



EXAMINATION GUIDELINES

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General Information

The information in these Guidelines is provided to assist candidates with registering and preparing for the College of Naturopathic Physicians of British Columbia examinations. These Guidelines are not exhaustive, and candidates should expect the examinations to test whether they know how to practise naturopathic medicine safely.

The Guidelines contain information pertaining to the examination policies and processes, as well as study material for the College's Jurisprudence examination and information about the College's Oral & Practical examination. For specific examination dates, location details, and examination application forms, please visit the College's website in the *Become an ND* area, under *College Examinations*. Candidates requiring additional information are invited to contact the College's office by phone at 604-688-8236 or email at registration@cnpsc.bc.ca

For questions regarding the Naturopathic Physician Licensing Examinations (NPLEX), please contact the North American Board of Naturopathic Examiners (NABNE) at 1-503-778-7990, or visit their website at www.nabne.org.

Examination Registration Procedures

Requirements for Examination Registration

Candidates applying to sit the College's examinations must have graduated from a naturopathic medical school that has been accredited by the Council on Naturopathic Medical Education (CNME) and recognized as providing naturopathic medical education that meets the College's entry-to-practice requirements for the purposes of applying for registration. The accredited schools are listed on the College's website in the *Become an ND* area under *Naturopathic Medical Schools*.

Examination Schedule

The administrations of the College's examinations are as follows:

- the Oral & Practical examination is held semi-annually (February and August), and
- the Jurisprudence examination is held quarterly (approximately February, May, August, and November).

When the two examinations are being offered together, the College typically administers the examinations on two consecutive days, as follows:

- the Jurisprudence examination on the Friday (typically starting at 2:00 pm); and
- the Oral & Practical examination on the Saturday (typically starting at 8:00 am).

Examination Location

The examinations usually take place at the Boucher Institute of Naturopathic Medicine: 435 Columbia Street, Unit 110, New Westminster, BC, V3L 5N8. Occasionally the College may administer examinations at the College's offices: 605 Robson Street, Suite 840, Vancouver, BC, V6B 5J3. To request that the Jurisprudence examination be proctored somewhere other than the location of the regular sitting, candidates must submit a signed letter to the College not less than fourteen (14) days prior to the scheduled date of the administration.

Applying to Register for the Examinations

To register for the examinations, candidates must submit the following to the College:

1. Completed Examinations Application Form
2. Payment to the College of the examination fees:
 - \$231 – Oral & Practical examination
 - \$116 – Jurisprudence examination
3. The candidate's official transcript, which must be sent directly from an accredited naturopathic medical school to the College (see address on page 1)
4. Photocopy of government issued identification (original to be presented on examination day)

Contact Information

Candidates are responsible for ensuring that the College has up-to-date contact information and for notifying the College of any changes to information previously provided to the College (such as in the Examinations Application Form). The College is not responsible for any lapses in communication due to incorrect or outdated contact information provided by the candidate.

Documentation and Name Changes

If a candidate's name on any documentation (e.g. transcripts) differs from the information provided in the Examinations Application Form, candidates must provide up-to-date information to the College immediately, including proof of name change (e.g. marriage certificate, divorce certificate, or Change of Name Certificate) and a clear copy of current valid photo identification (e.g. driver's license or passport showing the name change).

Deadline to Register for the Examinations

Please note the deadline to register for any examination is the Friday four (4) weeks before the administration of the examination.

Requests for Accommodations

Candidates who have a documented disability (cognitive or physical), health condition or issue, special need (whether permanent or temporary), or religious requirements, may request examination accommodations. The accommodations granted will depend on the nature of the candidate's current needs, the documentation provided, and the requirements of the examination. Accommodations may include adjustment to the testing conditions, examination requirements, and/or examination scheduling to address a candidate's current needs.

To request an accommodation, candidates must submit a signed letter to the College not less than fourteen (14) days prior to the scheduled date of the administration. The letter must specify the type of accommodation being requested, the reason for the request (including the specific need and severity), and be accompanied by appropriate supporting documentation from a qualified professional. Requests received after the examination registration deadline cannot be granted. In such instances, candidates who cannot perform the examination without an accommodation may request to defer their examination until the next scheduled examination (see below regarding deferrals).

Deferrals & Cancellations

If a candidate has registered to sit the College's examinations and seeks to defer them until a later date, they must advise the College, in writing, not less than fourteen (14) days prior to the scheduled date of the administration. The paid examination fees will be credited toward the candidate's registration for College examinations at a later date.

