

**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:

**Self-Prescribing**

- 1) A physician cannot have a bona fide doctor/patient relationship with himself or herself.
- 2) Only in an emergency should a physician prescribe for himself or herself schedule IV drugs.
- 3) Prescribing, providing, or administering of schedule II and III drugs to himself or herself is prohibited.

**Immediate Family**

- 1) Treatment of immediate family members should be reserved only for minor illnesses or emergency situations.
- 2) Appropriate consultation should be obtained for the management of major or extended periods of illness.
- 3) No schedule II, III or IV controlled substances should be dispensed or prescribed except in emergency situations.
- 4) Records should be maintained of all written prescriptions or administration of any drugs.

**Adopted by the Board of Medical Examiners on this 21st day of January, 1997.**

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**Oscar M. McCallum, M.D., President**  
**Tennessee Board of Medical Examiners**

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**NOTE**

The above policy was taken verbatim from guidelines adopted by the Virginia Board of Medicine and printed in their fall 1996 "Board Briefs". We express our appreciation and acknowledge their authorship.

