

RECOMMENDING NON-PRESCRIPTION SUBSTANCES

Intent

To advise Registrants who recommend non-prescription substances of the requirements to perform the procedure safely, ethically and competently.

Definitions

Non-Prescriptions Substances: Anything that is publicly available and is not listed in the [General Regulation](#). This may include botanical tinctures, botanical powders or loose herbs, fluid/solid extracts, base creams, salves and ointments, homeopathic remedies, pharmaceutical grade ethyl alcohol, vitamins, minerals and amino acids. A non-prescription substance also includes any item listed on the National Association of Pharmacy Regulatory Authorities (NAPRA) schedules 2, 3 or U.

Recommendation: An advised course of treatment using non-prescription substances.

STANDARD 1

The Registrant who recommends non-prescription substances within the context of their naturopathic practice has acquired and maintains the knowledge, skill and judgment necessary to perform the procedure safely, ethically, and competently.

A Registrant demonstrates the standard by:

- maintaining competency for performing the procedure by engaging in continuing education and/or incorporating the recommendation of non-prescription substances as a regular part of their practice.

STANDARD 2

The Registrant minimizes the risk to the patient, self and others that are associated with recommending non-prescription substances before, during and after the recommendation.

A Registrant demonstrates the standard by:

- recommending non-prescription substances within the context of a naturopathic doctor-patient relationship,
- taking a thorough health history, including laboratory and diagnostic testing as appropriate,
- considering the patient's condition, the risks and benefits and any other relevant circumstances specific to the patient,
- assessing the patient for contraindications, including current medications and natural health products that the patient is taking, before recommending a non-prescription substance,
- recommending a non-prescription substance for therapeutic purpose when it is clinically indicated,
- communicating the recommendation to the patient,
- obtaining and documenting informed consent,
- informing the patient that they have a choice of where they can purchase the recommended substance,
- ensuring documentation in the patient record in accordance with the *Standard of Practice: Record Keeping*, and
- monitoring, documenting and adjusting the recommendation based on the patient's response to treatment.

STANDARD 3

The Registrant communicates a recommendation for non-prescription substances to the patient.

A Registrant demonstrates the standard by:

Providing the following information to the patient:

- name of substance, strength, dose, and
- directions for use including the administration route, frequency, duration, and any special instructions (e.g., away from food, with meals).