Please note that deferrals are valid for one (1) year only. If a candidate has been granted a deferral, they must contact the College office to re-register and sit the examination within one (1) year. In the event that a candidate does not sit the examinations within that time, they will be required to re-apply and pay the full examination fees.

A candidate who is unable to sit the College's examinations for any reason must advise the College in writing. If a candidate is incapacitated by an accident or illness before the examination dates, they must advise the College as soon as possible. Cancellations must be made no less than fourteen (14) days prior to the scheduled examination administration date in order to receive a full or partial refund.

- 30 days prior – full refund
- 14 days prior – partial refund (half the applicable amount)

In order to receive a deferral or full refund, a letter from a medical doctor, naturopathic doctor, or other authority confirming the circumstances must be sent to the College within fourteen (14) days of the original notification.

Preparing for and Attending College Examinations – General Information

Candidate Behaviour

Candidates are reminded that their behavior during the examinations is expected to be professional and respectful at all times. This expectation applies to communications with examination staff, invigilators, and other candidates. Hostile or otherwise aggressive or confrontational behavior will not be tolerated.

Attire and Comfort on Examination Day

Note that the temperature in the examination rooms is beyond the control of the examination staff. Candidates may want to consider wearing layered clothing for comfort. Out of consideration of others, the examination area is a scent-free environment.

Food, Beverages, and Personal Belongings

Food and personal belongings (including books, papers, bags, purses, electronics including cellular phones, audio and/or video recording or transmitting devices) are not permitted on or near the examination table or desk during the administration. Electronic devices are to be turned off when candidates register for the examination, and stored with the candidate's personal belongings in the designated area. Possession of any of these devices during an examination will not be tolerated.

The following items are permitted, provided that they are placed on the examination table or desk, and visible throughout the examination: pencil and pens, a package of tissues, throat lozenges, and foam/non-electronic ear plugs (Jurisprudence Examination only). Bottled water is permitted provided it is in a clear drinking container.

Arrival for Examinations

Candidates are required to be at the examination venue *at least* fifteen (15) minutes prior to their scheduled examination (or examination block) in order to register with examination invigilators (includes confirming candidate's identification and signing in).

Arriving late creates a disruption in the administration of the examination, for example it may affect the rotation schedule of the Oral & Practical examination sections and may impact other candidates.

NOTE: Latecomers (i.e. those arriving more than five (5) minutes after the start of their examination or examination block) will not be permitted to take the examination.

Access to the Examination Area

Only College staff, examination invigilators, and examination candidates are permitted in the examination rooms on the day of an examination. Candidates awaiting their examination time will be directed to a designated waiting area until they are called by an invigilator. Due to the potential for disruption of the examinations, candidates should ask any friends and family members to wait at an alternate location, away from the designated examination area.

Exiting the Examination Area

Candidates are not permitted to leave the examination area or designated waiting area without the permission of examination staff or invigilators. Outside of an emergency, washroom use will be limited once the examination has begun. In the case of an emergency, an examination staff will accompany the candidate to the washroom, and back to the examination room. The candidate may only be permitted a limited time, and this may be deducted from the time available to complete the examination section. Upon completion, any written materials, including notes and written examinations, must be returned to the invigilator and candidates must immediately exit the examination room.

After the Examination

Verbal or non-verbal contact with other candidates prior to exiting the examination room is not permitted. Candidates who have completed their examinations will be escorted out of the examination area by examination staff. Loitering in the examination and designated waiting areas after the examination is prohibited.

Jurisprudence Examination

The College protects the public interest by ensuring that naturopathic physicians in British Columbia practice safely, ethically, and competently. The College and naturopathic physicians in British Columbia are governed by legislation, regulations, bylaws and codes. Important information regarding the scope of, and standards for, the practice of naturopathic medicine in British Columbia can be found in the College's resources and policies including, but not limited to: specified aspects of practice that require certification; diagnostic, manipulation and prescribing practices; standards for advertising, internet and telemedicine; and registrants' obligations regarding continuing education and health profession corporations.

Preparing for the Jurisprudence Examination

In preparation for the College's Jurisprudence Examination, candidates should be familiar with the following materials, all of which are available on the College's website.

