



NORTH CAROLINA

What is the definition of “telemedicine” or “telehealth”?

North Carolina’s Medical Board defines “telemedicine” as “the practice of medicine using electronic communication, information technology or other means between a licensee in one location and a patient in another location with or without an intervening health care provider.”

[North Carolina Medical Board, *Position Statement: Telemedicine \(amended Nov. 2014\)*.](#)

The North Carolina Medicaid Health Choice Manual states the following:

Telemedicine is the use of two-way real-time interactive audio and video between places of lesser and greater medical capability or expertise to provide and support health care when distance separates participants who are in different geographical locations. A beneficiary is referred by one provider to receive the services of another provider via telemedicine.

[North Carolina Division of Medical Assistance, *Medicaid and Health Choice Manual, Clinical Coverage Policy No: 1H, 1.1.1 \(Oct. 1, 2015\)*.](#)

When used to conduct follow-up protocols for screened newborns who have been diagnosed with congenital heart defects, the term “telemedicine” is defined as “the use of audio and video between places of lesser and greater medical capability or expertise to provide and support health care when distance separates participants who are in different geographical locations.”

[N.C. GEN. STAT. § 130A-125\(b2\)\(1\).](#)

What is the definition of “telemental,” “telebehavior,” and “telepsychiatry”?

“Telepsychiatry is the use of two-way real-time interactive audio and video between places of lesser and greater psychiatric expertise to provide and support psychiatric care when distance separates participants who are in different geographical locations. A beneficiary is referred by one provider to receive the services of another provider via telepsychiatry.”

[North Carolina Division of Medical Assistance, *Medicaid and Health Choice Manual, Clinical Coverage Policy No: 1H, 1.1.2 \(Oct. 1, 2015\)*.](#)



NORTH CAROLINA

SOCIAL WORKERS

What are the restrictions on the scope of practice for social workers practicing via telemedicine/telehealth?

The North Carolina Social Worker Certification and Licensure Act defines “clinical social work practice” as “the professional application of social work theory and methods to the biopsychosocial diagnosis, treatment, or prevention, of emotional and mental disorders. Practice includes, by whatever means of communications, the treatment of individuals, couples, families, and groups, including the use of psychotherapy and referrals to and collaboration with other health professionals when appropriate. . . .”

[N.C. GEN. STAT. § 90B-3\(6\).](#)

The North Carolina Social Work Certification and Licensure Board has released a position statement for social workers practicing telehealth remotely:

As the definition of general social work practice and clinical social work practice in North Carolina includes the phrase ‘by whatever means of communications,’ it is the position of the Board that technology facilitated services are one of several means of providing professional services, and as such, remain fully subject to the statutes and rules governing social work practice as outlined in N.C.G.S. § 90B and Title 21, Chapter 63 of the NC Administrative Code.

[North Carolina Social Work Certification & Licensure Board, Position Statement on Technology Facilitated Services \(amended Feb. 2, 2017\), at 1.](#)

Are there any licensing requirements specific to telemedicine/telehealth (e.g., requirements to be licensed in the state where the patient is located)?

A social worker is responsible for ensuring that the following practice consideration is addressed: “Compliance with regulatory/licensure requirements for the jurisdiction in which the social worker provides services *as well* as the jurisdiction in which the client receives services.”

[North Carolina Social Work Certification & Licensure Board, Position Statement on Technology Facilitated Services \(amended Feb. 2, 2017\), at 2.](#)



NORTH CAROLINA

What are the acceptable modalities (e.g., telephone, video) for the practice of social work via telemedicine/telehealth that meet the standard of care for the state?

The North Carolina Social Work Certification and Licensure Board describes a very broad set of acceptable modalities:

“While [technology facilitated services] applies to more mature technologies (such as telephone and facsimiles) this position statement expands to address the use of recent and emerging technologies, such as telepractice, electronic therapy, distance therapy, electronic supervision, Web-conferencing, Video-conferencing, Webcasts, etc.”

