

1 **BEFORE THE ARIZONA MEDICAL BOARD**

2 In the Matter of

3 **HELEN E. WATT, M.D**

4 Holder of License No. 22016
5 For the Practice of Medicine
6 In the State of Arizona.

**Case No. MD-18-1084A, MD-18-1216A,
MD-19-0250A, MD-19-0304A**

**ORDER FOR SURRENDER
OF LICENSE AND CONSENT
TO THE SAME**

7 Helen E. Watt, M.D. ("Respondent"), elects to permanently waive any right to a
8 hearing and appeal with respect to this Order for Surrender of License; admits the
9 jurisdiction of the Arizona Medical Board ("Board") as well as the facts stated herein; and
10 consents to the entry of this Order by the Board.

11 **FINDINGS OF FACT**

12 1. The Board is the duly constituted authority for the regulation and control of
13 the practice of allopathic medicine in the State of Arizona.

14 2. Respondent is the holder of license number 22016 for the practice of
15 allopathic medicine in the State of Arizona.

16 3. The Board initiated case numbers MD-18-1084A, MD-18-1216A, and MD-19-
17 0250A pursuant to the Board's Order for Decree of Censure and Probation; and Consent
18 to the Same entered in MD-17-0370A, which required Respondent to enter into a contract
19 with a Board-approved monitoring company ("Monitoring Company") to perform periodic
20 chart reviews in order to monitor Respondent's care and treatment of patients after her
21 completion of Board-approved intensive, in-person continuing medical education ("CME")
22 courses in medical recordkeeping and controlled substance prescribing. Respondent
23 completed the Board-ordered CME courses in May and June of 2018.

24 **MD-18-1084A**

25 4. In case number MD-18-1084A, the Monitoring Company reviewed ten patient
charts for care rendered by Respondent from July 2018. At the time of this initial chart

1 review, Respondent's practice included pain management, primary care and medication
2 assisted treatment ("MAT") patients.

3 5. The Monitoring Company reviewed five patients for whom Respondent
4 provided medication management to address chronic pain issues and identified
5 deficiencies in Respondent's prescribing and medical recordkeeping in all five patient
6 charts.

7 6. The Monitoring Company reviewed one patient presenting with an initial
8 diagnosis of attention deficit disorder ("ADD") and found that Respondent failed to meet
9 generally accepted standards of practice.

10 7. The Monitoring Company additionally reviewed four patients for whom
11 Respondent provided MAT and identified deficiencies in Respondent's provision of MAT to
12 all four patients.

13 **MD-18-1216A**

14 8. In case number MD-18-1216A, the Monitoring Company reviewed ten patient
15 charts for care rendered from August of 2018. Five of the patients reviewed were receiving
16 MAT to address opioid use disorders, and the remaining five charts reviewed were primary
17 care patients.

18 9. With regard to patients receiving MAT, the Monitoring Company identified
19 quality of care and documentation deficiencies with regard to all five charts.

20 10. With regard to the remaining five patients for whom Respondent provided
21 primary care treatment, the Monitoring Company found that in two of the patients,
22 Respondent met generally accepted standards of practice, but in both cases, it was noted
23 that Respondent's notes were difficult to read or follow.

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1 11. For the remaining three primary care patients, the Monitoring Company
2 found that Respondent met generally accepted standards of practice with some
3 qualifications.

4 **MD-19-0250A**

5 12. In case number MD-19-0250A, the Monitoring Company reviewed ten patient
6 charts for care rendered from September of 2018.

7 13. The Monitoring Company identified deficiencies in Respondent's prescribing
8 and medical recordkeeping for patients that Respondents was providing MAT for opioid
9 use disorder.

10 **MD-19-0304A**

11 14. The Board initiated case number MD-19-0304A after receiving a fourth
12 unfavorable chart review from the Monitoring Company regarding Respondent's care and
13 treatment of patients.

14 **Deviations from the Standard of Care**

15 15. Respondent failed to maintain adequate medical records. Respondent's
16 medical records are difficult to read and follow.

17 16. Respondent deviated from the standard of care by prescribing opiates and
18 other controlled substances without an adequate clinical rationale, by failing to adequately
19 address aberrant drug test results and pill count discrepancies, and by failing to consult
20 and coordinate care with specialists.

