

Standards of Practice

Performance of

Restricted Activities

Standard

The physiotherapist performs restricted activities that they are authorized and competent to perform, within the context of physiotherapy practice, in accordance with the Standards of Practice, and when client assessment findings support their use.

Expected outcome

Clients can expect that the physiotherapist is authorized and competent to perform the restricted activities that they apply in practice.

Performance expectations

The physiotherapist:

- Performs restricted activities that they are competent, authorized or supervised to perform, and complies with all relevant provincial legislation and regulatory requirements.
- Supervises restricted activities in accordance with all relevant provincial legislation and regulatory requirements.
- Assesses the risks and benefits associated with the activity and communicates these to the client to obtain the client's **informed consent** for treatment.
- Establishes critical event management plans related to potential **adverse events** associated with restricted activities, and routinely reviews these plans with other staff within the practice environment.
- Informs the Registrar of any restricted activity that they are not authorized to perform according to relevant provincial legislation and are performing under the authority and **supervision** of another regulated health professional.

Related to the performance of dry needling, pelvic health internal examinations and spinal manipulation, the physiotherapist:

- Completes a program of study in the performance of the restricted activity that includes as part of the curriculum: theory, practice, safety instruction, and final (summative) evaluation conducted by the course instructor which resulted in a passing grade prior to seeking authorization to perform the restricted activity.
- On the General Register is directly supervised by a physiotherapist on the General Register or the Courtesy Register who is authorized to perform the restricted activity when learning to perform a restricted activity, in compliance with all relevant provincial legislation and regulatory requirements.

- On the Provisional Register is directly supervised by a physiotherapist on the General Register who is authorized to perform pelvic health internal examinations while learning and upon receiving authorization to perform pelvic health internal examinations, in compliance with all relevant provincial legislation and regulatory requirements.*

*NOTE: Physiotherapists on the Provisional Register may not perform dry needling or spinal manipulation in clinical or educational environments.

- Submits evidence to the Registrar of having the competencies required to perform the restricted activity.
- Receives notification from the Registrar that the authorization is indicated on their practice permit prior to performing the restricted activity independently.
- Who is registered on the Provisional Register and who has received authorization to perform pelvic health internal examinations has a supervision agreement specific to the practice of pelvic health internal examinations in place with a physiotherapist on the General Register who is authorized to perform the restricted activity.

Adverse events refer to "an event that results in unintended harm to the patient and is related to the care and/or services provided to the patient rather than to the patient's underlying condition."

Clients are recipients of physiotherapy services, and may be individuals, families, groups, organizations, communities, or populations. An individual client may also be referred to as a patient. In some circumstances, clients/patients may be represented by their substitute decision-makers.

Informed consent refers to "receiving client or their legally authorized representative's permission to proceed with an agreed course of physiotherapy service. Consent may be revoked at any time...Consent can be written or oral, and may be expressed or implied. Having a written consent form does not mean there is informed consent. Informed consent involves ongoing communication between the parties involved."

Supervision is "the action or process of watching and directing what someone does or how something is done."

Timely refers to "happening at the correct or most useful time: not happening too late."

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Related to diagnostic imaging, the physiotherapist:

- Completes a program of study in the performance of the restricted activity that has been approved and meets the requirements established by the College of Physiotherapists of Alberta's Council, and a final (summative) evaluation conducted by the course instructor which resulted in a passing grade prior to seeking authorization to order diagnostic imaging.
- Submits evidence to the Registrar of having the competencies required to perform the restricted activity.
- Receives notification from the Registrar that the authorization is indicated on the General Register prior to performing the restricted activity independently.
- Orders diagnostic imaging (X-ray, magnetic resonance imaging and ultrasound imaging) for the purposes of confirming a physiotherapy diagnosis, answer an explicit clinical question, or alter or advance the client's treatment plan.
- Orders diagnostic imaging for their own clients only, for the purpose of assisting in the management of their physiotherapy care.
- Communicates with the client and health-care providers in the circle of care to confirm that imaging is neither redundant nor inadvisable.
- Explains the rationale for the diagnostic imaging to the client.
- Communicates the results of diagnostic imaging to health-care providers in the circle of care, while adhering to relevant privacy legislation, to facilitate coordinated client care.
- Explains the results of the diagnostic imaging to the client, providing the necessary follow-up when the results indicate that such follow-up is warranted, including referral of the client to an appropriate regulated health professional when needed.
- Provides emergency contact information on all imaging orders to facilitate **timely** communication in the event that diagnostic imaging reveals an urgent concern.
- Documents all imaging results and all communication with the client and with other health-care providers within the circle of care regarding the imaging results.

Related Standards

- Client-Centered Care
- Consent
- Infection Control
- Risk Management
- Safety
- Use of Title