REQUISITIONING LABORATORY TESTS

Intent

To advise Registrants of the requirements for requisitioning the collection of specimens from patients by an Ontario specimen collection centre and the performance of tests on that specimen in an Ontario laboratory. This standard applies to requisitioning the collection of specimens and laboratory testing as permitted under the *Laboratory and Specimen Collection Centre Licensing Act, 1990*.

Definitions

Critical Value: For the purpose of this standard, critical value is a laboratory test result that is communicated by the medical laboratory to the naturopathic doctor indicating a result that shows a marked deviation from reference ranges, with no previous clear indication to the laboratory from the naturopathic doctor that these are expected deviations. Results of this nature may indicate a significant risk of a life-threatening event.

STANDARD 1

The Registrant has the knowledge, skill and judgment necessary to requisition the collection of specimens and laboratory tests safely, ethically and competently.

Prior to requisitioning the collection of specimens and laboratory tests, a Registrant demonstrates the standard by:

- maintaining competency for performing the procedure by engaging in continuing education and/or incorporating the requisitioning of laboratory tests as a regular part of their practice.

STANDARD 2

The Registrant requisitions the collection of specimens and laboratory testing in accordance with the Laboratory and Specimen Collection Centre Licensing Act,1990.

A Registrant demonstrates the standard by:

- requisitioning the collection of specimens and laboratory testing within the context of the naturopathic doctor-patient relationship,
- informing the patient:
    - of the reason the test(s) is being ordered,
    - of the significance of the test(s),
    - the risks and benefits of performing, or not performing, the test,
    - that the laboratory test(s) is not OHIP insured, and
    - that they will be required to pay the cost of the test(s) and any associated fee(s) (e.g. requisition/collection fees from the medical laboratory) incurred by the naturopathic doctor as well as an estimate of the total anticipated cost.
- ensuring that requisitions for the collection of specimens and laboratory testing are completed on the appropriate form and include all required information to ensure accurate processing,
- ensuring that requisitions for the collection of specimens and laboratory testing include any expected deviations that would be a critical value test result,
- ensuring that the specimen and/or laboratory tests being requisitioned are appropriate and necessary for the specific patient, taking into consideration:

    - the patient's health history,
    - a clinical assessment including but not limited to a medical history, physical examination and other relevant diagnostic testing or investigations, and

    - the differential diagnosis.
- providing current contact information to the laboratory so that critical test results can be communicated both during and after office hours, and
- providing the patient with appropriate preparatory instructions with regard to the specimen collection and laboratory test (e.g. fasting, requirements for specific time of last dose of medication).

STANDARD 3

The Registrant ensures fair and ethical fees, and billing practices.

In addition to the College's *Standard of Practice for Fees and Billing*, a Registrant demonstrates the standard by:

- when necessary, charging a reasonable fee for collecting non-blood specimens to be sent for laboratory testing, and itemize it on an invoice as "collection of specimen",
- when necessary, charging the patient for the cost of the test and any associated fee(s) (e.g. requisition/collection fees from the medical laboratory) incurred by the naturopathic doctor,
- not charging a mark-up on the cost of the test and any associated fee(s) (e.g. requisition/collection fees from the medical laboratory) incurred by the naturopathic doctor, and
- when necessary, charging a reasonable fee for the analysis of laboratory test results if it is done outside of a patient visit/consultation.

STANDARD 4

The Registrant ensures appropriate follow-up on test results.

A Registrant demonstrates the standard by:

- ensuring that a system is in place to ensure appropriate follow-up on lab tests results,
- making themself available or accessible or having alternative arrangements in place to respond and act upon any critical value test results that are reported,
- informing the patient of the expected timeframe for the laboratory test results, and if and when they will contact the patient about the results,
- taking appropriate action if the result of a laboratory test that they order is outside the expected or normal range,
- referring a patient to a Physician or Registered Nurse in the Extended Class where a laboratory test result is a critical value test result, and
- ensuring that a copy of test results is provided to the patient upon request.

STANDARD 5

The Registrant maintains records specific to laboratory testing.

