

Restricted Activities

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Authority: Health Professions Act section 19, Dietitians Regulation; CDBC bylaws section 45; Schedules A and B.

Background:

Restricted activities are a narrowly defined list of invasive, higher risk activities that must not be performed by any person in the course of providing health services, except

- members of a regulated profession that has been granted specific authority to do so in their regulations, based on their education and competence, and
- unregulated persons who have been delegated the authority to perform the restricted activity, or who have been authorized to perform the restricted activity, by a member of a regulated profession that has been granted the restricted activity¹.

Restricted Activities specific to BC Registered Dietitians are defined in the Dietitians Regulation of the *Health Professions Act* – “no person other than a registrant who meets the additional qualifications set out in the bylaws of the college may:

- a) design, compound or dispense therapeutic diets if nutrition is administered through enteral means,
- b) design therapeutic diets if nutrition is administered through parenteral means, or
- c) administer a substance to a person by instillation through enteral or parenteral means.”

The CDBC further defines these Restricted Activities as:

- **Restricted Activity “A”** – design, compound or dispense therapeutic diets where nutrition is administered through enteral means
- **Restricted Activity “B”** – design therapeutic diets where nutrition is administered through parenteral means
- **Restricted Activity “C”** – administer a substance to a person by instillation through enteral means
- **Restricted Activity “D”** – administer a substance to a person by instillation through parenteral means

In accordance with Dietitians Regulation and CDBC Bylaws section 45, a registrant must provide proof of competence to practice any Restricted Activities.

¹ Province of British Columbia - <http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/professional-regulation/scope-of-practice-reform>

As per the CDBC Schedule A (Code of Ethics), principle 3 and Schedule B (Standards of Practice), it is the RD's duty to ensure safe, competent and ethical practice. In addition to proof of competence, a Registered Dietitian must be practice ready when performing any Restricted Activity. Practice readiness is defined as confidence in the Registered Dietitian's ability to independently fulfill the duties and responsibilities required in any area of dietetic practice – the Registered Dietitian is "ready to practice" independently.

Policy:

- 1) Registrants who wish to practice Restricted Activities must apply for a license to perform each individual Restricted Activity.
 - a) submit a completed Application to Practice Restricted Activities form including the Verification of Current Competence (as applicable);
 - b) submit proof of competence to practice Restricted Activities (see item # 4); and
 - c) submit the application fee of \$35 per Restricted Activity.
- 2) Restricted Activities are purchased annually and at any time during the CDBC fiscal year.
- 3) Restricted Activities expire on March 31 of the calendar year, regardless of the date of issue.
- 4) Proof of competence to practice Restricted Activities includes items listed on Form # 10 – *Application to Practice Restricted Activities*.
- 5) Approved courses used as proof of competence must be valid over the entire time period that the Restricted Activity license is active (i.e. April 1 to March 31 annually).
 - a) Approved courses that expire on or before the first six months of the issued RA license are not accepted as proof of competence.
 - b) Registrants with approved courses that expire after six months of the issued RA license must submit additional proof of competence to the CDBC, prior to the course expiry date.
- 6) Accepted verifiers for proof of competence include:
 - a) A "Full" CDBC registrant who is currently licensed to practice the Restricted Activities that are being applied for; or
 - b) A Registered Dietitian regulated under similar acts in other jurisdictions; or
 - c) a Physician, Pharmacist, Registered Nurse or Nurse Practitioner who is familiar with and confident the applicant's competence and practice readiness in nutrition support
- 7) Registrants with Restricted Activities must take steps to ensure practice readiness. If a RD is registered for Restricted Activities but does not feel practice ready (for example, due to extended absence or lack of confidence, experience or opportunity), the RD must not practice the Restricted Activities. The RD must inform the employer of the situation. It is the RD's responsibility to take steps to ensure practice readiness. Some suggestions include:
 - a) Working with the employer to develop and fulfill a training support plan.
 - b) Pairing with a RD mentor who is well experienced in Nutrition Support and is registered with the appropriate Restricted Activities.
 - c) Working alongside Nutrition Support colleagues (e.g. Physicians, Pharmacists, etc.) on Restricted Activity cases to gain experience and self-confidence.

APPENDIX

RESTRICTED ACTIVITIES – CORE COMPETENCIES²

RESTRICTED ACTIVITY A: ENTERAL NUTRITION (EN)	
"Design, compound or dispense therapeutic diets where nutrition is administered through enteral means"	
CORE COMPETENCY	SPECIFIC COMPETENCY
DESIGN The RD selects ingredients for EN	<input type="checkbox"/> Assesses the need for nutrition through enteral means <input type="checkbox"/> Identifies and/or recommends the appropriate EN feeding route <input type="checkbox"/> Selects the appropriate EN formulation <input type="checkbox"/> Determines the appropriate EN delivery method (i.e. <i>intermittent/continuous feed, volume, rate, etc.</i>) <input type="checkbox"/> Monitors tolerance to EN and adjusts as required <input type="checkbox"/> Communicates (verbally or in writing as appropriate) with the patient/caregiver and the interdisciplinary health care team
COMPOUND The RD compounds EN ingredients	<input type="checkbox"/> Compounds EN ingredients <input type="checkbox"/> Supervises/instructs others to compound EN ingredients
DISPENSE The RD dispenses the EN formulation	<input type="checkbox"/> Fills an EN order <input type="checkbox"/> Distributes an EN order <input type="checkbox"/> Supervises other staff filling an EN order
RESTRICTED ACTIVITY B: PARENTERAL NUTRITION (PN)	
"Design therapeutic diets where nutrition is administered through parenteral means"	
CORE COMPETENCY	SPECIFIC COMPETENCY
DESIGN The RD selects ingredients for PN	<input type="checkbox"/> Assesses the need for nutrition through parenteral means <input type="checkbox"/> Identifies and/or recommends the appropriate PN infusion site <input type="checkbox"/> Selects the appropriate PN formulation (includes <i>macro- & micronutrients</i>) <input type="checkbox"/> Determines the appropriate PN delivery method (i.e. <i>cyclical/continuous infusion, volume, rate, etc.</i>) <input type="checkbox"/> Monitors patient tolerance to PN and adjusts as required <input type="checkbox"/> Communicates (verbally or in writing as appropriate) with the patient/caregiver and the interdisciplinary health care team
RESTRICTED ACTIVITY C: ADMINISTRATION OF ENTERAL NUTRITION (EN)	
"Administer a substance to a person by instillation through enteral means"	
CORE COMPETENCY	SPECIFIC COMPETENCY
ADMINISTER The RD administers EN	<input type="checkbox"/> Instills nutrition enterally (<i>sterile manipulation of EN delivery device/system, delivery of EN</i>) <input type="checkbox"/> Instructs/ supervises others to instill EN
RESTRICTED ACTIVITY D: ADMINISTRATION OF PARENTERAL NUTRITION (PN)	
"Administer a substance to a person by instillation through parenteral means"	
CORE COMPETENCY	SPECIFIC COMPETENCY
ADMINISTER The RD administers PN	<input type="checkbox"/> Physically instills nutrition parenterally (<i>sterile manipulation of PN delivery device/system, delivery of PN</i>) <input type="checkbox"/> Instructs/supervises others to instill PN

² From "Verification of Current Competence to Practice Restricted Activities" (Appendix 2, CDBC)