



Restricted Activities for the CRTA Registrant



Legislation & Regulations

The definitions are all sourced from the Alberta legislation and regulations that govern the authorization and performance of restricted activities. Select a resource below to access the official links:



Health Professions Act

Primary legislation establishing the regulatory framework for health disciplines in Alberta.



Restricted Activity Regulation

Governs the specific performance, supervision, and authorization of high-risk clinical tasks.



RT Profession Regulation

Specific rules and practice standards defining the scope for Alberta Respiratory Therapists.



Pharmacy and Drug Act

Legislation regulating the packaging, distribution, and administration of pharmaceutical agents.

Restricted Activities



Under Section 1.3 of the ***Health Professions Act*** (HPA) and the ***Health Professions Restricted Activity Regulation*** in Alberta, restricted activities are high-risk health services that require specific clinical qualifications:



High-Risk Services

Designated clinical procedures and activities identified as carrying high inherent risk to patient safety if performed improperly.



Specific Competencies

Requires verified knowledge, clinical skills, attitudes, and professional judgment necessary to perform the activities safely.



Legal Authorization

Mandates explicit statutory authority and regulatory permission under Alberta's legislative frameworks to protect the public.

Definitions



Activity of Daily Living

Includes tasks for maintaining health and well-being, such as routine/invasive self-care (e.g., cleaning wounds) and specific procedures with predictable outcomes (e.g., catheterization, drug injections).



Administration of a drug.

Means providing a dose for immediate ingestion, application, inhalation, insertion, instillation, or injection.

Definitions continued



Assisting

Requires on-site direction by a physician or regulated member of another college.



Competence.

Means the combined knowledge, skills attitudes, and judgement required to provide professional services.

Definitions continued



Competent

Means the registrant is adequately qualified , suitably trained, and has sufficient experience to safely perform work without supervision.



Conduct

Includes an act or omission.

Definitions continued



Drug

Means a substance or combination of substances referred to in section 31, 32 or 33 of the *Pharmacy and Drug Act* or defined as an emergency release drug or a special access drug and any combination of such a substance or substances with any other substance; a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.



Health Service

A service to protect, promote, or maintain health; prevent illness; diagnose, treat, or rehabilitate; or care for the health needs of the ill, disabled, injured, or dying.



Registrant

A person registered as a member under section 33 of the Health Professions Act.



Regulated profession

A profession governed by the Health Professions Act.



Restricted Activity

An activity named as such in section 1.3 of the Health Professions Act; these are high-risk activities performed within a health service that require specific competencies to be carried out safely by authorized persons.

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

A.	To cut a body tissue, to administer anything by an invasive procedure on body tissue or to perform surgical or other invasive procedures on body tissue:
i.	below the dermis or the mucous membrane or in or below the surface of the cornea;
ii.	in or below the surface of teeth, including scaling of teeth;

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

B.	To insert or remove instruments, devices, fingers or hands
i.	beyond the cartilaginous portion of the ear canal,
ii.	beyond the point in the nasal passages where they normally narrow,
iii.	beyond the pharynx,
iv.	beyond the opening of the urethra,
v.	beyond the labia majora,
vi.	beyond the anal verge, or
vii.	into an artificial opening into the body;

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

B1.	To insert into the ear canal
i.	under pressure, liquid, air, or gas;
ii.	A substance that subsequently solidifies.

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

C.	To set or reset a fracture of a bone;
D.	To reduce a dislocation of a joint except for a partial dislocation of the joints of the fingers and toes;
E.	To use a deliberate, brief, fast thrust to move the joints of the spine beyond the normal range but within the anatomical range of motion, which generally results in an audible click or pop;
F.	To prescribe a Schedule 1 drug within the meaning of the <i>Pharmacy and Drug Act</i> ;
G.	to dispense, compound, provide for selling or sell a Schedule 1 drug or Schedule 2 drug within the meaning of the <i>Pharmacy and Drug Act</i> .

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

H.	To administer a vaccine or parenteral nutrition;
I.	To prescribe, compound or administer blood or blood products;
J.	To prescribe or administer diagnostic imaging contrast agents;
K.	To prescribe or administer anesthetic gases, including nitrous oxide, for the purposes of anesthesia or sedation;
L.	To prescribe or administer radiopharmaceuticals, radio-labelled substances, radioactive gases or radioaerosols;

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

M.	To order or apply any form of ionizing radiation in
i.	medical radiography,
ii.	nuclear medicine, or
iii.	radiation therapy.
N.	To order or apply non-ionizing radiation in
i.	lithotripsy,
ii.	magnetic resonance imaging, or
iii.	ultrasound imaging, including any application of ultrasound to a fetus;

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

O.	To prescribe or fit
i.	an orthodontic or periodontal appliance,
ii.	a fixed or removable partial or complete denture, or
iii.	an implant supported prosthesis.

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

P.	To perform a psychosocial intervention with an expectation of treating a substantial disorder of thought, mood, perception, orientation or memory that grossly impairs
i.	judgement,
ii.	behavior,
iii.	capacity to recognize reality
iv.	Ability to meet the ordinary demands of life

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

Q.	To manage labour or deliver a baby;
R.	To prescribe or dispense corrective lenses.

List of restricted activities in Alberta that are carried out in relation to or as part of providing a health service.

Despite subsection 2(1), the following are not restricted activities:	
A.	Activities of daily living, whether performed by the individual or by a surrogate on the individual's behalf,
B.	Giving information and providing advice with the intent of enhancing personal development, providing emotional support or promoting spiritual growth of individuals, couples, families and groups, and
C.	Drawing venous blood.

