

TENNESSEE BOARD OF MEDICAL EXAMINERS
POSITION STATEMENT
HORMONE REPLACEMENT THERAPY

The purpose of this policy is to provide guidance to licensed prescribing practitioners who determine that the use of hormone replacement therapy is medically appropriate for a patient.

If a licensed prescribing practitioner during the course of treatment of, and in consultation with, a patient determines that hormone replacement therapy is an appropriate course of action, the Board of Medical Examiners, after consultation with the Board of Osteopathic Examinations, Board of Nursing and the Committee on Physician Assistants believes that the initiation of such therapy must be based on accepted scientific knowledge and sound clinical grounds. Before initiating hormone replacement therapy, a licensed prescribing practitioner **MUST:**

(a) Take special care to properly educate his/her patient. Patient education is the process of influencing patient behavior and producing the changes in knowledge, attitudes and skills necessary to maintain or improve health. Patient education is critically important because evidence suggests that counseling and patient education provides substantial benefits. Providing patients with complete and current information helps create an atmosphere of trust, enhances the healthcare provider-patient relationship and empowers patients to participate in their own health care. Effective patient education also ensures that patients have a sufficient level of knowledge and understanding, which allows them to make informed decisions regarding their care.

(b) Conduct an initial evaluation of the patient which shall be recorded by the licensed prescribing practitioner (practicing within his/her scope of practice) **prior** to the initiation of hormone replacement therapy. Such evaluation should include an appropriate physical and complete history; appropriate tests; diagnosis; proper indication for the use of the therapy and appropriate medical referrals as indicated by the physical, history, testing and diagnosis; all in accordance with general medical standards of care. Relative contraindications to the use of hormone replacement therapy should be addressed prior to prescribing or dispensing and the patient must be counseled about the risks and benefits associated with the planned therapy and the consultation must be recorded in the patient's chart. Further, it is expected that the licensed prescribing practitioners will monitor the patient's response to therapy based on follow-up visits to assess the effectiveness of the therapy, manage any complications that flow there from, and document the rationale for continuing or modifying the therapy.

(c) Document in the patient's medical chart an informed consent wherein the patient is fully informed about the risks and benefits of the planned therapy sufficient to allow the patient to participate in making choices about his/her health care. The Board adopts **Opinion 8.08** of the "Code of Medical Ethics" published by the A.M.A. Council on Ethical and Judicial Affairs as it may, from time to time be amended, relative to informed consent.

(d) Insure the adequate medical supervision of allied healthcare providers who are practicing within their scope of practice and pursuant to protocols jointly developed and in accordance with existing statute and rules. Supervision as applied to certified nurse practitioner/prescription writers and physician assistants is governed by Medical Board rules Chapter 0880-6 and 0880-2-.18 respectively.

(e) Advertise hormone replacement therapy in a manner consistent with Tenn. Code Ann. Sect. 63-6-214 (b) (3), (8), and (9) Rule 0880-02-.13 of the Rules and Regulations that Govern the Practice of Medicine.

If a licensed prescribing practitioner fails to abide by the guidance contained herein, he or she may be subject to disciplinary action by the appropriate health-related board with jurisdiction over his/her professional license.

Adopted by the Board of Medical Examiners on this the 24th day of January 2012.

Michael Zanolli, M.D., Vice-President
Tennessee Board of Medical Examiners