

Restricted Activities and Certifications

The public can expect that licensed healthcare professionals have the authority and competence to perform all health services they provide and that those who perform activities identified as restricted activities are authorized and competent to perform them.

This Practice Standard applies to all licensed healthcare professionals performing activities described under the [Schedule of Restricted Activities](#) in the Regulated Health Practitioners Regulation.

A licensee must:

1. *Practise within the bounds of their scope of practice and authority, which means to:*
 - 1.1. Provide only those health services they are authorized and competent to perform under the HPOA, Regulations, and CHCPBC Bylaws.
2. *Be authorized under the [Health and Care Professionals Regulation \(HCPR\)](#) to perform the restricted activities as follows:*
 - 2.1. A full restricted activity; or
 - 2.2. A limited restricted activity set out in the Health and Care Professionals Regulation; or
 - 2.3. A restricted activity, if certified, as set out in the Health and Care Professionals Regulation

Restricted activities that may be performed by licensees:

Item	Restricted activity	Authorized licensee <i>Where limitations are indicated, see the HCPR for details</i>
1	Make a diagnosis	audiologist (limited); optometrist (limited); physical therapist (limited); psychologist (limited); speech-language pathologist (limited)
2	Perform a procedure on tissue below the dermis	occupational therapist (limited; certification required); optometrist (limited); physical therapist (limited; certification required for dry needling)
3	Perform a procedure on tissue below the surface of a mucous membrane	optometrist (limited)
4	Perform a procedure on tissue in or below the surface of the cornea	optometrist (limited)
9	Reduce a dislocation of a joint	physical therapist (limited; certification required)
10	Move a joint of the spine beyond voluntary limits using a high-velocity, low-amplitude thrust	physical therapist (full)



12	Administer by inhalation a substance or Schedule III drug	occupational therapist (limited); physical therapist (limited); speech-language pathologist (limited)
14	Administer by irrigation a substance or Schedule III drug	optometrist (limited)
18	Insert an instrument, device, hand or finger into the external ear canal	audiologist (limited; certification required for cerumen management); hearing instrument practitioner (limited; certification required for cerumen management); speech-language pathologist (limited)
19	Insert an instrument, device, hand or finger beyond the nasal narrowing	dietitian (limited; certification required); occupational therapist (limited; certification required); physical therapist (limited); speech-language pathologist (limited; certification required)
20	Insert an instrument, device, hand or finger beyond the pharynx	dietitian (limited; certification required); occupational therapist (limited; certification required); physical therapist (limited); speech-language pathologist (limited; certification required)
22	Insert an instrument, device, hand or finger beyond the labia majora	physical therapist (limited; certification required)
23	Insert an instrument, device, hand or finger beyond the anal verge	physical therapist (limited; certification required)
24	Insert an instrument, device, hand or finger into an artificial opening into the body	dietitian (limited; certification required); occupational therapist (limited; certification required); physical therapist (limited); speech-language pathologist (limited; certification required)
25	Insert a substance under pressure into the external ear canal	audiologist (limited; certification required for cerumen management or assessment of the function of the vestibular system); hearing instrument practitioner (limited; certification required for cerumen management); speech-language pathologist (limited)
26	Insert a substance that subsequently solidifies into the external ear canal	audiologist (full); hearing instrument practitioner (limited)
28	Apply ultrasound for diagnostic or imaging purposes	optometrist (limited)
46	Prescribe a Schedule I, IA or II drug	optometrist (limited)
48	Dispense a Schedule I, IA or II drug	optometrist (limited)
49	Administer a Schedule I, IA or II drug	optometrist (limited); speech-language pathologist (limited; certification required)
50	Design a therapeutic diet	dietitian (full)
51	Compound a therapeutic diet administered enterally or parenterally	dietitian (limited)
52	Dispense a therapeutic diet	dietitian (limited)



53	Administer a therapeutic diet by enteral or parenteral instillation	dietitian (limited)
57	Prescribe a wearable hearing instrument	audiologist (full); hearing instrument practitioner (limited; certification required if patient under 19 years)
58	Dispense a wearable hearing instrument	hearing instrument practitioner (limited; certification required if patient under 19 years)
59	Fit a wearable hearing instrument	audiologist (full); hearing instrument practitioner (limited; certification required if patient under 19 years)
60	Prescribe a vision appliance	optometrist (full) [†]
61	Prepare a dispensing authority	optician (limited; certification required)*
62	Dispense a corrective eyeglass lens	optician (limited); optometrist (full)
63	Dispense a contact lens	optician (limited); optometrist (full)
64	Fit a contact lens	optician (full)*; optometrist (full) [†]

* See also Restricted Activities and Certifications Standard: Appendix A (Optician – Preparing dispensing authorities and fitting contact lenses)

[†] See also Restricted Activities and Certifications Standard: Appendix B (Optometrist – Prescribing vision appliances and fitting contact lenses)

3. Meet the requirements of the Professional Performance and Responsibility and Supervision Standards in performance or supervision of restricted activities.

