



# **Northwest Territories Guidelines for Naturopathic Doctors**

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The *Northwest Territories Guidelines for Naturopathic Doctors* has been adapted from the College of Naturopathic Doctors of Alberta’s *Guidelines for Naturopathic Doctors* with permission.

## Definitions

**Accountability:** the obligation to answer for the professional, ethical and legal responsibilities of one's activities.

**Cannabis:** for the purpose of this document, cannabis is a product containing phytocannabinoids produced by, or found in, the cannabis plant and substances that are duplicates of such phytocannabinoids, except:

- Derivatives of cannabis as defined in subsection 2(1) of the *Cannabis Act* that are exempt<sup>1</sup> from the application of the *Cannabis Act* under the industrial Hemp Regulations and that do not contain an isolated or concentrated phytocannabinoid or a synthetic duplicate of that phytocannabinoid, or
- Anything referred to in Schedule 2 to the *Cannabis Act*<sup>2</sup> that contains no more than 10 µg/g delta-9-tetrahydrocannabinol (THC) and that does not contain an isolated or concentrated phytocannabinoid or a synthetic duplicate of that phytocannabinoid.

**Collaboration:** two or more health and social services providers working together in a shared health care setting to administer shared treatment.

**Competence:** the combined knowledge, skills, attitudes and judgment required to provide professional services and treatments safely and ethically.

**Consent:** the agreement of the patient to a procedure or treatment; in order to be valid, consent must be informed, must relate to the assessment, diagnosis and/or treatment, must be given voluntarily and must not be obtained through misrepresentation or fraud.

**Evidence Informed Practice:** practice based on successful strategies that improve patient outcomes, are supported by the *Northwest Territories Standards of Practice for Naturopathic Doctors*, and are derived from a combination of various types of evidence including patient perspectives, research, standards of practice, policies and expert opinion.

**Expanded Scope Activities:** the indicated activities performed as part of providing health services and treatments that require specific competencies and skills to be carried out safely. Expanded Scope Activities authorized for naturopathic doctors are listed in the *Naturopathic Profession Regulation*.

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<sup>1</sup> this exception refers to hemp or hemp products made by a licensee under the Industrial Hemp Regulations and contain no THC or CBD.

<sup>2</sup> refers to Schedule 2 of the Cannabis Act, which is a non-viable seed, mature stalk with no leaf, flower, seed or branch, fibre from a stalk or the root of a plant that does not contain any more than 10 µg/g of THC.

**Guideline:** a document that provides guidance to naturopathic doctors to help them apply standards of practice and illustrate best practices. Guidelines provide recommendations on how naturopathic doctors can deal with sample situations to be compliant with standards and regulations.

**Hyperbaric oxygen therapy (HBOT):** the delivery of 100% oxygen at pressures above 1.4 ATA (Atmospheres Absolute).

**Most responsible health and social services provider:** the naturopathic doctor will be the most responsible health and social services provider in most circumstances. Where clarity is required, it should be considered who the patient booked the appointment with, the type of care the patient requires, and the roles played by each health and social service provider.

**Medical Device:** an instrument or apparatus, as defined as a medical device in the *Canadian Food and Drug Act*

**Phytocannabinoids:** cannabinoids that occur naturally in the cannabis plant. There are 66 cannabinoids in cannabis; however, the two most commonly referred to are THC and cannabidiol (CBD).

**Protocol:** a formal document that guides decisions and includes interventions for specific healthcare problems to guide clinical decision making. Protocols are a set or series of treatment interventions that can be implemented by the health and social services provider for a specific group of patients when specific circumstances and criteria exist.

**Health and Social Services Provider:** a person providing health and / or social services that may or may not be regulated in the Northwest Territories.

**Scope of Practice:** refers to the knowledge and skills of naturopathic doctors and the comprehensive application of that knowledge and skills to assist patients. Scope of practice includes all the activities that naturopathic doctors are authorized, educated and competent to perform.

**Shared Healthcare Setting:** a clinical facility where there is more than one health and social services provider providing treatment to patients.

