup>4</sup>



### WHAT ARE THE RULES FOR PRESCRIBING VIA TELEMEDICINE?

The North Carolina Medical Board expects proper prescribing and monitoring of controlled substances. Patient encounters conducted exclusively through telemedicine may not be deemed suitable. However, prescribing medications via telemedicine is at the professional discretion of the licensee, as long as it is in accordance with state and federal laws and the standards of practice.<sup>5</sup>

1. North Carolina Medical Board Position Statement, 5.1.4: Telemedicine  
2. North Carolina Medical Board Position Statement, 5.1.4: Telemedicine  
3. North Carolina Medical Board Position Statement, 5.1.4: Telemedicine  
4. North Carolina Medical Board Position Statement, 5.1.4: Telemedicine  
5. North Carolina Medical Board Position Statement, 5.1.4: Telemedicine