21 17. There was the potential for patient harm in that there was the potential for
22 abuse, diversion, and dependency in patients.

23 18. On March 20, 2019, Respondent entered into an Interim Consent Agreement
24 for Practice Restriction prohibiting her from engaging in the practice of medicine in the
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1 State of Arizona until applying to the Board's Executive Director and receiving permission
2 to do so.

3 **CONCLUSIONS OF LAW**

4 1. The Board possesses jurisdiction over the subject matter hereof and over
5 Respondent.

6 2. The conduct and circumstances described above constitute unprofessional
7 conduct pursuant to A.R.S. § 32-1401(27)(e) ("Failing or refusing to maintain adequate
8 records on a patient.").

9 3. The conduct and circumstances described above constitute unprofessional
10 conduct pursuant to A.R.S. § 32-1401(27)(r) ("Committing any conduct or practice that is
11 or might be harmful or dangerous to the health of the patient or the public.").

12 4. The Board possesses statutory authority to enter into a consent agreement
13 with a physician and accept the surrender of an active license from a physician who
14 admits to having committed an act of unprofessional conduct. A.R.S. § 32-1451(T)(2).

15 **ORDER**

16 IT IS HEREBY ORDERED THAT Respondent immediately surrender License
17 Number 22016, issued to Helen E. Watt, M.D., for the practice of allopathic medicine in the
18 State of Arizona, and return her certificate of licensure to the Board.

19 DATED and effective this 2nd day of November, 2023.

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21 ARIZONA MEDICAL BOARD

22 By: 
23 Patricia E. McSorley
24 Executive Director

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CONSENT TO ENTRY OF ORDER

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2 1. Respondent has read and understands this Consent Agreement and the
3 stipulated Findings of Fact, Conclusions of Law and Order ("Order"). Respondent
4 acknowledges she has the right to consult with legal counsel regarding this matter.

5 2. Respondent acknowledges and agrees that this Order is entered into freely
6 and voluntarily and that no promise was made or coercion used to induce such entry.

7 3. By consenting to this Order, Respondent voluntarily relinquishes any rights
8 to a hearing or judicial review in state or federal court on the matters alleged, or to
9 challenge this Order in its entirety as issued by the Board, and waives any other cause of
10 action related thereto or arising from said Order.

11 4. The Order is not effective until approved by the Board and signed by its
12 Executive Director.

13 5. All admissions made by Respondent are solely for final disposition of this
14 matter and any subsequent related administrative proceedings or civil litigation involving
15 the Board and Respondent. Therefore, said admissions by Respondent are not intended
16 or made for any other use, such as in the context of another state or federal government
17 regulatory agency proceeding, civil or criminal court proceeding, in the State of Arizona or
18 any other state or federal court.

19 6. Upon signing this agreement, and returning this document (or a copy
20 thereof) to the Board's Executive Director, Respondent may not revoke the consent to the
21 entry of the Order. Respondent may not make any modifications to the document. Any
22 modifications to this original document are ineffective and void unless mutually approved
23 by the parties.

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1 7. This Order is a public record that will be publicly disseminated as a formal
2 disciplinary action of the Board and will be reported to the National Practitioner's Data
3 Bank and on the Board's web site as a disciplinary action.

4 8. If the Board does not adopt this Order, Respondent will not assert as a
5 defense that the Board's consideration of the Order constitutes bias, prejudice,
6 prejudgment or other similar defense.

7 9. ***Respondent has read and understands the terms of this agreement.***

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HELEN E. WATT, M.D.

Dated: 10/23/23


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13 EXECUTED COPY of the foregoing mailed by
14 US Mail this 2nd day of November 2023 to:

15 Helen E. Watt, M.D.
16 Address of Record

17 David W. Williams
dwilliams@davismiles.com
18 DAVIS MILES McGUIRE GARDNER
19 40 E. Rio Salado Parkway
20 Tempe, AZ 85281
Attorney for Respondent

21 ORIGINAL of the foregoing filed this
22 2nd day of November 2023 with:

23 The Arizona Medical Board
24 1740 West Adams, Suite 4000
Phoenix, Arizona 85007

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Board staff