**Shared Treatment:** a treatment developed and recommended by the naturopathic doctor that is administered by another health and social services provider.

**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.

# 1. Scope of Practice

## Introduction

The scope of practice of naturopathic doctors is the assessment and diagnosis of diseases and disorders, and the treatment of diseases and disorders using naturopathic techniques to promote, maintain or restore health. The overall scope of practice for naturopathic doctors is outlined in the *Naturopathic Profession Regulation*.

The *Northwest Territories Guidelines for Naturopathic Doctors*, as amended from time to time, are adopted under the *Naturopathic Profession Regulations* for the purposes of supporting the naturopathic doctors in their practice and is to be used as a companion document alongside the adopted *Northwest Territories Standards of Practice for Naturopathic Doctors* and the adopted Code of Ethics.

A naturopathic doctor may only provide services and treatments within their scope of practice, which is determined by the competencies of the individual naturopathic doctor to perform services and treatments within the relevant legislation, regulations, and standards of practice. The services and treatments provided to a patient, which are within a naturopathic doctor's scope of practice, are based on patient need.

### **A. Clinical Practice**

*Naturopathic doctors provide naturopathic care that emphasizes disease prevention, treats the underlying cause of disease and promotes optimal health.*

Naturopathic doctors demonstrate this principle by:

1. Performing relevant physical examinations;
2. Ordering or referring for relevant laboratory tests;
3. Collecting biological specimens, when necessary; and
4. Diagnosing and treating the patient accordingly.

### **B. Diagnostic and Therapeutic Procedures**

*Naturopathic doctors must ensure that any proposed diagnostic or therapeutic procedure is provided safely, competently and ethically.*

Naturopathic doctors demonstrate this principle by:

1. Achieving and maintaining competence in the diagnostic or therapeutic procedure
2. Ensuring any proposed diagnostic or therapeutic procedure is appropriate for their patient;
3. Performing any proposed diagnostic or therapeutic procedure according to all relevant standards of practice;
4. Refraining from performing diagnostic or therapeutic procedures outside the naturopathic scope of practice;

5. Refraining from performing diagnostic or therapeutic procedures outside of their individual competence; and
6. Ensuring a plan is in place to manage any critical or unexpected events including adverse events associated with performing diagnostic or therapeutic procedures, according to the NWT Standard of Practice: Emergency Readiness.

### **C. Expanded Scope of Practice**

*Naturopathic doctors shall only perform activities within the expanded scope of practice that they are authorized to do.*

Naturopathic doctors demonstrate this principle by:

1. Being familiar with the list of Expanded Scope Activities as outlined in the *Naturopathic Profession Regulation*;
2. Only performing the following Expanded Scope Activities after being authorized by the Registrar:
  - a) to cut a body tissue, administer or perform procedures below the dermis or mucous membrane;
  - b) to cut a body tissue, administer or perform procedures below the dermis or mucous membrane for the purpose of acupuncture or administering intravenous therapy, intravenous chelation, ozone or supplemental vitamins and minerals;
  - c) to insert or remove instruments, devices or fingers:
    - i. beyond the labia majora for the purposes of vaginal ozone therapy, and
    - ii. beyond the anal verge for the purposes of performing colon hydrotherapy, rectal ozone therapy or the Keesey technique for reduction of hemorrhoids;
  - d) to use deliberate, brief, fast thrust to move the joints of the spine beyond the normal range but within the anatomical range of motion, which generally results in an audible click or pop; and
  - e) to administer blood products for the purposes of administering intravenous ozone therapy; and
3. Refraining from performing Expanded Scope Activities that they are not competent to perform, despite any authorization given to the member to perform Expanded Scope Activities; and
4. Ensuring a plan is in place to manage any critical or unexpected events including adverse events associated with performing an Expanded Scope Activity, according to the NWT Standard of Practice: Emergency Readiness.

