

NORTH DAKOTA BOARD OF MEDICINE

October 2023 News Blast

North Dakota Board of Medicine

4204 Boulder Ridge Rd Ste 260

Bismarck, ND 58503

(701) 450-4060

[2024 Meeting Schedule](#)

January 26, 2024

April 26, 2024

July 26, 2024

October 25, 2024

A MESSAGE FROM THE CHAIR

The Board met October 26 and 27, 2023, for its regularly scheduled, in-person meeting. Approximately half of the members were forced by weather to attend virtually, but the Board was able to conduct its business. We welcome our new Board members: Dr. Bree Dewing, Dr. Troy Pierce, Lezlie Link ND, Grant Lannoye PA-C and public members Stephanie Barth and Barbara Andrist. Their biographical information is below and we appreciate their willingness to serve the people of North Dakota.

I encourage you to review the information in this News Blast regarding the changes being made to the Medical Practice Act following the 2023 legislative session. The Laws, Rules, and Legislation (LRL) Committee of the Board of Medicine and our Executive Director have worked hard to draft administrative rules which the Board has approved to go forward for implementation. There will be upcoming hearings and opportunities for public comment before the rules are finalized. The LRL Committee had also conducted several meetings to develop a formulary for use by naturopathic doctors as part of this process which will be implemented into the rules.

The Board's Professional Health Program Committee, members of the Finance Committee, and Executive Director have also worked with the North Dakota Professional Health Program (NDPHP) as we implement the new contract between the Board and the NDPHP. This process should help us continue to support the NDPHP to carry out their mission to support our licensees and medical/PA students affected by physical and mental health conditions which could impact their ability to practice safely in our state. The Board is unwavering in its commitment to supporting this mission. I urge anyone who has concerns about substance use disorder, mental health issues or burnout—for yourself or a colleague—to contact the NDPHP. Voluntary participation in this program is confidential. As a Board, we feel strongly that the NDPHP has the potential to prevent a professional who is currently struggling from becoming a professional who is a danger to self or patients or who is going to come before the Board for discipline.

The dates for the 2024 North Dakota Board of Medicine meetings are posted on the website and this News Blast. The Board will meet virtually for the January and July meetings and in person for the April and October meetings. We wish you all a safe and happy holiday season.

Best Regards, Catherine Houle, MD
Chair, North Dakota Board of Medicine

WELCOME NEW BOARD MEMBERS

Six new Board members joined the North Dakota Board of Medicine with terms starting on August 1, 2023. The Board is pleased to introduce:



Stephanie Barth. Ms. Barth is the Vice President, Chief Accounting Officer and Controller for MDU Resources Group, Inc. (MDU). She earned a Bachelor of Accountancy degree from the University of North Dakota. Ms. Barth is a CPA and worked in public accounting briefly before joining the MDU family of companies where she has held various positions of increasing responsibility over the past 27 years. In her free time, Ms. Barth enjoys spending time with her family and friends, spending time on the pontoon on the Missouri River, and being active outdoors.

Barb Andrist. Graduating from Augustana College, Sioux Falls, SD with a BA in nursing in 1976, I worked briefly as an OB/GYN and NICU nurse in Yankton, SD. My love for public health was fulfilled beginning in 1977 until retirement in 2017. Receiving my master's in public health nursing in 1987 enriched my career in administration, teaching and state public health policy. I've worked in Yankton, SD; Rochester, MN; Upper Missouri District Health Unit out of Williston, ND and Bismarck, ND. In 2020 I came out of retirement to work for the ND State Health Department's school Covid response team. Retirement has kept me busy with our three sons' families – 7 grandchildren spanning 2-15 years old. My husband, Steve and I enjoy gardening, walking/hiking, golfing, and discussing current affairs. Sewing, cleaning (yes cleaning), reading, cooking plant-based meals, watching high school football, and advocating for my 92-year-old mother - keep me happy.



Bree Dewing, M.D., FACS, FASMBS, is a board certified general and bariatric surgeon who has practiced at Sanford Health in Bismarck for 11 years. She completed her surgical training at the University of North Dakota prior to returning to her hometown of Bismarck. Her practice entails a wide variety of surgical procedures including advanced laparoscopic and robotic surgery. She is a fellow of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery. She is currently the Chief of Surgery at Sanford Health in Bismarck and has been a member of numerous medical staff committees and the Physician Executive Council since 2013. She has also served on the Council of Governors for Sanford Health Enterprise. She is a Clinical Assistant Professor of Surgery at the UND School of Medicine and Health Sciences and has served as the Surgical Clerkship Director for the Bismarck Campus. In her free time, Dr. Dewing enjoys spending time with her husband and family working on their ranch where they raise black angus cattle and showing their American Quarter Horses.

