



NSCNR Injection Practice + IV Authorization Guide for ND Licensed Registrants holding a Reserved Practice Permit

PURPOSE:

This Registrant Guide supports the NSCNR Standard of Practice: Reserved Practice Permit: Injection Therapies and IV Authorizations (**the Standard**) and is intended to provide registrants with examples of best practice as a helpful guide. It is not exhaustive and does not limit the Registrant's obligation to fully comply with the full Standard of Practice.

In the event of any inconsistency between this guide and the Standard, the Standard governs. In the event of any inconsistency between this document and the legislation that governs chiropractic and naturopathic practice in Nova Scotia, the legislation prevails.

This document can help with:

- ❖ Basic qualifications for a permit to use Injections and additional IV authorizations
- ❖ How to maintain your permit
- ❖ What this permit allows you to do
- ❖ Your responsibilities as a professional, regulated, health care provider
- ❖ Tips to “self-check” to provide safe care to your patients

LEVELS of PERMITS for INJECTION PRACTICES:

Within the Reserved Practices of Injection Therapies, different permit levels are offered to enable Registrants to provide care at their level of personal training and competency, without requiring everyone to hold the highest level of credential. **Please refer to the full Standard of Practice for more detail related to injections permitted in each area.**

Injection Therapies Reserved Practice permits are hierarchical:

Area 3 automatically includes Areas 2 & 1

Area 2 automatically includes Area 1

Permit Area (Injection Only)

Authorizes

Area 1 (NDRPP-IT1)

Intradermal, subcutaneous, or intramuscular injections only

Area 2 (NDRPP-IT2)

Peripheral musculoskeletal **PLUS** Area 1

Area 3 (NDRPP-IT3)

Axial structures **PLUS** Area 2 **PLUS** Area 1

ADDITIONAL IV AUTHORIZATION:

ND Registrants holding an additional authorization for IV Therapy — (NDRPP-IT1+IV, NDRPP-IT2+IV, NDRPP-IT3+IV) are authorized to perform general Intravenous Therapies within the naturopathic scope of practice and within the associated permit area, which may also include:

- a) the provision of chelation therapy only where the ND Registrant has attained additional individual training and competency; and
- b) the provision of intravenous iron therapy only where the ND Registrant has attained additional individual training and competency.

Please note: IV authorization is not a standalone permit. Registrants must first hold, at minimum, a Reserved Practice Permit – Injection Therapies Area 1 before additional IV authorization can be applied for or used in practice.

Permit Area (Injection + IV)

Authorizes

Area 1 (NDRPP-IT1) + IV

Intradermal, subcutaneous, or intramuscular injections only **PLUS** IV Therapy

Area 2 (NDRPP-IT2) + IV

Peripheral musculoskeletal **PLUS** Area 1 **PLUS** IV Therapy

Area 3 (NDRPP-IT3) + IV

Axial structures **PLUS** Area 2 **PLUS** Area 1 **PLUS** IV Therapy

Please note: If you are ever unsure whether you are trained or competent to perform an injection in any area or of any substance, you must not proceed until training and competence are established.

PERMIT REQUIREMENTS

Initial Permit Checklist:

To receive a Reserved Practice Permit to use injection therapies, registrants must complete all requirements in the Standard of Practice.

A reference checklist for application includes:

- ✓ Hold an **active practicing license** from the NSCNR.
- ✓ Evidence of successful completion of the Canadian Prescribing Examination (or board-approved equivalent valid for the bridging period initially following NSCNR transition).
- ✓ Completed **NSCNR-approved training** in the area you wish to be authorized.
- ✓ Have current **Advanced Emergency Life Support** credentials approved by the NSCNR.
- ✓ Have **professional liability/malpractice insurance** at a minimum of 5,000,000.00 for entry-to-practice activities and any additional services authorized under an NSCNR-issued Additional Practice Permit. Where required by the insurer, specific additional practice activities (injection therapies) must be explicitly identified in the policy.
- ✓ Use of Autologous Blood Products and/or Ozone and Oxidative Therapies are **additional Reserved Practice Permits** that must be granted before providing these treatments using injections. They are not included in the scope of your area of Injection Therapies Permit.
- ✓ **This permit does not provide the authority to perform IVs.** If you are going to use IV therapy, you need an additional permit in IV Therapy.

Additional IV Authorization Checklist:

To receive an additional IV authorization, registrants must complete all requirements in the Standard of Practice.

