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## Standard of Practice: Colon Hydrotherapy

### Standard of Practice

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

### Introduction

A complete list of restricted activities is found in the *Health Professions Act* section 1.3(1). Restricted activities authorized for naturopathic doctors are listed in the *Health Professions Restricted Activity Regulation* section 37. Naturopathic doctors are granted the restricted activity of inserting and removing instruments for the purpose of performing colon hydrotherapy.

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

### Definitions

**Colon Hydrotherapy:** the therapeutic introduction of water into the colon via the rectum stimulating the evacuation of waste through natural peristalsis.

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

**Patient medical record:** an account or evidence of documented patient findings, assessments, diagnoses and treatments.

**Restricted activities:** the indicated activities performed as part of providing a health service that require specific competencies and skills to be carried out safely, as defined in the *Health Professions Restricted Activity Regulation* and the *Health Professions Act*.

**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.

**Student:** a student who is enrolled in a 4-year program of studies in naturopathic medicine approved by the Council, and for the purpose of performing restricted activities under the supervision of a regulated member is also taking a specific course of studies within that program to perform restricted activities as outlined in section 37(2) of the *Health Professions Restricted Activity Regulation*.

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

1. only performing colon hydrotherapy 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 colon hydrotherapy are current, in accordance with the **CNDA Continuing Competence Program Rules**;
3. having skills and knowledge of:
  - a) theory and principles of colon hydrotherapy,

- b) anatomy,
- c) assessment and diagnosis,
- d) indications and contraindications;
4. properly documenting colon hydrotherapy treatments in the patient medical record in accordance with the **CNDA Standard of Practice: Records Keeping** and must include:
  - a) specific administration of the treatment (e.g. open system vs. closed system),
  - b) specific metrics of released fecal matter observed,
  - c) how the patient tolerated the treatment, and
  - d) state of patient upon conclusion of treatment;
5. ensuring written protocols are in place and followed when collaborating with another regulated health professional within a clinic/healthcare setting as per the **CNDA Standard of Practice: Collaboration in Patient Care** and **CNDA Standard of Practice: General**;
6. having knowledge of and performing colon hydrotherapy 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: Infectious Disease Prevention and Control**, and
  - e) **CNDA Standard of Practice: Emergency Readiness**.
7. having knowledge of and applying the principles of the **CNDA Guideline: Collaboration in Patient Care in a Shared Healthcare Setting**;
8. ensuring that when consenting to supervise a student or regulated member they must:
  - a) be on site with the student or regulated member and available to assist while the student or regulated member is performing the restricted activity,
  - b) be authorized to perform the restricted activity being performed by the student or regulated member,
  - c) have a minimum of one year's experience in performing the restricted activity, and
  - d) be in accordance with the **CNDA Administrative Policy: Supervision**.

### Expected Outcomes

Patients are satisfied that:

- naturopathic doctors perform colon hydrotherapy safely, competently and ethically.

### Related Documents

*Health Professions Act*

*Health Professions Restricted Activity Regulation*

*Naturopaths Profession Regulation*

CNDA Code of Ethics

CNDA Continuing Competence Program Rules

CNDA Standard of Practice: Records Keeping

CNDA Standard of Practice: General

CNDA Standard of Practice: Consent

CNDA Standard of Practice: Duty to Report  
CNDA Standard of Practice: Infectious Disease Prevention and Control  
CNDA Standard of Practice: Emergency Readiness  
CNDA Administrative Policy: Supervision

