

BEFORE THE  
NORTH CAROLINA MEDICAL BOARD

In re: )  
)  
Moogali Manjappa Arvind, M.D., )                    CONSENT ORDER  
)  
Respondent. )

This matter is before the North Carolina Medical Board ("Board") regarding information provided to the Board concerning Moogali Manjappa Arvind, M.D. ("Dr. Arvind"). Dr. Arvind makes the following admissions, and the Board makes the following findings and conclusions:

STATUTORY AUTHORITY

The Board is a body duly organized under the laws of North Carolina and is the proper party to bring this proceeding under the authority granted to it in Article 1 of Chapter 90 of the North Carolina General Statutes and the rules and regulations promulgated thereto.

FINDINGS OF FACT

Dr. Arvind was first issued a license to practice medicine by the Board on or about July 19, 1997, license number 9700847.

At all times relevant hereto, Dr. Arvind practiced general medicine in High Point, North Carolina.

Dr. Arvind has a history with the Board including several complaints of inappropriate prescribing of controlled substances.

In 2016, the Board was notified by the Department of Health and Human Services based on the Board's Safe Opioid Prescribing Initiative of the death of two patients treated by Dr. Arvind. As a result of the Board's investigation, the Board requested that Dr. Arvind complete continuing medical education ("CME") on opioid prescribing and proper medical record documentation. Dr. Arvind completed the requested CME on April 16, 2018. Dr. Arvind was informed that if the Board received reports of similar conduct in the future, it might consider such conduct and all other relevant facts in deciding whether to take additional action against his license.

In September 2022, the Board received information from a law enforcement agent that Dr. Arvind's patient ("Patient A") had been charged with obtaining controlled substances by fraud after a pharmacist reported that Patient A had obtained the same controlled substance prescription from multiple pharmacies.

Patient A was a long-time patient of Dr. Arvind with a history of chronic pain syndrome affecting her back and neck, and Patient A received monthly prescriptions to control pain and treat anxiety.

Law enforcement and the Board's investigation revealed that Dr. Arvind had intended to prescribe Patient A a one-month prescription for 180 30 mg oxycodone tablets. Due to shortages of the medication and pharmacy policies, several prescriptions were called in at three different pharmacies. As a result, Patient A

filled three prescriptions for Oxycodone tablets at three different pharmacies as follows: (1) on June 30, 2022, at Pharmacy 1, oxycodone hydrochloride 30 mg 120 tablets; (2) on June 30, 2022, at Pharmacy 2, oxycodone hydrochloride 30 mg 180 tablets; and (3) on July 12, 2022, at Pharmacy 3, oxycodone hydrochloride 30 mg 180 tablets.

As a result of concerns regarding Dr. Arvind's prescribing practices, the Board obtained five patient records, including the records for Patient A, from Dr. Arvind and submitted the patient records to an independent reviewing expert. The reviewing expert found that Dr. Arvind's care for four of the five patients failed to conform to the standards of acceptable and prevailing medical practice.

The reviewing experts' criticisms included the following:

- (1) Dr. Arvind's records indicated a lack of comprehensive approach to pain management, which included failing to:
  - (a) evaluate patients with imaging;
  - (b) refer patients for behavior therapy;
  - or (c) use other modalities like physical therapy, interventional methods, blocks or injections for chronic pain;
- (2) Dr. Arvind failed to address aberrant urine drug screens that either did not show evidence of medications prescribed to the patient or showed evidence of illicit drug use by the patient;

- (3) Dr. Arvind concurrently prescribed both short and long acting opioids in combination with benzodiazepines, which is a high-risk combination that increases the risk of morbidity and mortality; and
- (4) Dr. Arvind's records were repetitive and did not document a detailed evaluation including the regular utilization of the North Carolina Controlled Substances Reporting System.

#### CONCLUSIONS OF LAW

Dr. Arvind's conduct, as described above, constitutes unprofessional conduct, including, but not limited to, a departure from, or the failure to conform to the standards of acceptable and prevailing medical practice, within the meaning of N.C. Gen. Stat. § 90-14(a)(6) which is grounds under that section of the North Carolina General Statutes for the Board to annul, suspend, revoke, condition, or limit Dr. Arvind's license to practice medicine or to deny any application he may make in the future.

