

BEFORE THE
BOARD OF NATUROPATHIC MEDICINE
STATE OF OREGON

In the Matter of the License of:	Case No. 24-12-39
Dr. Rachel DelToro ND	NOTICE OF PROPOSED DISCIPLINARY ACTION
Licensee	AND OPPORTUNITY FOR HEARING

1.

The Board of Naturopathic Medicine (Board) is the State agency responsible for licensing, regulating, and disciplining naturopathic physicians in the State of Oregon, pursuant to Oregon Revised Statutes (ORS) chapter 685 and Oregon Administrative Rules (OAR) chapter 850. Dr. Rachel DelToro, ND (Licensee) has been a licensed naturopathic physician in the State of Oregon since April 2017 and is subject to the jurisdiction of the Board.

2.

The Board hereby proposes to take disciplinary action against Licensee's license to practice naturopathic medicine, on the grounds described in the following paragraphs. For each violation, the Board may impose a civil penalty up to \$5,000, a term of probation, a letter of reprimand and license limitation, suspension, or revocation.

3.

Dr. DelToro said she established care with Patient on April 20, 2023. Patient's chief complaint was insomnia. License suggested options to Patient to aid her insomnia over a period of several months that did not work for Patient. Patient chart notes state that Patient experienced onset of anxiety due to insomnia. Licensee first prescribed Patient a 28-day supply of twelve (12) 1mg tablets of Lorazepam, on September 13, 2023, to calm her anxiety to improve her sleep.

4.

Per Patient's PDMP report Licensee prescribed Patient the following:

- 1mg tablets of Lorazepam
 - September 15: a nine (9) day supply of 17 tablets
 - September 28: 27-day supply of 55 tablets
 - October 16: 30-day supply of 90 tablets
 - November 14: 30-day supply of 120 tablets
 - December 15: 30-day supply of 30 tablets
 - January 2, 2024: 90-day supply of 180 tabs
- 2mg tablets of Lorazepam
 - February 14: 90-day supply of 180 tablets

5.

Lorazepam is used to treat anxiety disorders. It is also used for short-term relief of the symptoms of anxiety or anxiety caused by depression. Lorazepam is a benzodiazepine that works in the brain to relieve symptoms of anxiety. Benzodiazepines are central nervous system (CNS) depressants, which are medicines that slow down the nervous system. The standard of care emphasizes its use for short-term situations to minimize risks associated with long-term use.

6.

Lorazepam is contraindicated for the long-term treatment of chronic insomnia due to the high risks of dependence, addiction, and withdrawal. Prolonged use can worsen sleep problems or cause "rebound insomnia" upon discontinuation. Prescribing guidelines recommend lorazepam for the short-term treatment of anxiety or anxiety-related insomnia, typically for no more than two to four weeks. Using lorazepam for more than 90 days significantly increases the risk of developing a serious addiction.

7.

Licensee prescribed Patient Lorazepam for six months, increasing frequency and dosage, with the goal of reducing Patient's anxiety to improve their sleep. Licensee did not run Patient through the PDMP prior to, or while prescribing to patient, did not enter a controlled substance use contract with Patient, or require a urinalysis from Patient. Licensees afore described prescribing practices are contraindicated for insomnia and carried a significant risk of Patient developing a serious addition to Lorazepam and constitute a violation of OAR 850-050-0010 (1)(c)(A) Negligent Prescribing.

8.

For the foregoing violations, pursuant to ORS 685.110(23), the Board proposes the following discipline:

1. Probation: 24 months, with the following conditions:

(a) Continuing Education: Six (6) hours focused on prescribing controlled substances and two (2) hours focused on prescribing benzodiazepines.

(b) Quarterly PDMP record pulls.

2. Civil Penalty - \$5,000

9.

NOTICE OF OPPORTUNITY FOR HEARING

Licensee is entitled to a hearing as provided by the Administrative Procedures Act (ORS Chapter 183). If you want a hearing, you must file a written request for hearing with the Board within 21 days from the date this notice was mailed. You must submit request for hearing to either via email Naturopathic.Medicine@obnm.Oregon.gov or U.S. Mail to Oregon Board of Naturopathic Medicine, 800 NE Oregon Street, Suite 407, Portland, OR 97232. The request for hearing must be received by the Board within 21 days from the date of mailing of this notice and must be

accompanied by a written answer to the charges contained in this Notice. If a request for hearing is not received within 21 days, the right to hearing is waived.

10.

If you request a hearing, you will be notified of the time and place of the hearing. Before the hearing, you will receive information on the procedures, right of representation, and other rights of parties related to the conduct of the hearing. An administrative law judge from the Office of Administrative Hearings will preside at any hearing. ORS 183.635.

11.

An answer is required to this Notice, pursuant to OAR 850-001-0015, due to the complexity of the matters alleged above. The answer shall be made in writing to the Board and shall include an admission or denial of each factual matter alleged in this Notice, and a short plain statement of each relevant affirmative defense Licensee may have. Except for good cause, factual matters alleged in this notice and not denied in the answer shall be presumed admitted; failure to raise a particular defense in the answer will be considered a waiver of such defense; and new matters alleged in the answer (affirmative defenses) shall be presumed to be denied by the agency and evidence shall not be taken on any issue not raised in the Notice and answer.

12.

If you fail to request a hearing within 21 days, withdraw a request for a hearing, notify the Board or administrative law judge that you will not appear or fail to appear at a scheduled hearing, the Board may issue a final order by default revoking your license. If the Board issues a default order, the contents of the Board's file automatically become part of the evidentiary record of this disciplinary action for the purpose of proving a prima facie case.

NOTICE TO ACTIVE DUTY SERVICEMEMBERS: Active-duty service members have a right to stay these proceedings under the federal Service members Civil Relief Act. For more information contact the Oregon State Bar at 800-452-8260, the Oregon Military Department at 503-584-3571 or the nearest United States Armed Forces Legal Assistance Office through <http://legalassistance.law.af.mil>.

DATED this __4th____ day of _September____2025.

BOARD OF NATUROPATHIC MEDICINE

State of Oregon

A handwritten signature in black ink, appearing to read 'MB Baptista', with a long horizontal line extending to the right.

Mary-Beth Baptista, JD
Executive Director