A reference checklist for application includes:

- ✓ Hold an **active practicing license** from the NSCNR.
- ✓ Hold a current **Reserved Practice Permit – Injection Therapies** (any area)
- ✓ Completed **NSCNR-approved training** in the IV Therapy you wish to be authorized
- ✓ Have current **Advanced Emergency Life Support** credentials approved by the NSCNR.
- ✓ Have **professional liability/malpractice insurance** at a minimum of 5,000,000.00 for entry-to-practice activities and any additional services authorized under an NSCNR-issued Additional Practice Permit. Where required by the insurer, specific additional practice activities (IV Therapy) must be explicitly identified in the policy.
- ✓ If you are intending to use Ozone and Oxidative Therapies those are additional Reserved Practice Permit areas that must be granted before providing these treatments using the intravenous route of administration.

APPROVED TRAINING PROGRAMS

The NSCNR approves training required for a permit. A pre-approved training list appears in Appendix 1 of the Standard of Practice and will be amended as new courses are approved.

You can submit a course in advance to the NSCNR Continued Education Committee for review and consideration for approval by the NSCNR Board. Submitted courses must include the components outlined in the full Standard of Practice for approval and submissions should include the full curriculum and instructor credentials.

RENEWAL OF PERMIT CHECKLIST:

To renew a Reserved Practice Permit to use injection therapies, registrants must complete all requirements in the Standard of Practice.

A reference checklist for annual renewal includes:

- ✓ **12 injection-related patient contacts per year (not CE cycle)**
 - **≥ 8 must be Area-2 for Area-2 permit holders**
 - **≥ 8 must be Area-3 for Area-3 permit holders (covers Area-2 requirement)**
- ✓ **4 hours injection-specific Continuing Education hour per CE cycle**
- ✓ **Maintain BLS/CPR-HCP with AED + Advance Life Support as indicated in the Standard**
- ✓ **Maintain professional liability insurance/malpractice at \$5,000,000.00 with appropriate coverages.**
- ✓ **Renew any additional Reserved Practice Permits for use of Autologous Blood Products or Ozone and Oxidative Therapies.**

Renewal of Additional IV Authorization Checklist:

To renew an additional IV authorization, registrants must complete all requirements in the Standard of Practice.

A reference checklist for annual renewal includes:

- ✓ **Evidence of 12 IV patient contacts per year (not CE cycle).** These contacts may not count towards Injection Therapies patient contacts.
- ✓ **4 hours of Intravenous Therapy-specific Continuing Education hours per CE cycle**
- ✓ **Maintain BLS/CPR-HCP with AED + Advance Life Support as indicated in the Standard**
- ✓ **Maintain professional liability insurance/malpractice at \$5,000,000.00 with appropriate coverages.**
- ✓ **Renew any additional Reserved Practice Permits needed for use of Ozone and Oxidative Therapies.**

REGISTRANT RESPONSIBILITIES

As a regulated health professional, you are always responsible for all of your actions, clinical decisions, and recommendations to patients.

- ❖ All injections and IV therapies must contain substance and/or drugs that are within the scope of practice of Naturopathy in Nova Scotia as noted in the Bylaws and Standards of Practice.
- ❖ You are responsible to assess your personal competency and knowledge before providing any modality of care, including injection therapies, intravenous therapies, and substances used. Permit training establishes baseline competence, but it does not authorize all injectable substances or all IV-administered substances. Additional training may include specific workshops, supervised clinical practice, mentorship, coursework, or equivalent structured learning that includes both theory and application to practice. Self-directed reading or self-study alone does not meet the requirement for additional training.
- ❖ You are responsible for complying with all NSCNR Standards of Practice that apply, not just those in this permit. “I didn’t know” is not an appropriate defense for regulated health care providers who do not follow the Standards of Practice. As professionals, you are responsible to know the rules related to your practice that protect the public in Nova Scotia. Failure to meet the regulated Standards can result in a finding of professional misconduct which can carry significant penalties. Make sure you are familiar with all requirements with particular attention to those that may have special considerations:
 - ✓ Patient Records
 - ✓ Professional Communications
 - ✓ Emergency Preparedness
 - ✓ Infection Control
 - ✓ In-Office Compounding
 - ✓ In-Office Ultrasound
 - ✓ any other Standards of Practice
- ❖ You are responsible to complete any additional training prior to first use of any new substance unless your initial approved course explicitly included competency in that substance. This applies to both injections and IV therapies. Examples requiring additional training include:
 - ✓ Prolotherapy solutions
 - ✓ Corticosteroids
 - ✓ Hyaluronic acid / viscosupplementation
 - ✓ IM iron
 - ✓ IV iron
 - ✓ IV chelation therapy

