

## 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 *Health Professions Act* section 1.3(1). Restricted activities authorized for naturopathic doctors are listed in the *Health Professions Restricted Activity Regulation* section 37. Prolotherapy is an application of administering a treatment to tissue below the dermis or the mucous membrane.

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 substance(s) into the tendons, ligaments, and/or joint spaces for the purpose of proliferation to encourage tissue repair.

**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 prolotherapy 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 using ozone as an injected substance;
3. ensuring that all required qualifications to perform prolotherapy therapy are current, in accordance with the **CNDA Continuing Competence Program Rules**;
4. 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
  - e) indications and contraindications;
5. 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;
6. 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;**
7. 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 prolotherapy 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: 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  
CNDA Administrative Policy: Supervision