In addition to the College's *Standard of Practice for Record Keeping* a Registrant demonstrates the standard by:

- documenting in the patient chart:
    - requisitions for the collection of specimens from patients by an Ontario specimen collection centre and the performance of tests on that specimen in an Ontario laboratory,
    - results for all requisitioned laboratory tests,
    - discussions with patients explaining the results of the laboratory tests, and
    - any action taken or initiated in response to a lab test result, including but not limited to when a patient chooses to not attend for a follow up appointment to review test results.

APPENDIX I

TESTS — REQUISITION BY NATUROPATH, SECTIONS 17 AND 18

TESTS PERFORMED ON BLOOD

1. 17-OH-Progesterone.
2. 5α-dihydrotestosterone (DHT).
3. Adrenocorticotropic Hormone ACTH.
4. Alanine Transaminase (ALT, SGPT).
5. Albumin, qualitative.
6. Aldosterone.
7. Allergen Specific IgG Antibody.
8. Allergy testing (ELISA).
9. Allergy testing (IgE specific, RAST).
10. Alpha tocopherol – Vitamin E.
11. Amino Acids – Total Fractionation.
12. Ammonia.
13. Amylase.
14. Androstenedione.
15. Antibody Screening Food IgG.
16. Antibody Screening IgA.
17. Antibody Screening IgM.
18. Antigen Leukocyte Antibody.
19. Anti-Müllerian Hormone (AMH).
20. Anti-Nuclear Antibody.
21. Anti-Parietal Cell Antibody.
22. Anti-Reticulin Antibodies.
23. Apolipoprotein A1.
24. Apolipoprotein B.
25. Ascorbic Acid (ascorbate) Vitamin C.
26. Aspartate Transaminase.
27. Beta-Carotene (Carotene).
28. Bilirubin (total, total conjugated, unconjugated, direct and indirect).
29. Blood Group ABO and RhD.

30. Blood Urea Nitrogen (BUN).
31. Bun / Creatinine Ratio.
32. CA125.
33. CA15-3.
34. Calcium, Calcium ionized.
35. Candida Antibodies (IgM, IgG, IgA).
36. Carbon Dioxide Bicarbonate.
37. Carcinoembryonic Antigen.
38. Ceruloplasmin.
39. Chloride.
40. Cholinesterase, pseudo or true.
41. Coenzyme Q10.
42. Complement proteins – C3 (B1C) and Complement proteins – C4 (B1E).
43. Complete Blood Count.
44. Copper.
45. Cortisol – bound and unbound, no differentiation.
46. C-peptide immunoreactivity.
47. C-Reactive Protein (CRP).
48. C-Reactive Protein – High Sensitivity.
49. Creatine Phosphokinase.
50. Creatinine.
51. Creatinine Clearance.
52. Cystathionine.
53. Dehydroepiandrosterone sulphate (DHEAS).
54. Digitalis purpurea (digoxin).
55. Electrophoresis – including total protein.
56. Endomysial Antibody.
57. Erythrocyte Sedimentation Rate (ESR) (Sedimentation Rate).
58. Estradiol.
59. Estriol.
60. Estrogen.
61. Estrone.
62. Fatty acids, free.

63. Ferritin.
64. Fibrinogen semi-quantitative and quantitative.
65. Folate.
66. FSH.
67. Galectin 3.
68. Gamma-glutamyl Transferase (GGT) / GG transpeptidase (GGTP).
69. Gliadin Antibodies (IgG, IgA).
70. Glomerular Filtration Rate (GFR).
71. Glucose-6-Phosphate Dehydrogenase (G-6-PD).
72. Glucose, quantitative.
73. Glucose Tolerance Test.
74. Glutathione.
75. Hemoglobin – A1C.
76. Homocysteine.
77. Histocompatibility Testing – HLA 27 typing.
78. Immunoglobulin (globulin).
79. Insulin, Fasting and Non-fasting.
80. Insulin-Like Growth Factor 1.
81. Intrinsic Factor Blocking Antibody.
82. Iron, total – with iron binding capacity and per cent saturation.
83. Islet Cell Cytoplasmic Autoantibody.
84. Lactate dehydrogenase.
85. Lactate, Lactic Acid.
86. Lead.
87. Leptin.
88. Lipase.
89. Luteinizing Hormone.
90. Lyme Disease Antibodies.
91. Magnesium.
92. Memory Lymphocyte Immuno-Stimulation Assay (MELISA Test).
93. Mercury.
94. Mononuclear Heterophile Antibodies (Monospot).
95. Natriuretic Peptide – Brain (BNP).