Grant Lannoye, PA-C, has been practicing in Cando at Towner County Medical Center since 2015. He graduated from the University of South Dakota with his Master's in Physician Assistant Studies and prior to that obtained his Bachelor's in Radiologic Sciences at NDSU. He practices in the clinic, ED, hospital, and nursing home. He has a passion for treating substance use disorder and serves as the Director of Medical Services for the Heartview Foundation at the Cando location. Grant also sits on the North Dakota Association of Physician Assistants Board as the Director at Large. Grant grew up on a farm near Penn, ND, and recently relocated to a farmstead outside of Cando. During his off time, he enjoys hunting, fishing, archery, staying active with his children and wife, woodworking, and volunteering as a local firefighter.



Troy Pierce, MD, FAAOS, FASSH, is a native North Dakotan, who is a board-certified orthopedic surgeon with fellowship training in hand and microvascular surgery practicing in Bismarck at the Bone and Joint Center for the last 26 years. Dr. Pierce was Chair of Surgery at St. Alexius for 14 years and currently serves on several committees. He is a proud U.S. Army veteran of 16 years that served several deployments for Operation Enduring Freedom after 9/11. He is a fellow of the American Association of Orthopaedic Surgeons and of the American Society for Surgery of the Hand. In Dr. Pierce's leisure time, he enjoys hunting, fishing, golfing, and spending time with his family, including his four grandchildren.

Lezlie Link, ND, RN, BSN graduated from Southwest College of Naturopathic Medicine and Health Sciences in Tempe, AZ, in 2009 and went on to complete a family practice residency program with the college. She was appointed by Governor Dalrymple, to create the North Dakota Board of Integrative Healthcare, of which she was the chairperson. She has been licensed to practice naturopathic medicine in North Dakota since the license inception in 2011. In 2012, Dr. Glen Hyland and Dr. Link opened Core Health Strategies, an integrative medical office located in Bismarck, ND. Core Health Strategies provides an integrative, patient centered approach to health care. Dr. Link is a North Dakota native, born and raised in Bismarck. She enjoys spending time outdoors skiing and snowboarding with her husband and two kids.



OCTOBER MEETING HIGHLIGHTS

At the October 27, 2023, meeting, the North Dakota Board of Medicine approved 132 Physician licenses which included three licenses granted after interviews, 2 Resident Physician licenses, 23 Physician Assistant licenses including one license issued after interview, and 21 Genetic Counselor licenses. 22 Letters of Qualifications for State of Principal Licensure and 159 non-principal licenses were issued through the Interstate Medical Licensing Compact.

The Board received reports from Investigative Panel A and Investigative Panel B regarding the number of complaints reviewed and acted upon. The combined reports showed that a total of 41 cases were reviewed: 1 case was referred for formal disciplinary action; 2 Stipulations and Orders were approved for formal discipline, 2 Confidential Letters of Concern were authorized; 5 cases were held over for further review; and all other cases were dismissed, or no further action taken.

The North Dakota Professional Health Program provided a presentation and updates as it moves forward with becoming accredited with the Federation of State Professional Health Programs and to implement the requirements of the new contract between the two entities.

The Board received updates from its respective committees. The LRL committee brought forth amendments to North Dakota Administrative Code title 50 which included updates to implement Senate Bills 2115 and 2221.

Notable changes to incorporate [S.B. 2115](#) include:

- Updating the rules to recognize moving from a one to two-year licensure system;
- Implementing a record retention requirement;
- Updating penalty fees for failure to fill out an IMLC addendum questionnaire, practicing without a license, sanctions for providing false or deceptive information on an application or renewal, and failure to comply with CME requirements; and
- Updating CME requirements to recognize that those that are board certified will not be required to submit CME hours in North Dakota.

Notable changes to incorporate [S.B. 2221](#) include:

- Moving administrative rules on naturopaths out of the Board of Integrative Health article 112-02 and into the Board of Medicine's article 50-06;
- Changing the initial licensure fee from \$550 to \$400;
- Updating renewal requirements to allow for a grace period of two years to renew an expired license without needing to submit a new application;
- Recognizing that naturopaths are not allowed to perform any intraarticular injection or intraspinal injection and that any compounding must be done following USP regulations and specifications;
- Outlining the steps to obtain an endorsement to prescribe pursuant to the formulary including qualifications of a supervising physician; and
- Implementing a formulary allowing for prescriptions of specified non-legend drugs and testosterone for certain categories and indications with some restrictions on administration.