### **D. Mandatory Referral**

*Naturopathic doctors must refer when patient care goes beyond their scope of practice.*

Naturopathic doctors demonstrate this principle by:

1. Accurately identifying their patient's needs;
2. Displaying knowledge of the naturopathic scope of practice; and
3. Adhering to standards for referrals according to NWT Standard of Practice: General and NWT Standard of Practice: Transfer and Termination of Care;

### Expected Outcomes

Patients and the public are satisfied that:

- Naturopathic doctors are qualified to perform expanded scope activities;
- Naturopathic doctors perform expanded scope activities safely and competently; and
- Naturopathic doctors understand the scope and limitations of the naturopathic practice.

### Related Documents

*Health and Social Services Professions Act*

*Naturopathic Profession Regulation*

College of Naturopathic Doctors of Alberta Code of Ethics

NWT Complaints Process

NWT Standard of Practice: Acupuncture

NWT Standard of Practice: Billing

NWT Standard of Practice: Clean Needle Technique

NWT Standard of Practice: Collaboration in Patient Care

NWT Standard of Practice: Colon Hydrotherapy

NWT Standard of Practice: Communication Regarding Vaccinations

NWT Standard of Practice: Duty to Report

NWT Standard of Practice: Emergency Readiness

NWT Standard of Practice: Hyperbaric Oxygen Therapy

NWT Standard of Practice: Infectious Disease Prevention and Control

NWT Standard of Practice: Consent

NWT Standard of Practice: Intravenous Chelation Therapy

NWT Standard of Practice: Intravenous Therapy

NWT Standard of Practice: Manipulation

NWT Standard of Practice: Minor Surgery

NWT Standard of Practice: Naturopathic Injection Therapies

NWT Standard of Practice: Professional Relationships and Boundaries

NWT Standard of Practice: Prolotherapy

NWT Standard of Practice: Ozone Therapy

NWT Standard of Practice: Records Keeping

NWT Standard of Practice: Selling

NWT Standard of Practice: Telemedicine

NWT Standard of Practice: Transfer and Termination of Care

## 2. Cannabis

*When providing guidance to patients who are interested in incorporating non-medical (recreational) cannabis into their lives, naturopathic doctors shall do so safely, competently, and ethically in accordance with standards of practice and applicable legislation.*

### Introduction

The use of recreational cannabis became legal in Canada in October 2018. On October 17, 2018 the NWT passed new laws about access, possession and where cannabis can be smoked in the territory.

Medical cannabis will continue to be subject to the requirement of a prescription by a Medical Doctor or Nurse Practitioner. The goal of this document is to establish a guideline interpreting the *Cannabis Act (2018)* for naturopathic doctors, in conjunction with the regulations and standards of practice.

### Types of Cannabis

There are three types of cannabis:

1. Non-medical (recreational) cannabis
  - Health care practitioner authorization not required
  - No pre-market review for safety, efficacy
  - Quality and security requirements are set out under the *Cannabis Act*;
  - No health claims can be made about these products.
2. Medical cannabis
  - Health care practitioner authorization required;
  - Registration as a patient with a Licensed Producer required;
  - Quality and security requirements are set out under the *Cannabis Act*;
  - No health claims can be made about these products.
3. Health Products containing cannabis
  - Health care practitioner prescription is required
  - Pre-market review for safety, efficacy and quality under *Food and Drug Act (Canada)*
  - Manufacturing subject to quality and security requirements under the *Food and Drug Act (Canada)* and *Cannabis Act*;
  - Can make health claims.

### **A: When addressing non-medical (recreational) cannabis, naturopathic doctors shall:**

1. have knowledge of the *Cannabis Act (2018)*;
2. ensure that the patient is aware that they are not authorized to prescribe, dispense or sell cannabis and as such can only provide general guidance on cannabis use for nonmedical purposes;
3. advise patients to discuss the use of cannabis for health purposes with their original prescriber, in accordance with NWT Standard of Practice: General;



4. refrain from guiding patients:
  - a) that non-medical (recreational) cannabis is to be used for health purposes including for the treatment and management of health conditions or for therapeutic purposes,
  - b) of recommendations on the type, strain, amount, frequency and/or potency that a patient should use, and
  - c) that a patient cease current medication in lieu of using non-medical (recreational) cannabis;
5. not possess or sell cannabis for professional use in their practice;
6. understand that non-medical (recreational) cannabis can only be used in a private residence and cannot be consumed in any public place, workplace or motorized vehicle and that personal use of non-medical (recreational) cannabis does not impact the delivery of professional naturopathic services and treatments.