96. Parathyroid hormone.
97. PCB (polychlorinated biphenyls).
98. Phosphatase, alkaline.
99. Phosphorus (inorganic phosphate).
100. Potassium.
101. Pregnenolone.
102. Progesterone.
103. Prolactin.
104. Protein, Total (albumin / globulin ratio).
105. Prothrombin time and International Normalized Ratio (INR).
106. PSA, Ratio.
107. Reticulocyte count.
108. Retinol, Vitamin A.
109. Reverse T3.
110. Rheumatoid factor.
111. S-adenosylhomocysteine.
112. S-adenosyl methionine.
113. Sex Hormone Binding Globulin (SHBG).
114. Sodium.
115. Testosterone.
116. Testosterone, free.
117. Thyroglobulin.
118. Thyroid Peroxidase Antibody.
119. Thyroid Stimulating Immunoglobulin (TSI).
120. Thyroxine Free (FT4).
121. Total Cholesterol panel – HDL / LDL / lipoprotein phenotyping (includes sample appearance, cholesterol, triglycerides, Lipopro VLDL cholesterol [calculated estimate]).
122. Trace Minerals.
123. Transferrin.
124. Transglutaminase IgA Antibody.
125. Trichlorobenzene.
126. Triiodothyronine Free (T3).

127. TSH (thyroid stimulating hormone).
128. Uric Acid (Urate).
129. Vitamin B (all tests).
130. Vitamin D 1,25-dihydroxy.
131. Vitamin D, 25-hydroxy.
132. Volatile solvents.
133. Zinc.

Tests Performed on Stool

134. Bacteria / yeast (microbiology profile).
135. Calprotectin Fecal.
136. Comprehensive Digestive Stool Analysis.
137. Elastase.
138. Fecal Fat.
139. Occult Blood.
140. Parasites and Ova.

Tests Performed on Urine

141. 5α-dihydrotestosterone (DHT).
142. Aldosterone.
143. Bilirubin (total, total conjugated, unconjugated, direct and indirect).
144. Bisphenol A.
145. Calcium, Calcium ionized.
146. Chlorinated pesticides.
147. Cortisol – bound and unbound, no differentiation.
148. Cortisol / Cortisone.
149. Creatinine Clearance.
150. Cultures – urine, screening, actual culture without identification.
151. Dehydroepiandrosterone sulphate (DHEAS).
152. Estradiol.
153. Estriol.
154. Estrogen.
155. Estrone.
156. Human Growth Hormone.

157. Luteinizing Hormone.
158. Melatonin.
159. Oxytocin.
160. Porphyrins, screen.
161. Progesterone.
162. Routine Urinalysis (glucose, blood, ketone, leukocytes, etc.).
163. Testosterone.
164. Testosterone, free.
165. Thyroid hormones.
166. Toxic Metals.
167. Uric acid (urate).
168. Urinary Organic Acid Test.

Tests Performed on Saliva

169. 17-OH-Progesterone.
170. 5α-dihydrotestosterone (DHT).
171. Aldosterone.
172. Androstenedione.
173. Cortisol – bound and unbound, no differentiation.
174. Dehydroepiandrosterone sulphate (DHEAS).
175. Esterol.
176. Estradiol.
177. Estriol.
178. Estrogen.
179. Estrone.
180. Melatonin.
181. Progesterone.
182. Testosterone.
183. Testosterone, free.

Tests Performed on Hair

184. Heavy Metal – hair element analysis.

Tests Performed on Tissue/Discharge/Sputum

185. Culture – throat swab for streptococcus screen only.

186. Culture and sensitivities (other swabs or pus – culture and smear [includes screening]).
187. Culture and sensitivities (sputum – culture and smear).
188. Nail and skin cultures.
189. Nasal swabs (other swabs or pus – culture and smear [includes screening]).
190. Pap smear (smear only, gram or Papanicolaou stain as sole procedure).
191. Seminal fluid examination (complete).

Tests Performed on Breath

192. Hydrogen breath test.
193. Intestinal permeability test.
194. Urea breath test for H. pylori.