#### PROCEDURAL STIPULATIONS

Dr. Arvind acknowledges and agrees that the Board has jurisdiction over him and over the subject matter of this case.

Dr. Arvind knowingly waives his right to any hearing and to any judicial review or appeal in this case.

Dr. Arvind, with the advice of legal counsel, acknowledges that he has read and understands this Consent Order and enters into it voluntarily.

Dr. Arvind desires to resolve this matter without the need for more formal proceedings.

The Board has determined that it is in the public interest to resolve this case as set forth below.

ORDER

NOW, THEREFORE, with Dr. Arvind's consent, it is ORDERED that:

1. Dr. Arvind shall comply with following terms and conditions:

a. Dr. Arvind shall complete an Intensive Category I Continuing Medical Education ("CME") Course in Controlled Substance Prescribing to be approved by the Board's Office of the Medical Director by contacting the Board's Monitoring Coordinator at [boardmonitoring@ncmedboard.org](mailto:boardmonitoring@ncmedboard.org) within six (6) months of the date of this Consent Order.

b. Dr. Arvind shall submit evidence of completion of the above required CME course to the Board's Monitoring Coordinator within five (5) days of completing the course.

c. Dr. Arvind, at his own expense, shall be monitored for a minimum of one (1) year by a monitoring agency approved by the Board's Office of the Medical Director by contacting the Board's Monitoring Coordinator. Monitoring shall begin within sixty (60) days of the date of this Consent Order and shall include, and not be limited to, patient chart reviews, office-visits, and quarterly reports provided to the Board pertaining to Dr. Arvind's compliance with the standards of acceptable and prevailing medical practice. The quarterly reports should be provided to the Board's Office of the Medical Director by emailing the Board's Monitoring Coordinator. Dr. Arvind shall cooperate fully with the approved monitor, including the timely payment of all fees required, and shall comply with the monitoring agreement and all recommendations made by the monitoring agency.

2. Dr. Arvind shall obey all laws. Likewise, he shall obey all rules and regulations involving the practice of medicine.

3. Dr. Arvind shall meet with the Board or members of the Board for an investigative interview at such times as requested by the Board.

4. Upon request, Dr. Arvind shall provide the Board with any information the Board deems necessary to verify compliance with the terms and conditions of this Consent Order.

5. If Dr. Arvind fails to comply with any of the terms of this Consent Order, that failure shall constitute unprofessional conduct within the meaning of N.C. Gen. Stat. § 90-14(a)(6) and shall be grounds, after any required notice and hearing, for the Board to annul, suspend, or revoke his license to practice medicine and to deny any application he might make in the future or then have pending for a license to practice medicine.

6. This Consent Order shall take effect immediately upon its execution by both Dr. Arvind and the Board, and it shall continue in effect until specifically ordered otherwise by the Board.

7. Dr. Arvind hereby waives any requirement under any law or rule that this Consent Order be served on him.

8. Upon execution by Dr. Arvind and the Board, this Consent Order shall become a public record within the meaning of Chapter 132 of the North Carolina General Statutes and shall be subject to public inspection and dissemination pursuant to the provisions thereof. Additionally, it will be reported to persons, entities, agencies, and clearinghouses as required and permitted by law including, but not limited to, the Federation of State Medical Boards and the National Practitioner Data Bank.

By Order of the North Carolina Medical Board this the 29th  
day of September, 2023.

NORTH CAROLINA MEDICAL BOARD

By: Christine Khandelwal, D.O.  
Christine M. Khandelwal, D.O., MHPE  
President Elect



Consented to this the 6<sup>th</sup> day of August, 2023.

Arvind  
Moogali Manjappa Arvind, M.D.

State of NC

County of GUILFORD

I, MOOGALI M. ARVIND, do hereby certify that Moogali Manjappa Arvind, M.D. personally appeared before me this day and acknowledged the due execution of the foregoing instrument.

Witness my hand and official seal this the 6<sup>th</sup> day of August, 2023.

Barisi B Poi  
Notary Public

(Official Seal)

My Commission Expires: 3/19/28

