
Medication Assistance Program (MAP)

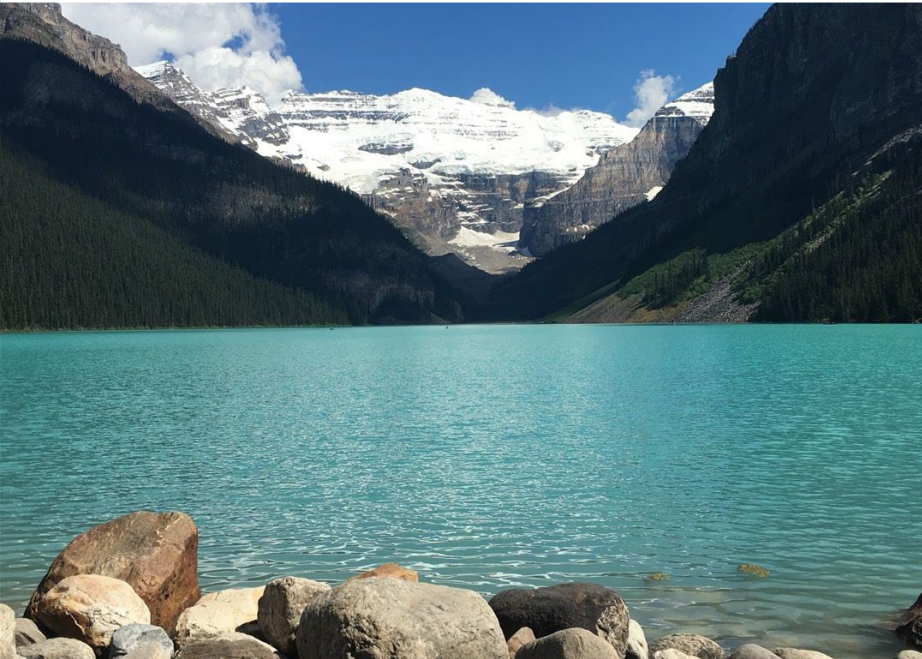
Restricted Activities & Activities of Daily Living for Health Care Aides (HCAs)

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Policy, Practice, Access
& Case Management

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Land Acknowledgement

Provincial Seniors Health and Continuing Care would like to recognize that our work takes place on historical and contemporary Indigenous lands, including the territories of **Treaties 6, 7 & 8** and the homeland of the Métis.



This education is intended for health care aides performing medication assistance in continuing care that are restricted activities or activities of daily living.



Learning Objectives

By the end of this session, the learner will:

- recognize the responsibilities of accepting an assignment of a restricted activity or an activity of daily living
- apply learnings when assisting with rectal and vaginal medication
- complete a knowledge check



What is a Restricted Activity?

- Regulated health services that by law can only be performed by individuals authorized to perform them
- Examples:
 - Inserting a rectal suppository
 - Instilling vaginal cream
 - Injecting subcutaneous insulin
 - Instilling medication through an enteral feeding tube



Assigning Restricted Activities

“Unregulated health providers may only provide restricted activities if they are assisting or working under appropriate supervision, with the consent of an authorized, regulated professional, and are authorized by their supervisor's regulation.”
(p. 20)



[*Alberta Health \(2019\) Health Professions Act Handbook*](#)



Rectal and Vaginal Medication

- Are restricted activities
- The three nursing colleges have agreed that **health care aides** (HCAs) may be assigned these two restricted activities
- The activity must be:
 - appropriate to the client's needs
 - within the competencies of the HCA
 - supervised by the regulated nurse
 - supported by employer policy

May be
transferrable



Supervision



- Direct: at point of care
- Indirect: available in the care setting
- Indirect remote: available via technology (e.g., telephone)

You must know how to contact the supervisor



Other Restricted Activities

No other restricted activity can be assigned to a health care aide (HCA) by a regulated nurse unless the activity is considered an **activity of daily living** for that client

Examples:

- Injecting subcutaneous insulin
- Instilling medication through an enteral feeding tube

Activity of Daily Living (ADL)

- Means activities that individuals normally perform on their own behalf to maintain their health and well-being, and include:
 - routine and invasive self-care activities
 - specifically taught procedures, which generally result in predictable and stable responses

Non-transferrable

Rectal Medication

May be
transferrable

- Includes:
 - rectal suppository
 - enema (including) small volume enema
 - rectal ointment





Rectal Medication: Key Points

- Preparation
- Client positioning: typically left side lying with knees slightly bent
- Provision of medication
- Care plan
- After care
- [Medication Assistance Activity Sheet-Rectal Medication](#)



Vaginal Medication

May be
transferrable

- Includes:
 - vaginal cream
 - vaginal suppository





Vaginal Medication: Key Points

- Preparation
- Client positioning: typically lying back with knees bent and feet on the bed
- Provision of medication
- Care plan
- After care
- [Medication Assistance Activity Sheet-Vaginal Medication](#)



HCA Responsibilities

- Complete required training
- Demonstrate competence in activity
- Review and follow the client care plan
- Observe and report

Refer to Medication Assistance Program Manual
Assigning Restricted Activities Table
Appendices 2a and 2b



Competency Assessment

- Observed by a Regulated health care provider competent in the activity (e.g., RN, LPN, RPN)
 - Medication Assistance Activity Sheets
- Documentation of Competency
 - Medication Assistance Competency Record (optional) or record used in the care setting
- MAP Training Record (optional)

<https://www.albertahealthservices.ca/info/Page10406.aspx>



Knowledge Check - True or False?

Question	T	F
Assisting with oral medication is a restricted activity.		X
Providing an injection of medication is a restricted activity.	X	
An example of indirect supervision is when the supervisor is in the room beside the client while you provide a rectal suppository.		X
All medication assistance activities require supervision from a regulated health care provider.	X	
A stable client now requires daily insulin injection. The HCA can be assigned to inject the insulin, when a regulated nurse assigns this as an activity of daily living for the client.	X	
If an HCA is not competent or does not know how to perform a restricted activity, then the client will not be at risk of harm.		X



Knowledge Check-Multiple Choice

Which of the following medication assistance activities are considered a restricted activity?

- a) Applying topical medication from a tube
- b) Applying a transdermal medicated skin patch
- c) Inserting a rectal suppository
- d) Instilling otic medication



Knowledge Check-Injection

You are assigned to assist a client with diabetes who self-administers prepared insulin. The client tells you they cannot prepare or inject their dose of insulin today because of severe pain in their hands. What do you do?

Remember: *Contact the supervising regulated health care provider to communicate medication issues/concerns*

- inject themselves
- b) Ask the family to come help the client
 - c) Do not assist, contact the supervisor
 - d) Prepare and inject the dose of insulin for the client

References

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MAP Restricted Activities and ADLs for HCAs

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Questions?

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