The legislative mandate of the College of Licensed Practical Nurses of Alberta (CLPNA) is to serve and protect the public by ensuring its members deliver safe, competent and ethical nursing care. Practice policies outline expectations of behaviour that are established, monitored and enforced by the CLPNA. Practice policies may link with Standards of Practice, Code of Ethics, legislation, regulation or by-laws relevant to nursing practice. They can also link to supportive documents that help members meet these policy expectations.

**WHAT ARE RESTRICTED ACTIVITIES?**

Restricted activities are high risk activities performed as part of providing a health service that require specific competencies and skills to be carried out safely. Health professionals are authorized to perform these restricted activities under the profession’s regulation and because they have the required education and training to competently do so. Restricted activities include health services such as cutting body tissue below the dermis, administering anything by invasive procedure, performing surgery, prescribing drugs, ordering x-rays and many more. A complete list of health services restricted activities are set out in Schedule 7.1 of the Government Organization Act (GOA).

**THE LPN’S LEGAL AUTHORITY TO PERFORM RESTRICTED ACTIVITIES**

LPNs are authorized through the Health Professions Act (HPA) and the Licensed Practical Nurses Profession Regulation (LPN Regulation) to perform certain restricted activities. Schedule 10, section 3 of the HPA states that LPNs provide restricted activities authorized by the regulations.

Sections 13 to 19 of the LPN Regulation specifically outline which restricted activities LPNs are authorized to perform and the level of supervision required.

**LPN COMPETENCIES REQUIRED TO PERFORM RESTRICTED ACTIVITIES**

Although an LPN may be authorized to perform a restricted activity, the LPN is responsible to ensure they possess the knowledge, skills, and competence to perform the restricted activity. When performing restricted activities, an LPN must always abide by Section 20 of the LPN Regulation:

> Despite any of the authorizations to provide restricted activities, regulated members must restrict themselves in performing restricted activities to those activities that the member is competent to perform and to those that are appropriate to the member’s area of practice and the procedures being performed.

**DEVELOPING COMPETENCIES TO PERFORM RESTRICTED ACTIVITIES**

1. Competencies to perform basic restricted activities are acquired through base practical nursing education programs. Some restricted activities require additional post-basic education or employer training as identified by the shaded areas in The Competency Profile for LPNs. The Competency Profile and information about post-basic education are available on the CLPNA website at www.clpna.com.

2. Competencies to perform specialized restricted activities are acquired through specialized post-basic education programs approved or recognized by the Council of the CLPNA. Currently, there are 5 recognized specialty areas: immunization, advanced foot care, perioperative, dialysis, and advanced orthopedic. LPNs require authorization from the Registrar to practice in a specialty area.
PERFORMANCE OF BASIC RESTRICTED ACTIVITIES

Basic restricted activities are high-risk health services which LPNs learn through their basic practical nurse education program, post-basic LPN educational program or employer certification.

All LPNs who have developed the competencies required to perform one or more of the basic restricted activities, may perform the following restricted activities independently or under supervision as set out in the LPN Regulation.

The basic restricted activities for LPNs are:

1. LPNs may administer anything by an invasive procedure on body tissue below the dermis.
   - LPNs who obtained their diploma after June 1, 2001, may independently perform:
     o subcutaneous injections
     o intramuscular injections
     o intradermal injections
     o IV initiation
     o IV medication/fluid administration
   These LPNs are authorized to administer any drugs via these routes keeping within their competencies, and practicing in accordance with the CLPNA’s Standards of Practice and Code of Ethics. Employers may have specific policies to guide LPNs in medication administration. Vaccine administration is authorized under the Immunization Specialty.

2. LPNs may independently insert or remove instruments, devices, fingers or hands:
   - beyond the pharynx
   - beyond the opening of the urethra
   - beyond the labia majora
   - beyond the anal verge
   - into an artificial opening of the body
   - beyond the point in the nasal passages where they normally narrow.

   Examples of these competencies include but may not be limited to: urinary catheterization, administering vaginal creams, anal suppositories and enemas, tube feeds, suctioning a tracheotomy, and insertion of nasal gastric tubes.

3. LPNs may insert liquid under pressure into the ear canal to remove ear wax.
   - supervision requirement – indirect: the authorized practitioner is readily available on site for consultation and guidance. The authorized practitioner is not required to be physically present at the point of care.
   - Example: an LPN working in a physician’s clinic or outpatient-emergency unit may carry out an order to syringe ears where the physician or another authorized practitioner is available to provide assistance if required.