The Board approved the draft administrative rules. The Board will now go through the requirements of the Administrative Rule procedure to implement the rules. A public hearing will be held on the rules on December 6, 2023,

at 9:00 at the Board office in Bismarck, North Dakota. Written comments may be submitted to the Board office until December 16, 2023. A copy of the proposed [Administrative Rules](#) are available for review on the Board's website. Further information on the [Notice](#) of the Rules are also found on the Board's website – www.ndbom.org – on the [News page](#).

A MESSAGE FROM THE NDPHP

Balance—it is defined as “an even distribution of weight enabling someone or something to remain upright and steady.” In order to care for ourselves and feel “upright and steady,” we need to embrace self-care. In this season of demands, expectations, traditions, and excesses, we encourage you to consider how you care for yourself and others by practicing moderation and balance. This combats stress and burnout and allows you to feel more in control of your life.

The holiday season can bring even more stressors to your life as you try to navigate it, and often taking care of yourself always ends up last. How do we achieve this? At least once a day, put yourself first. This means carving out 10-30 minutes each day just for yourself. In this day and age, that could be a luxury. Some ways to achieve this might include:

- Journaling—Take a few minutes at the end of each day to reflect on your day, your expectations, your connections, etc.
- Gratitude journaling—what are you grateful for? This is a great way to focus on the positives in your life.
- Adding to your playlist and blasting it in your car on your way to work.
- Scheduling play time—how about considering the Santa Run or the Jingle Run?
- Pack a healthy nutritious lunch instead of cafeteria—there are healthy freezer meals to keep on hand.
- Learn to say “no”. Practice this—for some of us this is difficult—we want to make everyone happy.
- Take a break outside—in ND that is sometimes difficult, but it is even more critical for us to try and expose ourselves to sunshine.
- Plan something for yourself to look forward to—a meal out, a warm getaway, reading a book, etc.
- Get comfortable—pull out those comfy sweaters and comfortable pants—comfort is more important than stylin’.
- Connect with others—this can be done through email, stopping in the hallway to say hello, sending a short card, actually calling on the telephone (remember those days??).
- Remake your work environment—add decorations, photos, posters, something which makes you calm, happy, relaxed, excited.
- Get organized—sometimes just organizing one piece of your life can give a sense of control and well-being. This can include your mail, bills, documentation, sock drawer!
- Review your expectations—are they reasonable, are they achievable? Sometimes we take on the expectations of others which just simply cannot be achieved and set ourselves up for failure, feelings of inadequacy, when it wasn't even reasonable.
- Stay focused. Stay in the “here and now”. It is easy to let our minds wonder and start to fret over “what I should be doing” instead of “what am I doing now”.

Think MODERATION. This is a time of excess which can lead to devastating consequences. Before you partake, PLAN, think about moderation. This applies to shopping, eating, drinking, gambling, sex. If you go to excess—reset. Learn from the experience and make changes. Talk to someone you trust about it. Get a sponsor or buddy to give you support.

[Reach out to NDPHP.](#)

Sincerely, Beth Stroup-Menge, Interim Director, and Dr. Melissa Henke, Medical Director - NDPHP

REMINDER: NDBOM Launches New Website

The NDBOM is pleased to announce the unveiling of its new website at www.ndbom.org. We hope you find the website's updated features and content helpful. A reminder – if you have not yet done so – please visit the site to “register.” Throughout the website – including under Practitioners on the Home Page – or in the Quick Links on the bottom of the page – is “[Current Licensees and Applicants – Register for Dashboard](#).” This link will provide you with detailed instructions on registering which include entering your current core credentials and then creating a username and password. This will take you to your own, unique dashboard. In this dashboard are numerous resources at your fingertips depending on your license which include – updating contact information, printing licenses, seeing the status of your application and license, etc. This is also the portal that you will use to renew your license at the appropriate time. After you register, you can access your portal by logging into the [Licensee Dashboard](#) found throughout the website.

If you have any questions or issues, please do not hesitate to contact us through the [Contact Us](#) form located at the bottom right corner of the website.

NEWS

AMA – Code of Ethics

The American Medical Association recently launched a new website – making it easier to find guidance on medical ethics. To view the website, visit <https://code-medical-ethics.ama-assn.org/>.

