



# Alabama Board of Medical Examiners

## PRESCRIBING

The privilege of prescribing controlled substances in Alabama comes with the immense responsibility to protect the patient's safety as well as that of the public by preventing misuse and diversion.

**540-X-4-.06** Requirements for prescriptions for controlled substances

**540-X-4-.05** Dispensing physicians must register with Board

**540-X-4-.04** Recordkeeping and inventory requirements for physicians

### REQUIRED CME FOR ALABAMA CONTROLLED SUBSTANCES CERTIFICATE (PHYSICIANS)

Two credits of AMA PRA Category 1 Credit™ in controlled substances prescribing every two years. The education must include:

- controlled substances prescribing practices
- recognizing signs of abuse or misuse, or
- prescribing for chronic pain management

### Contact with patients before prescribing

Board Rule 540-X-9-.11 states the policy of the Board concerning performing physical exams before prescribing medications to a patient.

When possible, the prescriber should personally examine the patient. The prescriber should make an informed medical judgment based on appropriate history, the circumstances, and the prescriber's training and experience.

### Prescribing for Weight Loss

Board Rules, Chapter 540-X-17, provides guidelines and standards for the use of controlled substances for weight reduction.

A prescription or order must be signed on the date the medication is dispensed or the prescription given to the patient. These prescriptions may not be called in to a pharmacy. The prescribing/ordering physician must be present at the facility at the time of the prescription or order.

### Risk and Abuse Mitigation Strategies

Board Rule 540-X-4-.09 states the guidelines and standards for mitigating the risks of addiction, misuse, and diversion.

The guidelines apply to the prescribing of all controlled substances for all reasons, with specific requirements with regard to opioids and benzodiazepines.

## EXAMPLES OF RISK AND ABUSE MITIGATION STRATEGIES



Pill counts



Consideration of abuse-deterrent medications



Urine drug screening



Using validated risk-assessment tools



PDMP checks



Monitoring patient for aberrant behavior



**A prescriber may prescribe a legend drug, medical supplies, or a controlled substance via telehealth if the prescriber is authorized to do so under state and federal law. Be sure to review the requirements for prescribing controlled substances via telemedicine.**

This information sheet is a summary of Board guidelines. Please refer to the complete guidelines at [www.albme.gov](http://www.albme.gov), or scan the QR code.