1. [Health Professions Act, R.S.B.C. 1996 c. 183](#)
2. [Health Professions General Regulation, B.C. Reg. 275/2008](#)
3. [Naturopathic Physicians Regulation, B.C. Reg. 282/2008](#)
4. [Bylaws of the College of Naturopathic Physicians of British Columbia](#)
5. [Code of Conduct and Code of Ethics](#)
6. [Standards of Practice](#)
 - Note regarding the [Scope of Practice for Naturopathic Physicians – Standards, Limits and Conditions for Prescribing, Dispensing and Compounding Drugs](#): Candidates are not expected to memorize all the drugs listed in this document however they should know what is within their scope prior to obtaining certification in [Prescriptive Authority](#) and what items are outside of their scope and require a prescription. For example, registrants of the College must be certified in Prescriptive Authority in order to use colchicine and rauwolfia in their practice, as these botanicals are scheduled items that require a prescription (see Appendix B).
7. [Standards & Requirements for Certifications](#)
8. [Continuing Education \(CE\) Requirements](#)
9. [Health Profession Corporations](#)

Items #1-5 are available on the College's website under [Legislation and Bylaws](#)

Items #6-9 are available on the College's website under [Resources & Policies](#)

Attending the Jurisprudence Examination

Required Items

The Jurisprudence Examination is a closed-book examination. Candidates are required to bring:

- valid photo identification; and
- black ink pen (*blank paper will be available however candidates are not permitted to leave an examination room with their notes and must leave these with the invigilator*).

Oral & Practical Examination

General Information

The Oral & Practical Examination is comprised of five (5) sections which are described in detail below. Each section is allotted fifteen (15) minutes and the complete examination is to be completed in two (2) hours (the “examination block”).

- Section A – Physical Examination
- Section B – Differential Diagnosis
- Section C – Orthopaedic Testing
- Section D – Naturopathic Manipulation
- Section E – Emergency Medicine

Candidates should be prepared to attend for the entire examination day, and will be provided with a schedule specifying the start time for each examination block in advance of the examination date. Any scheduling requests must be submitted to the College by the examination registration deadline.

Candidates are required to be at the examination venue *at least* fifteen (15) minutes prior to their examination block in order to register with examination invigilators, which includes confirming candidate’s identification and signing in. Each section of the examination is timed and extra time will not be awarded.

Mock Patients

Candidates will be randomly partnered for portions of the examination so that they may act as mock patients for one another during Sections A (Physical Examination), D (Orthopaedic Testing) and E (Naturopathic Manipulation).

Mock patients are expected to behave as a “new patient” and to follow the instructions of the candidate. Candidates will demonstrate physical and orthopaedic examinations on the mock patient, and set-up for spinal assessment and manipulation (an adjustment is not required). Mock patients are prohibited from assisting or coaching the examination candidate in any way (e.g. moving into an examination position without being instructed to do so). Coaching or assisting would constitute cheating, which would lead to the failure and removal of the candidate from the examination.

Candidates may decline to act as a mock patient for mobility, health, religious, or other reasons by notifying the College in writing. In such instances, an alternative mock patient

will be assigned. *Candidates are asked to please notify the College at least fourteen (14) days prior to the examination date if they decline to act as a mock patient.*

Preparing for and Attending the Oral & Practical Examination

Required Items & Equipment

Candidates are required to bring:

- valid photo identification;
- all necessary physical examination instruments (see checklist, below); and
- black pen (*blank paper will be available however candidates are not permitted to leave an examination room with their notes and must leave these with the invigilator*).

Candidates should arrive at the examination with all equipment ready to be used and demonstrated on their mock patient.

Attire and Comfort on Examination Day

Candidates should dress appropriately by wearing functional and practical clothing (e.g. closed-toed shoes, athletic shorts, and appropriate tops.) Candidates are encouraged to tie back long hair and ensure that any watches, dangling earrings, and/or other pieces of jewelry which may have the potential to snag or catch are removed and safely stored.

Invigilator Directives

Invigilators are instructed by the College to be polite but not personable, and to avoid engaging in casual conversations with candidates. Invigilators may:

- provide basic directives (e.g. assess the knee joint);
- provide only one reminder to the candidate to verbalize their actions and findings;
- provide a gentle prompt for the candidate to continue to another portion of the examination where the candidate is allocating too much time to the portion at issue considering the remaining allotted time to complete the examination; and
- alert the candidate when there are five (5) minutes remaining.