Scam Calls Targeting Licensees

The Board is aware of numerous scam calls to licensees posing as law enforcement officers, agents of the Federal Bureau of Investigation (FBI) and U.S. Drug Enforcement Administration (DEA), or Board staff. The scammers attempt a myriad of tactics in an attempt to extort money from licensees. For example, scammers, posing as law enforcement will attempt to say there is a warrant for your arrest. Scammers posing as DEA agents or Board staff attempt to say that your license or authority to prescribe controlled substances is suspended. The scammers then provide an “Agreement” that if a bond of \$25,000.00 is paid, the license would be reinstated.

The scammers' phone number may show up as the Board's number (701) 450-4060, or, if posing as law enforcement, they may impersonate actual law enforcement officers using their real names.

Please note, law enforcement officers, DEA agents, and Board staff will never contact licensees by telephone to demand money or any other form of payment. If you receive one of these calls, refuse the demand for payment, and hang up. If the caller insists that they speak with you, tell them you will call them back directly. Do not call back a different number provided by the scammers, instead, call the Board office directly at (701) 450-4060.

If the caller is stating they are from the DEA, consider reporting the threat using the [DEA's Extortion Scam Online Reporting form](#).

If the phone number of the caller appears to be the Board's number, you may submit an online complaint with the Federal Communications Commission (FCC) using the [FCC's Consumer Complaint form](#).

Refer a Child to with Make-A-Wish® North Dakota

At Make-A-Wish North Dakota, we create life changing wishes for children ages 2 ½ to 18 years old who have a critical illness that puts their life in jeopardy. Medical professionals are one of our main referral sources to connect children with

their wish come true. If you know a child with a critical illness, we invite you to refer them today by visiting md.wish.org. In addition to our referral form, you will also find our medical guidance sheets regarding eligibility within sub-specialty departments. Thank you!

DEA Removes Waiver Requirement to Prescribe Buprenorphine

The Consolidated Appropriations Act of 2023 was signed by Congress on December 29, 2022, removing the federal requirement for practitioners to submit a Notice of Intent (have a waiver) to prescribe medications, such as buprenorphine, for the treatment of opioid use disorder (OUD). Instead, all prescriptions for buprenorphine only require a standard DEA registration number. The Act also introduced new training requirements for all prescribers which will go into effect June 21, 2023. Additional information on these requirements will soon be available from the DEA. For more information, please visit [SAMHSA - Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov).

CDC: Updated Guidelines for Prescribing Opioids for Pain

The Centers for Disease Control and Prevention (CDC) recently released updated and expanded recommendations for clinicians providing pain care for adult outpatients with short and long-term pain – replacing the guidelines released in 2016. The recommendations are intended to help clinicians work with their patients to ensure the safest and most effective pain care is provided by improving communication and empowering patients to make informed decisions. The Guidelines address determining whether to initiate opioids for pain, selecting opioids and determining opioid dosages, deciding duration of initial opioid prescription and conducting follow-ups, and assessing risk and addressing potential harms of opioid use. The updated guidelines are found on the CDC website: [CDC Clinical Practice Guideline for Prescribing Opioids for Pain](https://www.cdc.gov/practice/guidelines/pain/).

Medicaid requires PDMP checks

A new federal law went into effect on October 1, 2021, which requires all health care providers to check the PDMP for a Medicaid enrollee's prescription drug history before prescribing controlled substances to the enrollee. If you have any questions regarding the new requirements or regulations, please contact Brendan Joyce at the North Dakota Department of Human Services (bjoyce@nd.gov).

NDBOM Collaboration with ACCME

Physicians can now have CME providers report CME credit for North Dakota licensees directly to the ACCME Program and Activity Reporting System (PARS). All that is required of physicians is to request your CME provider to report your attendance. A report is then submitted to the Board certifying attendance. This will streamline CME audits, allowing physicians to utilize the ACCME database instead of self-reporting individual CME during an audit. Physicians may also create their own account at the ACCME's CME Passport: <https://www.cmepassport.org> which will allow you to find available CME, track what CME credits have been reported by providers, and generate a transcript of your credit that can be sent directly to the Board. To learn more, please access the ACCME website at <https://www.accme.org/state-medical-licensing-boards-collaboration>. For more information on the CME Passport, please access: <https://accme.org/about-cmepassport>.

INFORMATIONAL LINKS:

CDC's Clinical Practice Guidelines for Prescribing Opioids 2022:

<https://www.cdc.gov/media/releases/2022/p1103-Prescribing-Opioids.html>

Interstate Medical Licensing Compact:

<https://www.imlcc.org>

FBI Information on Wire Fraud Scheme against Health Care providers:

<https://files.constantcontact.com/4487d704801/038c165a-5863-4b69-8630-b461754c7cc7.pdf>