How sections 2(1), 2(2), 2(3) of the Health Professions Restricted Activity Regulation apply to the registrant's practice.

2.1.	For the purposes of Part 0.1 and section 134(1)(f.1) of the <i>HPA</i> , regulated members of each health profession may perform the restricted activities within the practice of the respective profession as set out in this Regulation.
2.2.	Regulated members must perform only those restricted activities that the regulated members are authorized and competent to perform and that are appropriate to the practice of the respective profession under the Act and this Regulation.
2.3.	Regulated members must perform the restricted activities in accordance with standards of practice and must meet the requirements for demonstrating competence as established by the council under the Act and this Regulation.

How sections 2(1), 2(2), 2(3) of the Health Professions Restricted Activity Regulation apply to the registrant's practice.

Despite any authorization to perform restricted activities, registrants must restrict themselves in performing restricted activities to those activities that they are competent to perform and to those that are appropriate to the registrant's (member's) area of practice and the procedure being performed.

A registrant must perform a restricted activity in accordance with the standards of practice and **employer policies and procedures**.

Restricted Activities for Registered Respiratory Therapists

(Basic authorizations, all RRTs can do these if competent)

A.	To cut a body tissue, to administer anything by an invasive procedure on body tissue or to perform surgical or other invasive procedures on body tissue below the dermis or the mucous membrane for the following purposes:
i.	performing blood analyses;
ii.	assisting with cardiac procedures;
iii.	performing hemodynamic monitoring;
iv.	assisting with anesthesia;
v.	administering injections;
vi.	suturing;
vii.	performing routine wound care.

Restricted Activities for Registered Respiratory Therapists

(Basic authorizations, all RRTs can do these if competent)

B.	To insert or remove instruments, devices, fingers or hands beyond the point in the nasal passages where they normally narrow and beyond the pharynx for the purpose of inserting or removing tubes;
C.	To administer blood or blood products when assisting with anesthesia;
D.	to administer anesthetic gases, including nitrous oxide, for the purposes of anesthesia or sedation when assisting with the provision of anesthesia or bronchodilation.

Restricted activities for registered respiratory therapists requiring advanced training and special authorization.

64.1	A regulated member referred to in section 63(2) who:
a.	has provided evidence satisfactory to the registrar of having completed and remaining current in the advanced training required by the council, and
b.	has received notification from the registrar that authorization is indicated on the appropriate category of regulated members register.
	may perform in accordance with standards of practice the restricted activities listed in subsection (2) for the purposes of performing extracorporeal membrane oxygenation, needle thoracentesis and the insertion and maintenance of chest tubes.

Supervision of students/learners performing a restricted activity.

The dictionary defines “supervision” as the act of watching a person perform an activity to make certain that everything is done correctly and safely.

Who can the registered respiratory therapist supervise?

- A student who is enrolled in a respiratory therapy program of studies approved by the Council.
- or a registrant undergoing training to perform a restricted activity in a program approved by the Council is permitted to perform the restricted activities referred to in sections 63(2), 64(1) and 64(2) with the consent of and under the supervision of a registrant who is authorized to perform those restricted activities.
- A student in a post-secondary health services program of studies approved by the council of another college under the Act that includes studies related to restricted activities described in sections 63(2), 64(1) and 64(2) is permitted to perform those restricted activities with the consent of and under the supervision of a registrant who is authorized to perform those restricted activities.

Supervision of students/learners performing a restricted activity.

A registrant who consents to supervise under this section must be:

- engaged by or approved to supervise by an organization that offers the program of studies
- authorized to perform the restricted activity being performed, and
- either present in the room and available to assist, or not present in the room but available for consultation if the supervising registrant is of the opinion that the student or registrant undergoing training is able to perform the restricted activity safely and effectively.
- Registrants cannot supervise students performing restricted activities unless the supervising registrant is authorized and competent to perform that activity.
- Registered respiratory therapists **cannot** supervise learners for the restricted activity “to order or apply non-ionizing radiation”.

Supervision of non-regulated persons performing a restricted activity.

A person who is not described in section 4(1)(a) of Schedule 7.1 to the *Government Organization Act* is permitted to perform the restricted activity of inserting or removing instruments, devices, fingers or hands beyond the point in the nasal passages where they normally narrow and beyond the pharynx for the purpose of suctioning in airway management, but only if that person has the consent of, and is being supervised by a registrant of the College while performing the restricted activity, and is engaged in providing health services to another person.

Suctioning the airway.

When a registrant of the College supervises a person performing a restricted activity, the registrant must be authorized to perform the restricted activity being performed, supervise the person who is performing the restricted activity by being available for consultation while that person is performing the restricted activity

Application of non-ionizing radiation (ultrasound)

[CPSA Standards or Practice Restricted Activities](#)

Supervision of restricted activities for physicians

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| 5. | A physician, surgeon or osteopath who supervises a person performing a restricted activity must: |
| a. | be personally: <ul style="list-style-type: none">i. competent to perform the restricted activity;ii. authorized to perform the restricted activity without supervision;iii. satisfied with the knowledge, skill and judgment of the supervised person |
| b. | ensure it is safe and appropriate for the supervised person to perform the restricted activity on the particular patient; |
| c. | obtain the patient’s informed consent for the restricted activity to be performed under supervision, unless consent is not possible because of emergency; |

This concludes our video on Restricted Activities for Registered Respiratory Therapists.

If you have questions regarding the restricted activities please speak to your manager or refer to the legislation.

Thank you for watching!