Candidate Communication

During the Oral & Practical Examination, candidates are directed to communicate their thought processes by verbalizing their actions (e.g. “I’m going to auscultate the ... which is located, anatomically, in position ...”), method (e.g. “I’m listening for ... which would indicate ...”), and findings (e.g. “I’m hearing ...”).

Candidates should refrain from asking examiners for feedback or other forms of validation of their actions and communications during the examination. However, candidates may ask an invigilator to repeat an instruction, or other piece of information, which has been communicated during the examination.

Section A – Physical Examination

Assessment may include, but not be limited to, the following examples:

- anatomy including normal and abnormal findings, and use of appropriate medical terminology;
- appropriate assessment techniques, and rationale (i.e. what one is assessing when performing a certain test);
- proper hand and instrument hygiene/sanitation;
- proper use of instruments (see *Checklist – Physical Kit (basic contents)*, below);
- patient interaction and instruction;
- proper patient positioning and draping; and
- confidence and professionalism.

Examination Format

Candidates are expected to attend the examination section with all the necessary physical examination instruments ready to be used for demonstration with their mock patient (see *Checklist – Physical Kit (basic contents)*, below).

All candidates should be prepared to demonstrate the proper way to take vitals on the mock patient, i.e. blood pressure, pulse, respiration, and heart rate.

Candidates will be expected to demonstrate half of a regular screening physical examination on their mock patient within the allotted fifteen (15) minutes. Candidates will be randomly assigned to do one of the following partial examinations: either a head and neck, or a chest and abdomen.

- a) Head and neck examination – includes all physical examination points above the clavicles. This includes all physical examination points including the head/scalp, eyes, ears, nose, mouth, cranial nerves and neck structures. The invigilator may ask specific questions and/or ask the candidate to perform specific tasks during the examination (e.g. to be able to visualize the fundus of the patient’s eye and tympanic membrane with ease; to be able to change the focus of the ophthalmoscope while visualizing the fundus).

- b) Chest and abdomen examination – includes the anterior and posterior, but does not include a breast examination. This includes all physical examination points connected to the lungs, the heart and all organs found within the abdominal cavity, including the femoral, tibia and dorsal pedal pulses. The invigilator may ask specific questions or ask the candidate to perform a specific task during the examination (e.g. to explain how the bell and diaphragm work on the stethoscope; to explain why the patient is asked to breathe, hold their breath, cross their arms, say ‘ah’, etcetera).

In conducting either examination, the candidate should be prepared to:

- demonstrate the specified physical examination;
- detail and describe their actions as they proceed through the physical examination to allow the examiner to hear and understand their thought process;
- provide their findings as they proceed through the examination; and
- describe distinguishing landmarks for certain body parts, and the invigilator may check the candidate’s findings.

Physical Examination Kit (basic contents) – Checklist

Blood pressure cuff (Sphygmomanometer)	Snellen chart or Rosenbaum card
Cotton balls/swabs (e.g. Q-tips)	Stethoscope
Item with distinct odour (e.g. orange/lemon peel, coffee, vinegar, etc.)	Tape measure
Ophthalmoscope	Thermometer with disposable probe covers
Otoscope with disposable ear specula	Tongue depressor
Penlight	Tuning fork
Reflex hammer	

Section B – Differential Diagnosis

Candidates will be assessed on their ability to conduct a differential diagnosis for a case scenario. Candidates should then be able to identify and communicate to a patient and/or another health professional which diagnostic procedures are recommended, including those that are not within their scope of practice. From that list of differential diagnosis, and the list of appropriate testing, the candidate should be able to confirm a diagnosis for the case presented. Candidates must also be able to identify when a case is beyond their own scope of practise, and to exhibit knowledge of when and how to effectively refer a patient.

Examination Format

Candidates will be provided with a case scenario. The invigilator will then ask the candidate a series of questions.

Candidates will be expected to:

- generate a list of logical and probable diagnoses for a given set of symptoms;
- explain the analysis process to confirm or eliminate each possible diagnosis through the use of appropriate diagnostic laboratories and tests; and
- describe the appropriate steps to take, whether it be a treatment or a referral.

Section C – Orthopaedic Testing

Candidates will be assessed on their knowledge of orthopaedic testing for a specific joint. Candidates will also be assessed on their level of professionalism, and therefore should conduct themselves as they would in a clinical setting.

