



COLLEGE OF  
NATUROPATHIC PHYSICIANS  
OF BRITISH COLUMBIA

## NATUROPATHIC ADVANCED LIFE SUPPORT (NALS)

### **NALS Course Requirements**

In order to satisfy the requirements for NALS, a course must include, at minimum, the following:

- At least one day of training (8 hours total; minimum of 6 hours in-person)
- No less than two (2) hours of hands-on practical training through active role playing and participatory scenarios using emergency equipment (does not include demonstrations)
- Course materials (e.g. guides, reference charts, texts, and web-based e-learning)
- Ratio of at least one credentialed instructor for every eight attendees (1:8)
  - o Note: Instructor credentials will be evaluated based on:
    - Relevant qualifications (registered health professional)
    - Relevant certifications
    - Relevant teaching experience
- Mandatory NALS Course Components, the details of which are set out below.

### **Mandatory NALS Course Components**

Courses must include the following four (4) mandatory components, each of which is expanded upon in detail below:

1. Advanced Naturopathic Emergency Kit – Familiarization and Application
2. Fundamentals of Emergency Response – Initial Assessment and Basic Procedures
3. Common Emergency Situations – Overview of Assessment and Intervention Procedures
4. Emergency Scenarios – In Practice

#### **1. Advanced Naturopathic Emergency Kit – Familiarization and Application**

- Review basic contents of an emergency medical kit, as well as additional items and supplies required according to the nature of the advanced practice (i.e. course providers should tailor the emphasis of their course content to the specified aspects of practice for which registrants have obtained [CNPBC certification](#) including IV Therapy, IV & Chelation Therapies, Advanced Injection Therapies, Aesthetic Procedures, etcetera).
- Review indications and contraindications of various drugs and interventions.
- Review emergency equipment with demonstrations and hands-on instruction.
- Practical hands-on administration of O<sub>2</sub> with mask or nasal cannula.

## **2. Fundamentals of Emergency Response – Initial Assessment and Basic Procedures**

- Review essential elements of emergency protocols including:
  - Assessing the situation/identifying an emergency
  - Information gathering: taking and recording vitals and patient questioning (e.g. AMPLE: Allergies, Medications, Past Medical History, Last Ate / Last Menstrual Period for women, Events: MIST – Mechanism of Injury, Injuries Sustained, Signs, Treatments and Trends in Vital Signs)
  - Appropriate initiation of emergency services (i.e. 911)
  - Leading a team in an emergency
  - Proper patient positioning
  - Communicating with 911/emergency personnel and post-incident reporting

## **3. Common Emergency Situations – Overview of Assessment and Intervention Procedures**

- Review of common emergency situations likely to be encountered by a naturopathic physician in their office setting.
- In reviewing these situations, the content must address the following:
  - Signs and symptoms, and assessing degree and severity
  - Differential diagnosis in an emergency
  - Immediate actions, and rationale
  - Long term actions, and rationale
- The following common emergency situations must be reviewed:
  - (a) Anaphylaxis, asthma, and other allergic emergencies
  - (b) Anticoagulant problems and bleeding disorders including epistaxis, thrombosis, and thrombophlebitis, etcetera
  - (c) Cardiac events including acute myocardial infarction, angina, arrhythmia, congestive heart failure, hypertension, hypotension, hypocalcaemia, stroke, tachycardia, etcetera
  - (d) Opioid overdose (and use of Naloxone)
  - (e) Seizures, severe anxiety attacks, and other psychotic/neurological emergencies
  - (f) Serious IV and injection related complications including altered mental status, air embolism, catheter embolism, circulatory overload, pulmonary edema, pneumothorax, septicemia, shortness of breath, speed shock, tachycardia, etcetera
  - (g) Hypoglycemia and insulin shock, and differentiating between the two
  - (h) Kidney complications including nephrotoxicity, renal toxic reaction, renal failure, etcetera
  - (i) Sepsis
  - (j) Vasovagal reactions

- Coverage may also include the following: asthma; dehydration, excessive or not; eczema (severe); excessive fatigue and/or weakness; fever; hematuria; headaches and nausea; extravasation, infiltration, and local irritation; joint pain; over-medication or overdose
- The following may be included but, as they are typically covered by CPR for HCP with AED, they are not required: acute myocardial infarction and asystole; choking; and shock.

#### **4. Emergency Scenarios – In Practice**

- Participation in practical, hands-on, case-based emergency response scenarios must cover at least one of each of the following five (5) categories of common emergencies:
  - (a) Anaphylaxis and other allergic emergencies
  - (b) Anticoagulant problems and bleeding disorders (any of those listed above above)
  - (c) Cardiac events (any of those listed above)
  - (d) Seizures, severe anxiety attacks, and other psychotic/neurological emergencies
  - (e) Serious IV and injection related complications (any of those listed)
- Scenarios must include assessment of the emergency, management response, use of appropriate equipment, and drug administration (including dosage and rate of administration, and consideration of indications and contraindications), as appropriate.
- In performing the scenarios, participants should demonstrate the following:
  - Ability to assess degree and severity of signs and symptoms
  - Ability to conduct differential diagnosis in an emergency
  - Ability to determine and perform immediate actions, and explain rationale
  - Ability to determine long term actions, and explain rationale
- Scenarios should be a practical integration of mandatory course components 1-3, and participants should be assessed on demonstrated comprehension and competency.