Please note: IV authorization permits general Intravenous Therapies within the naturopathic scope of practice and within the associated permit area. The provision of **chelation therapy** only where the ND Registrant has attained additional specific training and competency; and the

provision of **intravenous iron therapy** only where the ND Registrant has attained additional specific training and competency.

Please note: Autologous Blood Products and Ozone and Oxidative Therapies require additional Reserved Practice Permits, regardless of individual training.

- ❖ You are not permitted to use advance preparation, batching, storage, or the creation of practitioner-made or office-made intravenous or injectable solutions.
- ❖ You are responsible to maintain individual competence and up to date knowledge in all injectables and IV administered substances, including vitamins/minerals used in practice.
- ❖ You are responsible to consider when ultrasound should be used for injections. You should be appropriately trained before performing ultrasound-guided injections. These considerations may include:
 - ✓ Landmarks may not ensure safe/accurate placement.
 - ✓ Accuracy affects therapeutic outcome.
 - ✓ Structures are deep, small, or near neurovascular bundles.
- ❖ You are responsible to maintain required emergency plans, supplies and protocols required. You must ensure that patients receiving treatment are appropriately monitored with the Registrant **available on-site** for immediate assistance.
- ❖ You are responsible to maintain patient health records in accordance with the permit requirements and the general standard of practice.

This includes details like:

- ✓ Confirmation of informed consent
- ✓ Relevant clinical indications/contraindications and diagnosis related to the treatment provision
- ✓ Date and time of injection administration
- ✓ Injection site and type
- ✓ Size and type of needle/cannula used
- ✓ Substance details and total volume administered
- ✓ Solution used (carrier solution and additives)
- ✓ Infusion rate and total volume administered
- ✓ Lot number of each substance
- ✓ Date and time of preparation as well as indication of who prepared it
- ✓ Date and time of IV initiation and termination
- ✓ Vital signs pre-, during and post-infusion
- ✓ Infusion rate and total volume administered
- ✓ Lot number of each substance
- ✓ Date and time of preparation as well as indication of who prepared it
- ✓ Any adverse reactions or complications and actions taken

You are responsible to ensure infection control and needle-use requirements be followed.

If you are not sure about the interpretation of any standard, including this one, please reach out to the NSCNR for clarification. We strongly recommend using the NSCNR as your practice advisory resource as other sources of information may not be accurate and could inadvertently result in non-compliance.

EMAIL: registrar@nscnr.ca

CALL: 902-407-4255

Do a self check!

Consider the self-assessment questions and if the answer *might* be unclear or unsure of compliance → **training required before injecting or infusing.**

Ask yourself:

- ✓ Am I authorized for this anatomical area and route of administration?
- ✓ Do I hold the appropriate permit and, where required, the additional IV authorization?
- ✓ Is this a substance for which I should have specific training?
- ✓ Have I completed that training?
- ✓ Is ultrasound indicated for safety/accuracy?
- ✓ Can I defend my decision and skills if audited?

Can I Inject This Substance?

- ❖ Do I hold the appropriate permit?
If **no** → stop
- ❖ Is this a substance requiring specific training?
If **unsure** → assume yes
- ❖ Have I received training **or** is my training and experience recent enough for competency?
If **no** → train first
- ❖ Does accuracy require ultrasound?
If **yes** → Use ultrasound only if trained.
- ❖ Can I defend my competence and choices to NSCNR, especially if something goes wrong?
If **no** → do not proceed

Can I Infuse This Substance?

- ❖ Do I hold the appropriate permit and additional IV authorization?
If **no** → stop
- ❖ Is this a substance requiring specific training?

If **unsure** → wait and ask NSCNR

- ❖ Does this IV involve iron or chelation therapy requiring additional individual training and competency?
If **yes** and not completed → do not proceed, complete training first
- ❖ Have I received training or is my training and experience recent enough for competency?
If **no** → train first
- ❖ Can I defend my competence and choices to NSCNR, especially if something goes wrong?
If **no** → do not proceed