Examination Format

Candidates will be expected to demonstrate orthopaedic testing on any one of the following joints, which will be randomly assigned:

1. Shoulder;
2. Knee;
3. Ankle and foot;
4. Wrist and hand;
5. Hip; or
6. Elbow.

In conducting the examination, the candidate should be prepared to:

- demonstrate range of motion and orthopaedic tests for the pathologies that correspond to the joint;
- identify bony landmarks, tendon origins, and insertions;
- identify ligamentous structures; and
- describe primary action of muscles.

In conducting the examination, the candidate will be expected to:

- place the mock patient in the right position required for the testing;
- show proper contacts with the patient;
- demonstrate proper ability to perform the tests; and
- verbally explain the entire process.

In conducting the examination, the candidate will be given a pathology and expected to:

- define the given condition, provide a brief list of history (Hx) findings and signs and symptoms (SSx) pathognomonic to the condition, as well as provide a differential diagnosis (Ddx) list and treatment (Tx) options.
- palpate and identify structures around that joint;
- perform active, passive and resisted range of motion for that joint;
- perform a neurovascular examination associated with that joint; and
- demonstrate specific orthopaedic tests to assess the joint for that pathology.

Section D – Naturopathic Manipulation

Candidates will be assessed on their knowledge of naturopathic assessment and manipulation, including their knowledge of absolute and relative contraindications, and their ability to demonstrate appropriate set-up for manipulation. Candidates will also be assessed on their level of professionalism, and therefore should conduct themselves as they would in a clinical setting.

Examination Format

The invigilator will provide the candidate with a case scenario then ask the candidate a series of questions. The candidate will be expected to demonstrate an assessment on one following areas of the spine:

1. Cervical spine;
2. Thoracic spine;
3. Lumbar/sacroiliac.

The candidate will be expected to:

- determine via history, the appropriate indications for manipulation;
- be able assess red flags and contraindications to manipulation;
- be able to, via static and motion palpation, determine areas of concern;
- be able to provide appropriate diagnosis by differential diagnosis and spinal listings; and
- be able to support their diagnosis with any appropriate and associated orthopaedic tests.

The candidate will then be requested to perform a given set up and simulated thrust for that spinal segment. The candidate will be examined on their ability to:

- place the mock patient in the right position required for the manipulation,
- show proper contacts with the patient,
- demonstrate proper ability to perform the tests, and
- verbally explain the entire process.

Resources for Sections D & E – Orthopaedic Testing & Naturopathic Manipulation

- *CNPBC Oral and Practical Examination – Orthopaedic Tests* (see Appendix)
- *CNPBC Oral and Practical Examination – Manipulation: List of Relative and Absolute Contraindications* (see Appendix)
- Additional materials that provide details regarding tests:
 - “Extremity Manual” by Nik Vizniak, DC
 - “Orthopedic Physical Assessment, 6th Edition” by David J. Magee, BPT, PhD, CM

Section E – Emergency Medicine

Candidates will be assessed on their knowledge of appropriate emergency preparedness and step-by-step responses to emergency scenarios.

Examination Format

Candidates will be asked a set of questions regarding emergency procedures and/or preparedness. Candidates will be provided with a case scenario. The invigilator will then ask the candidate a series of questions.

Candidates will be required to demonstrate current knowledge of:

- the required contents of the emergency medical kit for BC naturopathic physician’s offices (see “*Emergency Medical Kit Requirements – Checklist*”);
- the correct dosage and route of administration for each of the emergency medications (see *Emergency Medications* note, below);
- the indications and contraindications of each of the emergency medications; and
- how to approach, assess and manage any possible medical emergency cases that may happen in a medical office, this includes addressing:
 - Signs and symptoms, and assessing degree and severity;
 - Differential diagnosis in an emergency;
 - Immediate actions, and rationale; and
 - Long term actions, and rationale.

Assessment may include, but not be limited to, the following examples:

- (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; and
- (j) Vasovagal reactions

Resources for Section E – Emergency Medicine

- *CNPBC Emergency Medical Kit Requirements – Checklist* (see Appendix)
- Candidates may consider completing an Advanced Cardiac Life Support (ACLS) or Naturopathic Cardiac Life Support (NCLS) course to assist in their preparations (e.g., offered by [OHM Medical](#)).

