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| SP-R001 |
| Emergency First Aid |
| Approved Date: effective May 27, 2026 |
| Amended: n/a |
| Next Review Date: 2029 |

This standard replaces the previous NSCC Emergency First Aid Standard (January 2025) upon migration to the Regulated Health Professions Act.

Note to Readers: *In the event of any inconsistency between this document and the legislation that governs chiropractic and naturopathic practice in Nova Scotia, the legislation prevails.*

1. INTRODUCTION

The Nova Scotia Chiropractic and Naturopathic Regulator (**NSCNR**) is the regulatory authority for the practice of chiropractic and naturopathy in the Province of Nova Scotia. The NSCNR serves and protects the public interest to advance ethical and competent chiropractic and naturopathic care in Nova Scotia.

2. APPLICATION AND ADMINISTRATION

This Standard of Practice shall apply to all chiropractors and naturopathic doctors registered with the NSCNR (the “**Registrant**” or collectively the “**Registrants**”).

The administration and application of this Standard of Practice shall be the responsibility of the Registrar of the NSCNR. Should the NSCNR become aware of any alleged breach or noncompliance with this Standard of Practice, it may take any action it considers appropriate, including but not limited to:

- a. contacting a Registrant to request the immediate remedy of any suspected breach or non-compliance;
- b. filing a formal complaint under the *Regulated Health Professions Act* regarding the suspected breach or non-compliance;
- c. imposing a **late fine of \$50.00 per week from the date of expiry** of the Registrant’s uploaded emergency first aid certification, until a new certification is received and approved by the Registrar of NSCNR; and
- d. imposing a suspension of license for any Registrant if an updated recertification has not been received within **30 days of the expiry date**. Such a suspension will continue until proof of certification has been received and approved by Registrar of NSCNR.

3. OBJECTIVES

The objectives of this Standard of Practice are to uphold public interest and safety by:

- a. establishing the minimum requirement for practitioners to be adequately trained in emergency first aid procedures and other critical response measures, including Emergency First Aid and CPR.
- b. ensuring registered Doctor of Chiropractic and Naturopathic Medicine/Naturopathy maintain current training to effectively handle medical emergencies in clinical settings.

4. DEFINITIONS

The following terms have the following meanings when used in this Standard of Practice:

“current certification” means a dated certification of training that is not expired or lapsed.

5. STANDARDS OF PRACTICE

(a) All **chiropractic (DC)** Registrants must maintain a current certification in Emergency First Aid at the level of:

- Cardiopulmonary Resuscitation (CPR) for children and Adults (level C) or Board-approved equivalent, which includes but is not limited to:
 - Automated External Defibrillator (AED) usage
 - Basic first aid techniques for managing injuries, fractures, and medical emergencies
 - Recognizing and responding to signs of acute medical conditions such as heart attack, stroke, or severe allergic reactions
 - Recognizing a mental health emergency
 - Bleeding and Burn management

(b) All **naturopathic (ND)** Registrants must maintain a current certification in Emergency First Aid, which includes a minimal level of:

- Basic Life Support (BLS/CPR-HCP with AED) or Board approved equivalent.

(c) All naturopathic doctors with an approved Reserved Practice Permit must have an **additional:**

- current certificate issued by a Board-approved Advanced Emergency Life Support (AELS) training program for Naturopathic Doctors completed a minimum of every 3 years.

(d) All First Aid Certification(s) must be obtained from a recognized Canadian provider such as St. John Ambulance, Canadian Red Cross (or official training partner), Heart and Stroke, Life Shield, or Board-approved equivalent, which complies, at minimum, with CSA Z1210-17 Standards, and has an in-person competency evaluation component.



(e) All NSCNR Registrants are responsible for ensuring that their certification remains valid and up to date.

(f) A current dated First Aid certification card must be uploaded on to the Registrant's profile at all times.

(g) All NSCNR Registrants are required to provide proof of first aid certification upon request by the Registrar of NSCNR.

6. EXEMPTIONS

There are no exemptions to this Standard of Practice.

7. RESTRICTIONS

There are no applicable restrictions to this Standard of Practice.

8. LEGISLATIVE CONTEXT

Regulated Health Professions Act
Regulated Health Professions General Regulations
Chiropractic and Naturopathic Regulations
NSCNR Bylaws

9. REGULATED REFERENCES:

NSCNR Emergency Preparedness Standard of Practice