Related Standards and Legislation

Professional Performance and Responsibility

[Health and Care Professionals Regulation](#)

[Regulated Health Practitioners Regulation](#)



Appendix A: Optician – Preparing dispensing authorities and fitting contact lenses

The public can expect that opticians who prepare written or electronic authorization that permits the ordering, fitting, and dispensing of personalized vision appliances are specifically authorized and competent to do so. A member of the public can also expect to receive a copy of their vision appliance record or prescription free of charge.

This appendix applies to all opticians preparing dispensing authorities or fitting contact lenses. It must be read in conjunction with the Ethics and Practice Standards, all of which apply.

1. *Preparing a dispensing authority*

An optician must:

- 1.1. Be certified by CHCPBC to perform this activity.
- 1.2. Prior to conducting an automated refraction, explain—and document any discussion related to—the nature, purpose, intended benefits, limitations, risks, and alternatives to automated refraction, including:
 - 1.2.1. That automated refraction is not an eye health examination and is distinct from an eye health examination conducted by an appropriately qualified healthcare professional.
 - 1.2.2. That automated refraction is not permitted for any patient who:
 - 1.2.2.1. Is under 19 years of age, is 65 or older, or has not had an eye health examination since turning 19 or 40.
 - 1.2.2.2. Has a history of:
 - 1.2.2.2.1. Glaucoma, retinal detachment, macular degeneration, or diplopia.
 - 1.2.2.2.2. An ocular motility disorder or binocular vision dysfunction.
 - 1.2.2.2.3. Total refractive error exceeding ± 6.00 dioptres in either eye.
 - 1.2.2.2.4. Total change in refractive power of more than ± 1.00 dioptre in 6 months, or more than ± 2.00 dioptres since their most recent prescription or dispensing authority.
 - 1.2.2.2.5. Diabetes or hypertension.
 - 1.2.2.2.6. Head or brain injury within the past 12 months, or ongoing symptoms such as headache, dizziness, blurred vision, loss of consciousness, or cognitive impairment that may affect visual function.
 - 1.2.2.2.7. Eye injury or pain within the preceding 3 months.
 - 1.2.2.3. Remains dissatisfied with best corrected vision after two automated refractions performed within the same session.



- 1.2.3. The importance of periodic eye health examinations.
- 1.3. If a patient is ineligible for automated refraction under 1.2.2:
 - 1.3.1. Recommend an eye health examination by an appropriately qualified healthcare professional.
 - 1.3.2. Not perform the automated refraction or prepare a dispensing authority unless an appropriately qualified healthcare professional requests preparation of a dispensing authority through automated refraction and this request has been documented in the patient record.
- 1.4. Not charge a fee where automated refraction fails to produce usable information or cannot be performed for reasons set out above.
- 1.5. Ensure any dispensing authority produced includes the patient's full name, the date of the automated refraction, and the optician's name, address, license number, and signature.
- 1.6. Retain a copy of the dispensing authority in the patient record, in accordance with the Records Standard.

2. *Fitting contact lenses*

An optician must:

- 2.1. Meet the licensure requirements to perform this activity.

3. *Vision appliance records*

An optician must:

- 3.1. Provide the patient with a legible copy of the vision appliance record (including a contact lens record, dispensing authority, and/or prescription for a corrective eyeglass lens) free of charge.



Appendix B: Optometrist – Prescribing vision appliances and fitting contact lenses

The public can expect that optometrists who prescribe vision appliances and/or fit contact lenses are authorized and competent to do so. A member of the public can also expect to receive a copy of their vision appliance record or prescription free of charge.

This appendix applies to all optometrists prescribing vision appliances or fitting contact lenses. It must be read in conjunction with the Ethics and Practice Standards, all of which apply.

1. *Prescribing vision appliances*

An optometrist must:

- 1.1. Not state or imply that only an optometrist, qualified medical practitioner, or person acting under delegation or supervision is authorized or qualified to dispense eyeglass lenses and/or contact lenses.
- 1.2. Inform the patient that unless a specific contraindication to contact lens wear is identified:
 - 1.2.1. Contact lenses may be fitted and dispensed using information contained in a prescription for a corrective eyeglass lens.
 - 1.2.2. Contact lenses may be fitted by optometrists, qualified medical practitioners (and those to whom they have appropriately delegated this health service), and contact lens fitters (i.e., opticians).

2. *Vision appliance records*

An optometrist must:

- 2.1. Provide the patient with a legible copy of the vision appliance record (including a contact lens record, dispensing authority, and/or prescription for a corrective eyeglass lens) free of charge.