Emergency Medications

All dosing and standards of care must adhere to the following guidelines:

- American Heart Association (2015) *Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*, available online at: <https://www.cercp.org/images/stories/recursos/Guias%202015/Guidelines-RCP-AHA-2015-Full.pdf>
- CPSBC *Assessment Standards – Safety: Emergency Preparedness*, available online at: <https://www.cpsbc.ca/programs/ppep/assessment-standards>

Post-Examination Processes

Examination Results

Results will be sent out via email once available (typically approximately six (6) to eight (8) weeks after the date of the examination). The College will send the results letter to the most recent email address on file for the candidate (see Contact Information, above).

Under no circumstances will the College release examination results over the telephone.

The College reports examination results as a “Pass” or “Fail.” Candidates will not receive a percentage or numerical mark. The College’s minimum passing grade for examinations is 75%, and must be achieved for all examinations. Also, candidates must pass each of the five (5) sections in the Oral & Practical examination. Failure of any one section will require a retest for that specific section. An overall average of all the sections of less than 75% will require a re-test of the entire examination.

Re-Attempting the Examination

Under the College's bylaws, a candidate is entitled to reattempt the College examinations a maximum of two (2) times (for three (3) attempts in total), after which subsequent attempts require prior written approval of the Board.

In the event that a candidate has received a failing grade on any of the College's examinations, an opportunity to re-take the examinations will be granted at the next administration of the examination. Please contact the College for more information.

Applying to Register with the College

Applicants must successfully complete both the College's Jurisprudence and Oral & Practical examinations. Once a candidate has successfully passed the College's examinations, both the NPLEX Biomedical Science and Clinical Science examinations, as well as the required add-on NPLEX examinations for British Columbia (Minor Surgery), they must apply for registration (licensure) with the College within one (1) year. Those who apply for licensure after the one-year deadline will be evaluated on an individual basis and may be required to complete additional education or provide verification of continued education.

Appendices

- *CNPBC Oral and Practical Examination – Orthopedic Tests*
- *CNPBC Oral and Practical Examination – Manipulation: List of Relative and Absolute Contraindications*
- *CNPBC Emergency Medical Kit Requirements – Checklist*



ORTHOPEDIC TESTS

1. Vertebral column

- Adam Sign
- Adson Test
- Alar Ligament Stress Test
- Belt Test
- Braggard Test
- Bechterew Test
- Burns Bench Test
- Cervical Spine Compression Test
- Cervical Spine Distraction Test
- East Test (Roos Test)
- Halstead's Test
- Hoover Test
- Kemp Test
- Kernig Test
- Lasegue Test (straight-leg raise)
- Lindner Test
- Milgram Test
- Minor Sign
- Shoulder Depression Test (Brachial Stretch Test)
- Soto Hall test
- Transverse Ligament Stress Test
- Valsalva Test
- Vertebral Artery Test
- Wright (Hyper-Abduction) Test

2. Shoulder

- Apley Scratch Test (superior/inferior)
- Clunk Test
- Crank Test
- Drop-Arm Test (Codman)
- Empty Can Test

- Glenohumeral (GH) Apprehension Test
- Impingement Test (Hawkins-Kennedy, Neer)
- Lippman Test
- O'Brien's
- Speed Test
- Yergason Test

3. Wrist, hand, and elbow

- Cozen/Reverse Cozen's Test
- Finkelstein Test
- Mill/Reverse Mill's Test
- Phalen/Reverse or Modified Test
- Pronator Teres Provocation Test
- Retinacular test
- Scour Test
- TFC Load Test
- Tinel Sign
- Valgus/Varus Stress Test

4. Hip and pelvis

- Ely Test
- Gaenslen Test
- Hibb Test
- Leg Length Discrepancy (Long-Sit Test)
- Nachlas Test
- Ober/Ober's Modified Test
- Ortolani Click – *Pediatric Only*
- Patrick Test (Patrick-FABER)
- Pelvic Rock Test
- Piriformis Test
- Telescoping Test
- Thomas Test
- Trendelenburg Test
- Yeoman Test

5. Knee

- Allis/Skyline Test
- Anterior/Posterior Drawer Sign
- Apley Compression Test
- Apley Distraction Test
- Patellar Apprehension Test (for dislocation)
- Bounce Home Test
- Knee Joint Effusion Tests (Ballotable Patella Test [major effusion]; Bulge Test [minor effusion])
- Lachman Test
- McMurray Test
- Noble's Compression Test
- Patellar Femoral Grinding Test (including Clark Test)
- Reduction Click
- Valgus/Varus Stress Test

