



The College of Naturopaths of Ontario

Standard of Practice:

Internal Examinations



Introduction

The intent of this standard is to advise Members of the requirements to perform internal examinations safely, ethically and competently.

Performing internal examinations is a component of the controlled act: "Putting an instrument, hand or finger,

- i. beyond the external ear canal,
- ii. beyond the point in the nasal passages where they normally narrow,
- iii. beyond the larynx,
- iv. beyond the opening of the urethra,
- v. beyond the labia majora,
- vi. beyond the anal verge, or
- vii. into an artificial opening into the body."

(*Regulated Health Professions Act, 1991, S.O. 1991, CHAPTER 18, s. 27*).

Members are authorized to perform internal examinations under the *Naturopathy Act, 2007, S.O. 2007, CHAPTER 10, Sched. P, s. 4.1*.

Definitions

Internal Examination: for the purpose of this standard, internal examinations include the authorized acts of:

- a. Putting an instrument, hand or finger beyond the labia majora but not beyond the cervix.
- b. Putting an instrument, hand or finger beyond the anal verge but not beyond the rectal-sigmoidal junction.

1. Competency

The Member has the knowledge, skill and judgment necessary to perform internal examinations safely, ethically, and competently and to determine whether a patient's condition warrants the performance of an internal examination.

Performance Indicators

Prior to performing an internal examination, the Member will:

- Fulfill all requirements for maintenance of competence for performing the procedure (e.g. continuing education, College's Quality Assurance Program).

2. Assessment and Treatment

The Member ensures that the examination is administered in a safe, effective and ethical manner.

Performance Indicators

In addition to meeting the Standard of Practice for Performing Authorized Acts, the Member:

- performs an internal examination, when it is clinically indicated, which includes:
 - examining a patient in the course of an assessment or to formulate a naturopathic diagnosis;
 - treating the patient with naturopathic treatments or remedies;
 - taking or collecting a specimen.
- uses only single use disposable vaginal specula or anoscope;
- incorporates current, appropriate, and generally accepted practices for handling and disposal of biomedical waste.

3. Record Keeping

The Member makes specific notations regarding internal examinations.

Performance Indicators

In addition to the College's Standard of Practice for Record Keeping, the Member records:

- how the procedure was tolerated;
- if the patient requested termination of the procedure;
- any samples collected or treatment performed;
- when and where samples were sent;
- the name of the second person attending the examination, if applicable.

Related Standards & Guidelines

Collecting Clinical Samples

Consent

Infection Control

Point of Care Testing

Record Keeping

Therapeutic Relationships and Professional Boundaries

Legislative Framework

[General Regulation](#)

[Naturopathy Act, 2007](#)

[Professional Misconduct Regulation](#)

[Regulated Health Professions Act, 1991](#)

Provincial Infectious Diseases Advisory Committee (PIDAC)

Routine Practices and Additional Precautions in all Health Care Settings (2011)

Guideline C-4: The Management of Biomedical Waste in Ontario (2009)

Approval

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Latest Amendment Date: December 6, 2017

Disclaimer

In the event of any inconsistency between this standard and any legislation that governs the practice of Naturopathic Doctors, the legislation shall govern.