

Standard of Practice: Prolotherapy and Platelet-Rich Plasma Therapy

Standard of Practice

When performing prolotherapy and platelet-rich plasma therapy, 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 and platelet-rich plasma therapy 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 and platelet-rich plasma therapy for a patient.

Definitions

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

Platelet-Rich Plasma therapy: the injection of an autologous platelet solution into tissues for the purpose of tissue regeneration.

Prolotherapy: the injection of solutions into the tendons and ligaments 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: an authoritative statement that describes the minimum required behaviour of every naturopathic doctor and is used to evaluate individual conduct.

Naturopathic doctors demonstrate this standard by:

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

- d) treatment techniques, and
- e) indications and contraindications;
5. properly documenting prolotherapy and platelet-rich plasma therapy treatments 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) method of preparation of platelet-rich plasma solution, if applicable,
 - c) injection administration site(s),
 - d) size and gauge of needle(s) used,
 - e) volume of solution administered,
 - f) state of needle(s) when removed, and
 - g) state of patient upon conclusion of treatment;
6. having knowledge of and performing prolotherapy and platelet-rich plasma therapy 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: Ozone Therapy,** if applicable,
 - g) **CNDA Standard of Practice: Emergency Readiness,** and
 - h) **CNDA Standard of Practice: Infectious Disease Control and Prevention;**
7. 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 and platelet-rich plasma therapy 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: Ozone Therapy

CNDA Standard of Practice: Infectious Disease Control and Prevention