[North Carolina Social Work Certification & Licensure Board, Position Statement on Technology Facilitated Services \(amended Feb. 2, 2017\), at 1.](#)

COUNSELORS

What are the restrictions on the scope of practice for counselors practicing via telemedicine/telehealth?

The [North Carolina] Board [of Licensed Professional Counselors] considers that the practice of counseling occurs both where the counselor who is providing counseling services is located and where the individuals (clients) who are receiving services are located. In order for an individual to provide counseling services in North Carolina, that individual must be licensed by the North Carolina Board of Licensed Professional Counselors or be exempt under the Licensed Professional Counselors Act. On this basis, if an individual licensed in North Carolina renders services electronically to an out-of-state client, it is the responsibility of the counselor to ensure that the counselor is complying with the laws and rules in the other state.

[North Carolina Board of Licensed Professional Counselors, *Distance Counseling Policy* \(Feb. 2, 2017\).](#) ***In order to access this policy from the Board’s homepage, scroll down and select the icon entitled “Distance Counseling Policy.”***



NORTH CAROLINA

MARRIAGE/FAMILY THERAPISTS

What are the restrictions on the scope of practice for marriage/family therapists practicing via telemedicine/telehealth?

Updated link: [North Carolina Marriage & Family Therapy Licensure Board, Position Statement: Provision of Services via Electronic Means \(Aug. 30, 2012\).](#)

Are there any licensing requirements specific to telemedicine/telehealth (e.g., requirements to be licensed in the state where the patient is located)?

Updated link: [North Carolina Marriage & Family Therapy Licensure Board, Position Statement: Provision of Services via Electronic Means \(Aug. 30, 2012\).](#)

ADVANCED PRACTICE REGISTERED NURSES (APRNs)

What is the regulatory body in the state that governs the practice of advanced practice nursing?

In North Carolina, an “Advanced Practice Registered Nurse” or “APRN” is a collective term for (1) nurse practitioners, (2) nurse anesthetists, (3) nurse midwives, and (4) clinical nurse specialists. These practitioners are regulated by the following state agencies:

- Nurse Practitioners: a Joint Subcommittee of the [North Carolina Medical Board](#) and [North Carolina Board of Nursing](#)
- Nurse Anesthetists: [North Carolina Board of Nursing](#)
- Nurse Midwives: [North Carolina Midwifery Joint Committee](#)
- Clinical Nurse Specialists: [National Association of Clinical Nurse Specialists](#) (“National CNS certification is required if one wishes to be recognized as a CNS by the NCBON. Recognition as a CNS by the NCBON is required to practice as a CNS in the state.”)

What are the restrictions on the scope of practice for APRNs practicing via telemedicine/telehealth?

The North Carolina Board of Nursing has released a position statement regarding “Telehealth/Telenursing” that addresses the scope of practice, but the position statement



NORTH CAROLINA

discusses the practice of telehealth by RNs/LPNs and does not specifically reference the practice of telehealth by APRNs.

[North Carolina Board of Nursing, *Position Statement: Telehealth/Telenursing* \(May 2016\).](#)

PRIVACY/CONFIDENTIALITY

Are there privacy/confidentiality requirements specifically related to telemental/telebehavioral/telepsychiatric health services?

When practicing telehealth counseling, the North Carolina Board of Licensed Professional Counselors states that “[i]t is necessary for counselors to use encrypted technology.”

[North Carolina Board of Licensed Professional Counselors, *Distance Counseling Policy* \(Feb. 2, 2017\).](#) ***In order to access this policy from the Board’s homepage, scroll down and select a phone icon entitled “Distance Counseling Policy.”***

For social work telehealth practice, the North Carolina Social Work Certification and Licensure Board requires:

“Confidentiality:

- a) Clear identification of what is confidential and the limits of confidentiality
- b) Knowledge of and adherence to HIPAA requirements
- c) Documentation adequate to meet professional responsibilities
- d) Security of confidential information transmitted and stored, including security software, potential risks, ethical considerations, data record storage, etc.”

[North Carolina Social Work Certification & Licensure Board, *Position Statement on Technology Facilitated Services* \(amended Feb. 2, 2017\), at 2.](#)