4. LPNs may administer diagnostic imaging contrast agents.
   - supervision requirement – indirect: the authorized practitioner has provided an order and is readily available on site for consultation and guidance. The authorized practitioner is not required to be physically present at the point of care.
   - Example: LPNs working in a diagnostic imaging clinic with other health professionals or on a medical unit prior to a diagnostic procedure with access to an authorized practitioner if required.

5. LPNs may administer nitrous oxide for the purposes of anesthesia or sedation.
   - supervision requirement – direct: the authorized practitioner is physically present at the point of care.
   - Example: LPNs working closely with a physician who is resetting a fracture.

6. LPNs may perform psychosocial intervention as a member of a multi-disciplinary team (i.e. team of more than one person).
   - supervision requirement – indirect remote: the authorized practitioner is available for consultation and guidance through technology. The authorized practitioner is not required to be physically present at the point of care.
   - Note: A psychosocial intervention is when there is an expectation of treating a substantial disorder of thought,

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1 Regulated members who have completed their practical nurse education program before June 1, 2001 will have met this standard through the mandatory education upgrading completed in 1999, post basic programs and employer certification offered in these areas.
mood, perception, orientation or memory that grossly impairs judgment, behavior, capacity to recognize reality, or ability to meet the ordinary demands of life.

**PERFORMANCE OF SPECIALIZED RESTRICTED ACTIVITIES**

Specialized Restricted Activities require completion of an advanced post-basic education program approved or recognized by the Council of the CLPNA and authorization from the Registrar to practice in that specialty area.

7. LPNs with an **Immunization Specialty** may administer vaccines to clients 5 years of age or older with employer protocols in place. A protocol is defined as an organizationally-approved guide for practice that is to be implemented by healthcare professionals managing specific client health needs in their practice environment.
   - **supervision requirement – indirect remote**: the authorized practitioner is available for consultation and guidance through technology. The authorized practitioner is not required to be physically present at the point of care.

   *Note: LPNs who have completed a Council approved Immunization Certification Course may work within any setting administering vaccines to clients 5 years of age and older.*

8. LPNs with the **Advanced Foot Care Specialty** may independently remove a body tissue, administer anything by invasive procedure on body tissue or perform surgical or other invasive procedures on body tissue below the dermis for the purposes of removing a corn or callus as part of the provision of foot care.

9. LPNs with the **Perioperative Specialty** may administer anything or perform invasive procedures on body tissue below the dermis.
   - **supervision requirement – direct**: the authorized practitioner performing the surgery is physically present at the point of care during the surgical procedure.

   *Note: LPNs who have completed Council approved education in Perioperative nursing may practice within any surgical setting.*

10. LPNs with the **Dialysis Specialty** may independently insert or remove instruments, devices, fingers or hands into an artificial opening into the body for the purpose of performing dialysis.

    *Example: LPNs who are hired into a dialysis setting receive training through the Alberta Renal Program and are specifically trained in the specialized clinical competency to provide treatment in dialysis nursing.*

11. LPNs with the **Advanced Orthopedic Specialty** and a verbal or written order may perform the setting or resetting of a fracture of a bone for the purposes of inserting and removing orthopedic devices and applying casts.
   - **supervision requirement - indirect**: the authorized practitioner is readily available on site for consultation and guidance. The authorized practitioner is not required to be physically present at the point of care.

   *Note: LPNs who have completed Council approved education in Orthopedic nursing may practice within multiple settings including but not limited to outpatient, emergency or cast clinic settings.*

**LEARNING A RESTRICTED ACTIVITY**

LPNs in an advanced post-basic education program can learn and perform an authorized specialized restricted activity in accordance with the supervision requirements indicated above.

Note: LPNs with a temporary registration practice permit must practice under supervision regardless of the authorization to perform some basic restricted activities independently as indicated above. LPNs with a temporary registration practice permit are not authorized to perform specialized restricted activities.

Further information for temporary registrants is available on the CLPNA website at [www.clpna.com](http://www.clpna.com).

Further information regarding continuing education, specialization and available courses is available on the Continuing Education webpage at [https://www.clpna.com/members/continuing-education/](https://www.clpna.com/members/continuing-education/).

Any LPN or employer with questions regarding LPN restricted activities or any area of LPN practice is encouraged to contact the Practice Department at the CLPNA.
REFERENCES

1 Government Organization Act, RSA 2000, c G-10, s 2(1)(p).
4 Licensed Practical Nurses Profession Regulation, Alta Reg 81/2003, s21(1).
5 LPN Regulation, s6(6).

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