

**POLICY STATEMENT**  
**TENNESSEE STATE BOARD OF MEDICAL EXAMINERS**

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**POLICY: PRESCRIBING FOR ONESELF AND ONE'S FAMILY**

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The Tennessee Board of Medical Examiners adopts the following guidelines as policy for self-prescribing and for one's immediate family. For purposes of this policy, "immediate family" means a spouse, parent, child, sibling or other individual in relation to whom a physician's personal or emotional involvement may render that physician unable to exercise detached professional judgment in reaching diagnostic or therapeutic decisions. Records shall be maintained of all treatment.

**Self-Prescribing**

- 1) A physician cannot have a bona fide doctor/patient relationship with himself or herself. Therefore, except in emergency situations, a physician shall not prescribe, dispense, administer or otherwise treat himself/ herself.
- 2) Prescribing, providing, or administering of any scheduled drug to oneself is prohibited.

**Immediate Family**

- 1) Treatment of immediate family members should be reserved only for minor, self-limited illnesses or emergency situations.
- 2) No scheduled drugs should be dispensed or prescribed except in emergency situations.

**Supervisee Treatment**

- 1) Unless there is an established provider-patient relationship, including a chart, prescribing by supervisees to the physician or family members of the supervising or collaborating physician could give the appearance of coercion and be considered unprofessional conduct. This behavior could result in disciplinary action on the physician's license.
- 2) No scheduled drugs should be dispensed or prescribed except in emergency situations.

**Originally adopted by the Board of Medical Examiners on this 21st day of January, 1997 and revised May 24, 2017, and May 23, 2018.**

