North Carolina Medical Board

Anuradha Rao-Patel, MD: President | Robert L. Rich Jr., MD: President-Elect | Mark A. Newell, MD, MMM: Secretary/Treasurer

May 12, 2026

Rodney Kevin Sessoms, M.D.
Sessoms Medical Associates
500 Beaman Street
Clinton, NC 28328

Dear Dr. Sessoms:

The North Carolina Medical Board ("Board") has concluded its investigation regarding a documented violation of the Health Insurance Portability and Accountability Act ("HIPAA") involving the unauthorized disclosure of protected health information. It is the Board's decision not to commence formal proceedings against your license at this time. However, the Board voted to issue you this public letter of concern. The Board does not consider a public letter of concern to be a disciplinary action or a limitation or restriction on your license.

On or about September 13, 2025, confidential laboratory results of a patient ("Patient A") were improperly disclosed via text message to an individual listed solely as an emergency contact, without the patient's authorization or consent. Patient A had completed intake documentation a few days earlier and did not designate any individual to receive medical information. Despite this, a direct-access link containing sensitive laboratory results was transmitted to a third party listed as an emergency contact.

This disclosure constitutes a clear violation of HIPAA, which permits disclosure of protected health information only to the patient or individuals explicitly authorized by the patient, except under limited emergency circumstances. The emergency contact designation alone does not constitute authorization to receive medical information, including laboratory results.

Further concern arises from your acknowledgement that this was not an isolated clerical error, but rather reflective of an established office practice of sending patient laboratory or test results to emergency contact numbers to "avoid delays or complications in patient care." This practice method indicates systemic failure in understanding and adhering to federal privacy regulations and demonstrates deficient internal safeguards and compliance protocols.

The Board urges you to take appropriate steps to ensure that the conduct giving rise to these concerns does not happen again. To that end, you have agreed that you and all staff in your practice will complete, within six (6) months from the date of this letter, a minimum of three (3) hours of HIPAA training approved in advance by the Board's Office of the Medical Director. You shall submit evidence of the successful completion of the HIPAA training to the Board's Compliance Coordinator within five (5) days of completion.

If the Board receives reports of similar conduct in the future, it may consider such conduct and all other relevant facts in deciding whether to take additional action against your license. If that happens, this letter may be reviewed in determining the appropriate action.

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This letter is a public record within the meaning of Chapter 132 of the North Carolina General Statutes and is subject to public inspection and dissemination as required by that law. It will be reported to the Federation of State Medical Boards, and it may be reported to the National Practitioner Data Bank if required by law.

Sincerely,

Anuradha Rao-Patel MD

Anuradha Rao-Patel, M.D.
President

ARP/BJR/pls

Consent and Waiver

I, Rodney Kevin Sessoms, M.D., would like to resolve this matter without the need for more formal proceedings and consent to the Board's issuance of this public letter of concern in resolution of the above matter. I agree not to contest the matters set forth herein in this case and any potential future proceeding involving the Board. I hereby waive any requirement under any law or rule that this public letter of concern be served on me.

I agree that within six (6) months from the date of this letter, I, along with all staff in my practice, shall complete a minimum of three (3) hours of HIPAA training. I will ensure that the training is approved in advance by the Board's Office of the Medical Director by contacting the Board's Monitoring Coordinator at boardmonitoring@ncmedboard.org to facilitate training approval. I will also provide a list of all staff within my practice to the Board's Monitoring Coordinator. I further agree to submit evidence of completion of the above required HIPAA training for myself and all staff within my practice to the Board's Monitoring Coordinator within five (5) days of completion.

If I fail to complete the above requirement, I understand that the Board may take disciplinary or other action against my North Carolina license.

Consented to this the 22 day of April 2026

Rodney Kevin Sessoms, M.D.

State of North Carolina

County of Sampson

I, Christine Garcia, do hereby certify that Rodney Kevin Sessoms, 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 22 day of April, 2026

Notary Public

CHRISTINE GARCIA NOTARY PUBLIC DUPLIN COUNTY, NC My Comm. Expires 08/20/29 (Official Seal)

My Commission Expires: 08/20/2029