Related Documents

*Canadian Food and Drug Act*

*Cannabis Act*

College of Naturopathic Doctors of Alberta Code of Ethics

NWT Standard of Practice: Records Keeping

### 3. Collaboration in Patient Care in a Shared Healthcare Setting

*When collaborating in administering a shared treatment with another health and social services provider in a shared healthcare setting, naturopathic doctors shall do so safely, competently and ethically in accordance with current standards of practice and legislation.*

#### Introduction

This document serves as a resource to help naturopathic doctors apply the NWT Standards of Practice with respect to collaborating in administration of a shared treatment with other health and social services providers within a shared healthcare setting. Guidelines help clarify roles and responsibilities, and/or provide a framework for sound and appropriate decision making.

#### **A. General**

When collaborating with other health and social services providers within a shared healthcare setting, a naturopathic doctor should ensure to only collaborate with another health and social services provider with appropriate registration (i.e. being registered in the NWT or another province or territory), authorization and competence in performing shared treatment.

When collaborating with other health and social services providers within a shared healthcare setting, a naturopathic doctor can only collaborate on shared treatments including intravenous vitamin therapy, intravenous chelation therapy and appropriate naturopathic injection therapies, where the other health and social services provider has appropriate registration, authorization and competence in performing the said shared treatment. Such shared treatments can only be administered by a regulated health and social services provider with an appropriate and current scope of practice (both the naturopathic doctor and the other health and social services provider).

Naturopathic doctors are reminded that when making decisions regarding collaboration with another health and social services provider within a shared healthcare setting, that they are always required to follow the adopted Code of Ethics and Standards of Practice for the profession. This includes, but is not limited to the following:

- The naturopathic doctor ensures that when developing an evidence-informed shared treatment plan for the patient, the best interests of the patient and the assessments and diagnoses of the patient are considered, as per the NWT Standard of Practice: General;
- The naturopathic doctor ensures that they refrain from performing activities that they are not competent to perform, despite any authorization given to the member to perform activities, as per the NWT Standard of Practice: General;
- The naturopathic doctor ensures that a plan is in place to manage any critical or unexpected events including adverse events associated with performing an Expanded Scope Activity, as per the NWT Standard of Practice: Emergency Readiness;

- The naturopathic doctor implements and amends shared treatment plans with the consent of the patient, as per the NWT Standard of Practice: Consent;
- The naturopathic doctor monitors each patient appropriately for the level, type and continuation of treatment, as per the NWT Standard of Practice: General; and
- The naturopathic doctor appropriately maintains patient naturopathic medical records, as per the NWT Standard of Practice: Record Keeping.

## **B. Protocols**

When collaborating with other health and social services providers within a shared healthcare setting, written or electronic protocols are required to further patient safety.

An appropriate protocol includes:

- the name of the specific protocol,
- a description of the intervention(s) included in that protocol,
- identification of the competencies, educational requirements and/or health and social services providers that can implement the protocol,
- identification of any contraindications or exclusions to implementing the protocol,
- clear, specific clinical conditions that must be met before the interventions can be implemented,
- the relevant assessment data and diagnosis to be collected and used in decision making when implementing the protocol,
- monitoring parameters,
- the required communication to the most responsible health and social services provider
- documentation required for the health and social services provider implementing the protocol,
- the date the protocol was formally established, and
- the date to be reviewed.

Protocols must be:

- evidence-informed,
- in accordance with federal and territorial legislation and regulation,
- appropriate for the scope of practice of the health and social services provider performing the interventions within the protocol,
- based on patient health needs,
- appropriate for the specific practice setting (i.e. the availability of essential technical and human resources, etc.), and
- reviewed, evaluated and revised, if needed, on a regular basis to ensure that they continue to be evidence-informed and reflect best practice.