6. Ankle and foot

- Anterior/Posterior Drawer Test
- Calcaneal Squeeze Test
- Dorsiflexion Test
- Forefoot Adduction Test
- Forefoot Squeeze Test (Morton Test)
- Homans Sign
- Rotational Stress Test
- Talar Tilt Test
- Test for Rigid or Supple Flat Feet
- Thompson (Squeeze) Test
- Tibial Torsion Test

July 2017



LIST OF RELATIVE AND ABSOLUTE CONTRAINDICATIONS

	Relative Contraindications	Absolute Contraindications
Miscellaneous	<ul style="list-style-type: none"> ○ Mild sprain/strain ○ Recent spinal trauma ○ Prior “bad experience” with manipulation 	<ul style="list-style-type: none"> ○ Lack of consent ○ Intoxication or drug influence ○ Recent surgery
Arthro	<ul style="list-style-type: none"> ○ Inflammatory arthritis (RA) ○ Ankylosing spondylitis ○ Atlanto-occipital OA 	<ul style="list-style-type: none"> ○ Atlantoaxial instability (Down’s, Marfan’s) ○ Dislocation
Osteopathic	<ul style="list-style-type: none"> ○ Hypermobility (mild instability) ○ Benign bone tumor ○ Demineralization (osteopenia, osteoporosis, long-term steroid use) ○ Disc herniation ○ Spondylolisthesis (lumbar) ○ Scheurmann’s disease 	<ul style="list-style-type: none"> ○ Congenital malformation (posterior arch aplasia) ○ Bone destruction (cancer, avascular necrosis, osteomyelitis, fracture, severe osteoporosis)
Neurologic	<ul style="list-style-type: none"> ○ Neurologic deficits secondary to discopathy (herniation) ○ Lack of peripheral sensation 	<ul style="list-style-type: none"> ○ Cauda equine syndrome ○ Recent TIAs or Stroke
Vascular	<ul style="list-style-type: none"> ○ Calcified abdominal aneurysm ○ Anticoagulant therapy 	<ul style="list-style-type: none"> ○ Aneurysm ○ VBI signs and symptoms

July 2017



CHECKLIST - Emergency Medical Kits

The College of Naturopathic Physicians of British Columbia recommends that all registrants maintain an Emergency Medical Kits (“EMK”) within their clinic. The purpose of an EMK is to enable registrants to respond to a range of emergency medical conditions which may occur.

This document contains the *minimum* requirements for those kits.

- B indicates Basic, for all clinics and places of practice
- A indicates Advanced, additional requirements for registrants certified in *Prescriptive Authority**
- O indicates Optional, as appropriate for the registrant’s practice

All contents of the EMK should be: available for immediate use (clean, easily accessible and portable when needed), organized (kept in date order), and regularly checked to ensure they are not expired.		
Emergency medication		
Acetylsalicylic acid (80 mg, e.g. Aspirin)		B
Diphenhydramine (50 mg)	for oral administration, both as tablets and syrup (e.g. Benadryl)	B
	for injection	A
Epinephrine (1 mg of 1/1,000 solution)	prefilled syringe (e.g. Epi-Pen, no prescription required)	B
	prefilled syringes (e.g. Epi-Pen) or ampoules	A
Glucose gel or tablets, or equivalent		B
Nitroglycerin (immediate release sublingual tablets or sprays)		A
Salbutamol metered dose inhaler		A
Calcium gluconate		O
Heparin		O
Hyaluronidase		O
Naloxone		O
Saline / D5W and IV equipment for administration		O
Emergency equipment		
First Aid Kit with pocket mask		B
Glucose meter (Glucometer)		B
Oxygen, any grade, with attachments for inhalation via mask or cannula		B
Surgical gloves		B
AED / Defibrillator		O
Pulse oximeter (for child and adult usage)		O

*Reminder: All registrants who hold certifications are required to maintain current qualifications in ACLS or NCLS; all other registrants are required to maintain current qualifications in CPR-HCP.

Additional resources:

- American Heart Association (2015) Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care:
<https://www.cercp.org/images/stories/recursos/Guias%202015/Guidelines-RCP-AHA-2015-Full.pdf>
- CPSBC: Assessment Standards – Safety: Emergency Preparedness, available online at: <https://www.cpsbc.ca/programs/ppep/assessment-standards>

Updated November 2017