COLLECTING CLINICAL SPECIMENS

Intent

To advise Registrants of the requirements for collecting clinical specimens safely, ethically and competently. This standard applies to collecting specimens for in-office, point-of-care testing (Appendix I) and specimens for external laboratory testing as permitted under the *Laboratory and Specimen Collection Centre Licensing Act, 1990*.

Definitions

Clinical Specimen: A biological substance, such as blood, saliva, or urine, collected from the patient or collected by the patient and provided for clinical analysis.

Equipment, Instruments and Supplies: Devices used in the collection of clinical specimens. These may be disposable or non-disposable materials.

STANDARD 1

The Registrant has acquired and maintains the knowledge, skill and judgment necessary to collect clinical specimens safely, ethically and competently.

Prior to collecting clinical specimens, a Registrant demonstrates the standard by:

- maintaining competency for collecting clinical specimens by engaging in continuing education and/or incorporating collection of clinical specimens as a regular part of their clinical practice.

STANDARD 2

The Registrant ensures that appropriate clinical specimen collection procedures are in place.

A Registrant demonstrates the standard by:

- collecting a specimen within the context of the naturopathic doctor-patient relationship,
- ensuring that any instrument or device used for collecting a specimen is used solely for the purpose intended by the manufacturer and in compliance with the manufacturer's specifications,
- ensuring that the appropriate techniques (clean vs. sterile/aseptic) and supplies are used in order to minimize risks to patients, self and others and to maintain the quality of the clinical specimens,
- ensuring that appropriate space is allocated to perform the procedure without compromising quality of work, safety of personnel, and patient care,
- ensuring that all work areas, equipment and supplies are clean and well maintained and are available in sufficient quantities for their intended use in specimen collection, stabilization, transport, and storage,
- ensuring that any supplies used have not passed their expiration date,
- using and disposing of single-use equipment appropriately after each specimen collection,
- establishing a process that regularly monitors and demonstrates the proper calibration and functioning of equipment and instruments used in clinical specimen collection,
- wearing appropriate personal protective equipment (which may include gloves, gowns, eye protection),
- ensuring that adverse reactions, recalls of equipment, instruments and supplies are appropriately addressed,
- ensuring that all reusable equipment that comes into contact with a patient is appropriately cleaned and disinfected prior to each use,
- providing the patient with appropriate preparatory instructions with regard to specimen collection (e.g., fasting, requirements for specific time of last dose of medication, requirements for collecting a specimen at a precise time), and
- ensuring the safe collection, handling, labelling, storage, and transportation of specimens to prevent contamination or deterioration.

APPENDIX I – POINT OF CARE TESTING

Point of Care Testing - Blood

Under the regulations made under the *Laboratory and Specimen Collection Centre Licensing Act 1990* (LSCCLA), Registrants are permitted to take blood from **their own patient in their own office** for the purposes of performing **only** the following seven tests **in their own office** on that blood:

1. Blood Group—ABO and RhD.
2. BTA Bioterrain Assessment.
3. Fatty acids, free.
4. Glucose.
5. Hemoglobin—A1C.
6. Live blood cell analysis.
7. Mononuclear Heterophile Antibodies (monospot).

(Reference: R.R.O. 1990, Regulation 683 (Specimen Collection Centres), section 8, paragraph 1)

Point of Care Testing – Non-blood Specimens

Under the regulations made under the LSCCLA, Registrants are permitted to take non-blood specimens from **their own patient in their own office** for the purposes of performing **only** the following ten tests **in their own office** on that specimen:

Test	Specimen
Ascorbic acid (ascorbate) Vitamin C	Urine
BTA Bioterrain Assessment	Urine
Human Chorionic Gonadotropin – pregnancy test	Urine
Indican	Urine
Koenisberg	Urine
Oxidative testing	Urine
Rapid Strep Test	Throat swab/culture
Routine urinalysis by dipstick	Urine
Sulkowitch	Urine
Vaginal pH	Vaginal swab/culture

(Reference: R.R.O. 1990, Regulation 683 (Specimen Collection Centres), section 8, paragraph 2)