## **C. Preparing Substances for Administration**

In situations where more than one person is involved in administering a shared treatment, particularly in the case where a naturopathic doctor has recommended a specific

intravenous therapy and another health and social services provider is administering the treatment, best practice should be that:

- All involved health and social services providers be physically present when preparing the intravenous treatment bag to be administered,
- The names of all involved health and social services providers be labelled on the intravenous treatment bag, and
- Documentation is co-signed by all involved health and social services providers confirming that this occurred.

#### **D. Monitoring Treatment**

In a shared healthcare setting, there may be situations where a naturopathic doctor creates a shared treatment plan for a patient where the treatment, or part of it, is administered by another health and social services provider. It is important to note that the naturopathic doctor is still responsible for monitoring the patient and ensuring the treatment plan is still in the best interest of the patient as per the NWT Standard of Practice: General.

The method of monitoring needs to be appropriate to the patient's condition, the clinical situation, and puts the patient's welfare first.

#### Related Documents

*Naturopathic Profession Regulation*

College of Naturopathic Doctors of Alberta Code of Ethics

NWT Standard of Practice: General

NWT Standard of Practice: Collaboration in Patient Care

NWT Standard of Practice: Consent

NWT Standard of Practice: Emergency Readiness

NWT Standard of Practice: Intravenous Therapy

NWT Standard of Practice: Intravenous Chelation Therapy

NWT Standard of Practice: Records Keeping

## 4. Hyperbaric Oxygen Therapy

*The intention of this document is to provide guidance to naturopathic doctors when providing hyperbaric oxygen therapy so that they do so in accordance with the standards of practice.*

### **A. When providing hyperbaric oxygen therapy, naturopathic doctors should:**

1. Maintain a facility that has:
  - a) efficient access for emergency extrication,
  - b) anti-static precautions,
  - c) ambient humidity of >40%,
  - d) protection of patients from fast-flicker lighting during dives,
  - e) safe storage of compressed gases, and
  - f) precautions to prevent unauthorized entry;
2. Ensure:
  - a) fire extinguishers are immediately available,
  - b) clothing and linen in the hyperbaric oxygen chamber that are 100% cotton only
  - c) pillows must be approved for use in hyperbaric chambers pressurized with 100% oxygen,
  - d) linens must be 100% cotton and approved for use in a hyperbaric chamber,
  - e) policies and procedures prohibit metal, Velcro, synthetic materials, oil and cosmetic in the chamber,
  - f) oxygen and compressed gases stored inside the facility are stored safely and securely, and
  - g) one fire blanket per chamber occupant and attending personnel is available;
3. Have a HBOT manual available that contains, at a minimum, details of each of the following:
  - a) indications for HBOT in the facility,
  - b) contraindications to HBOT,
  - c) treatment protocols,
  - d) side effects and complications of HBOT,
  - e) operation and maintenance of the HBOT chamber and ancillary equipment, and
  - f) operation and maintenance of patient monitoring equipment and emergency treatment equipment.

### Related Documents

College of Naturopathic Doctors of Alberta Code of Ethics

NWT Standard of Practice: General

NWT Standard of Practice: Hyperbaric Oxygen Therapy

## 5. Medical Technologies and Devices

*When using medical technologies and devices, naturopathic doctors shall do so safely, competently and ethically in accordance with the standards of practice and legislation.*

### Introduction

This document serves as a resource to help naturopathic doctors apply the standards of practice with respect to the use of medical technologies and devices as part of a safe and competent naturopathic practice. These guidelines do not replace current standards; rather it is an additional resource to help naturopathic doctors apply the NWT standards to their practice.

### **A. When using medical technologies and devices, naturopathic doctors shall:**

1. Be knowledgeable of how to use the technology and/or device safely and competently;
2. Use evidence informed practice, as described in NWT Standard of Practice: General;
3. Only recommend diagnostic procedures and treatments that are necessary and beneficial to the patient, as described in the adopted Code of Ethics;
4. Provide clear communication to the patient and obtain informed consent, as described in NWT Standard of Practice: General and Standard of Practice: Consent;
5. Be knowledgeable of how to clean, disinfect and/or sterilize any reusable devices and how to use and safely dispose of single-use devices, as described in the NWT Standard of Practice: Infectious Disease Prevention and Control;
6. Ensure the medical device is safe to use (i.e. the device is not on recall or has not been reported as a device that is not safe to use); and,
7. Ensure they are prepared for a potential emergency by having a plan in place, as described in NWT Standard of Practice: Emergency Readiness.

