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## Standard of Practice: Prolotherapy

### Standard of Practice

When performing prolotherapy, naturopathic doctors must do so in a safe, competent and ethical manner.

### Introduction

A complete list of restricted activities is found in the *Government Organization Act S.7.1*. Restricted activities authorized for naturopathic doctors are listed in the *Naturopaths Profession Regulation*. Prolotherapy is an application of administering a treatment to tissue below the dermis or the mucous membrane. Naturopathic doctors are granted this restricted activity in the *Naturopaths Profession Regulation s.14(1)(a)*.

This standard is intended to outline how naturopathic doctors can provide safe, competent and ethical care, when performing prolotherapy for a patient.

### Definitions

**Competence:** the combined knowledge, skills, attitudes and judgement required to provide professional services, defined in the *Health Professions Act*.

**Prolotherapy:** the injection of solutions into the tendons, ligaments, and into the joint spaces for the purpose of proliferation to encourage repair.

**Restricted activities:** indicated activities performed as part of providing a health service that require specific competencies and skills to be carried out safely. Restricted activities are not linked to any particular health profession and a number of regulated health professionals may perform a particular restricted activity. A complete list of restricted activities is found in the *Government Organization Act S.7.1*. Restricted activities authorized for naturopathic doctors are listed in the *Naturopaths Profession Regulation*.

**Standard of Practice:** an authoritative statement that describes a minimum required behaviour of every naturopathic doctor and is used to evaluate individual conduct. Naturopathic doctors should always strive to practice above the minimum standards. Performance below the minimum standard may result in disciplinary action.

### Naturopathic doctors demonstrate this standard of practice by:

1. only performing prolotherapy with authorization by the Registrar and in accordance with any restrictions or provisions required by the Registrar;
2. ensuring that all required qualifications to perform prolotherapy therapy are current, in accordance with the **CNDA Continuing Competence Program Rules**;
3. having skills and knowledge of:
  - a) theory and principles of prolotherapy,
  - b) how to prepare solutions for injection safely and competently,
  - c) assessment and diagnosis,
  - d) treatment techniques, and

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- e) indications and contraindications;
  4. properly documenting prolotherapy in the patient medical record in accordance with the **CNDA Standard of Practice: Records Keeping** and must include:
    - a) formula and concentration of solution for injection,
    - b) injection administration site(s),
    - c) size and gauge of needle(s) used,
    - d) volume of solution administered,
    - e) state of needle(s) when removed, and
    - f) state of patient upon conclusion of treatment;
  5. having knowledge of and performing prolotherapy in accordance with the following CNDA standards:
    - a) **CNDA Standard of Practice: General**,
    - b) **CNDA Standard of Practice: Consent**,
    - c) **CNDA Standard of Practice: Duty to Report**,
    - d) **CNDA Standard of Practice: Clean Needle Technique**,
    - e) **CNDA Guideline: Medical Devices and Technologies**,
    - f) **CNDA Standard of Practice: Emergency Readiness**, and
    - g) **CNDA Standard of Practice: Infectious Disease Prevention and Control**;
  6. complying with supervision requirements as set out in the *Naturopaths Profession Regulation*, when supervising another naturopathic doctor performing this restricted activity.

### Expected Outcomes

Patients are satisfied that:

- naturopathic doctors perform prolotherapy safely, competently and ethically.

### Related Documents

*Government Organization Act*

*Health Professions Act*

*Naturopaths Profession Regulation*

CNDA Code of Ethics

CNDA Continuing Competence Program Rules

CNDA Standard of Practice: General

CNDA Standard of Practice: Consent

CNDA Standard of Practice: Duty to Report

CNDA Standard of Practice: Clean Needle Technique

CNDA Guideline: Medical Devices and Technologies

CNDA Standard of Practice: Emergency Readiness

CNDA Standard of Practice: Infectious Disease Prevention and Control

