

NORTH DAKOTA BOARD OF MEDICINE

SPECIAL MEETING

December 18, 2023

The Zoom meeting was called to order at 3:00 p.m. via Zoom. Attending the meeting:

Catherine Houle, MD – Chair
Misty Anderson, DO
Barbara Andrist
Lacey Armstrong, MD
Stephanie Barth
Bree Dewing, MD
Zena Homan, MD
Justin Horner, MD
Mandi Johnson, MD
Robert Kemp, MD
Grant Lannoye, PA
Jay Metzger, PA
Troy Pierce, MD
Michael Quast, MD

Absent: Lezlie Link, ND

Also present: Sandra DePountis, executive director; Lynette McDonald, deputy executive director; Allyson Hicks, general counsel; and Donna Thronson, NDMA.

The Board convened to review comments to its proposed changes to North Dakota Administrative Code Title 50.

The first comment reviewed was solicited from the North Dakota Board of Pharmacy to clarify naturopathic doctor compounding practices – with further clarification received from General Counsel Hicks:

2. A naturopath may prepare and administer for immediate use vitamins, minerals, amino acids, and homeopathic remedies in accordance with naturopathic medical training through intradermal, intramuscular, or subcutaneous injection, or, if the naturopath holds the required endorsement, through intravenous therapy. Any injectable therapies should be prepared in accordance with USP 797 standards for immediate use. Substances administered by injection or intravenous therapy must be manufactured and supplied by

a manufacturer or outsourcing facility required to register with the United States food and drug administration or compounded pursuant to a prescription by a pharmacy licensed by the state department of health board of pharmacy. ~~Any compounding must be done following USP regulations and specifications.~~

Dr. Anderson made a motion to approve the proposed language, seconded by Dr. Quast, the motion passed unanimously by roll call vote.

A second comment was received from Dr. Erik Heitkamp, requesting the Board to consider requiring Naturopathic Doctors to receive specific training from a Board-Certified Endocrinologist before being able to prescribe testosterone. The full comment provides:

Good morning,

I am writing to address a concern I have with Naturopathic Doctors (ND) prescription authority in the current proposed formulary. I would ask the Board of Medicine to consider a small adjustment when authorizing Naturopathic doctor's prescriptive rights for testosterone. This particular hormone is highly regulated for good reason and one that, as a practicing internist/hospitalist, I rarely start myself. I would usually recommend consultation with an Endocrinologist first before prescribing. Rarely is there a need to start this medication urgently and thus there is time for patients to get an endocrinology evaluation.

I have many reservations about NDs prescribing this particular medication noting it is highly effective at hormonal regulation given how potent it is, even at low doses. We discuss in great detail with patients the care that needs to be taken when using these medications, especially topical formations, and the effects it can have should it get into the wrong hands (children, young adults, etc). It happens to also be a highly sought after medications for many middle age men, whether medically indicated (per westernized medical practices) or not. I do not feel the State of North Dakota has a clear reference or third-party regulatory board that can be used to confirm national practice or protocols by NDs. I would be concerned that if not prescribed by any general practitioner, patients may seek an ND provider to prescribe, as this is something advertised by NDs on their websites in other states, which is otherwise not medically indicated based on traditional westernized medical practices. I am concerned this would not follow that same procedure or protocol that synthetic testosterone replacement was developed for which may result in behavioral changes within patients (specifically men whom have normal testosterone levels or would not be recommended for hormone replacement traditionally, inadvertent exposure to unintended patrons, etc).

My ask: Please consider making it mandatory that if NDs wish to prescribe testosterone in the great state of North Dakota, it would be required that they follow and get approval from a Board-Certified Endocrinologist, rather than any general practitioner. I feel this is the correct step to ensure proper training and oversight by a hormone specialist to reduce or prevent inadvertent harm to the patrons of North Dakota.

Thank you,

Erik Heitkamp

Internist/Hospitalist

Attorney Hicks provided her legal analysis to the Board that the law under North Dakota Century Code section 43-58-08.1 does not authorize the Board to put into rule additional requirements for the prescription of testosterone. This would instead need to be a law change

and a comment for the legislative assembly to consider, but not something the Board could adopt in rule. Being outside the scope of the Board's authority, Dr. Kemp made a motion to leave the language as is, seconded by Dr. Johnson, the motion passed unanimously by roll call vote. (Due to technical issues, Dr. Dewing did not participate in this vote).

The meeting was adjourned at 3:15 p.m.

Sandra DePountis

Sandra DePountis
Executive Director