### Related Documents

*Canadian Food and Drug Act*

*Naturopathic Profession Regulation*

College of Naturopathic Doctors of Alberta Code of Ethics

NWT Standard of Practice: General

NWT Standard of Practice: Emergency Readiness

NWT Standard of Practice: Infectious Disease Prevention and Control

NWT Standard of Practice: Informed Consent

## 6. Using titles and Terminology in Advertising, Marketing and Digital Media Content

*The intention of this document is to provide guidance to naturopathic doctors when selecting terminology, titles, and descriptors of their practice that comply with all relevant legislation and to ensure that naturopathic doctors are clear and transparent to the public in their advertising, marketing and digital media content.*

### Introduction

Advertising, marketing and digital media is a component to many naturopathic doctors' practice.

It is imperative that the naturopathic doctor holds accountability for publishing information that is accurate and complete, and that this information is delivered to the public in a clear and transparent manner. Additionally, it is crucial that the naturopathic doctor only use protected titles authorized by the *Naturopathic Profession Regulation* and refrain from using protected titles that have not been granted to naturopathic doctors in the NWT.

### **A. Use of Protected Titles**

The *Naturopathic Profession Regulation* outlines the protected titles that may only be used by naturopathic doctors that are registered to practice in the NWT and include:

- Naturopathic Doctor and its initials N.D.;
- Naturopathic Practitioner;
- Naturopathic Physician;
- Naturopath;
- Doctor of Naturopathic Medicine and its initials N.M.D; and
- Doctor of Naturopathy.

In their advertising, marketing and digital media content, naturopathic doctors should:

1. comply with Standard of Practice: Advertising and Marketing by only using only titles as provided for in the *Naturopathic Profession Regulation*;
2. Be deliberate and clear and ensure that each time a reference to a naturopathic doctor's title is made, it is placed in context:
  - use the word "naturopathic" preceding the word, "doctor" when referring to themselves;
  - use the word "naturopathic" referring to themselves as a doctor of naturopathic medicine;
  - use the word "naturopathic" when a naturopathic doctor is referring to the practice of naturopathic medicine; and,
  - use the word "naturopathic" when referring to any kind of naturopathic medicine.

<b>Do not use</b>	<b>Use instead</b>
*Doctor (as a standalone)	Naturopathic Doctor or ND
Physician	Naturopathic Doctor or ND
*Medicine	Naturopathic Medicine
*Becoming a doctor	Becoming a Naturopathic Doctor or ND

\*members should be using “naturopathic” every time this reference is made.

### **B. Specializations**

To be clear and transparent to the public, naturopathic doctors must ensure that they do not mislead the public by implying specializations or, that they are a specialist. Naturopathic doctors do not have the authorization to use the term specialist or to infer that they are a specialist. Any reference that a naturopathic doctor has to a specialty in an existing field infers that they *are* a specialist. This contravenes the *Health and Social Services Professions Act* and regulations and constitutes unprofessional conduct.

<b>Do not use</b>	<b>Use instead</b>
Specializing	Focusing
Family Medicine	Naturopathic Family Health Care
Naturopathic Family Medicine / Practice	Naturopathic Family Health Care
*Medical School	Naturopathic Medical School
Oncology or Cancer ** Treatment	Naturopathic Cancer Care / Support
Pediatric	Special Interest in Children’s Health

\*Members should be using “naturopathic” every time this reference is made

\*\*Using the terms ‘support’ and ‘care’ instead of ‘treatment’ when referencing a specialization or another profession’s protected titles.

### Related Documents

*Naturopathic Profession Regulation*

College of Naturopathic Doctors of Alberta Code of Ethics

NWT Standard of Practice: Advertising and Marketing