

Effective: February 2, 2026

Reviewed By: [Program Lead. Nursing] Approved By: [Clinical Director]

Restricted Activities for Primary Care Nurses

Purpose

This policy outlines the requirements for Registered Nurses and Nurse Practitioners, hereafter referred to as "nurses", to perform restricted activities in the primary care setting.

Scope

This policy applies to nurses employed by the Edmonton Southside Primary Care Network (ESPCN) and nursing students in their final clinical preceptor placement at ESPCN.

Definitions

Restricted Activities: High-risk activities that are part of providing a health service that require specific competencies and skills to be carried out safely and are listed in the Health Professions Act (HPA) 2000, and the Health Professions Restricted Activity Regulation (Alta Reg 22/2023, s60). These activities are not linked to a specific healthcare professional. The Health Professions Act provides authority to the regulatory college to adapt standards of practice for its registrants performing restricted activities (College of Registered Nurses of Alberta (CRNA), 2022a).

Policy: Outlines principles, rules, and guidelines that are relevant to nursing practice.

Protocol: Structured guidelines that provide a framework for nurses to follow in specific clinical situations.

Procedure: A step-by-step process for completing a task.

Policy

1. *Incorporating a Restricted Activity into Nursing Practice*

- 1.1 Nurses will follow their regulatory standards for incorporating a restricted activity into their primary care nursing practice.

Effective: February 2, 2026

- 1.2 Nurses will follow specific ESPCN policies and procedures when completing a restricted activity. Adherence to the policies and procedures is an employer requirement for performing restricted activities.
- 1.3 The nurse is responsible and accountable for the restricted activities they perform within their nursing practice and will be supported by ESPCN Clinical Educators, Nursing and their Primary Care Manager.

2. *Competency*

- 2.1 It is the professional responsibility of every ESPCN nurse to assess and ensure their own competency to perform any restricted activity.
- 2.2 Each restricted activity policy and procedure will specify the minimum requirements for nurses to achieve competency and include the following steps:
 - i. The nurse will read through the required reading and complete the learning activity.
 - ii. The nurse may be required to review the procedure with the Clinical Educator, Nursing, before application in practice.
 - iii. The nurse may be required to observe a competent nurse or Clinical Educator, Nursing, performing the procedure.
 - iv. The nurse may be supervised while performing the procedure by a competent nurse or the Clinical Educator, Nursing. A Physician or Nurse Practitioner may also be appropriate, as determined by the Clinical Educator, Nursing.
 - i. The number of supervised procedures will be determined by the nurse and supervisor unless outlined in the specific procedure.
 - v. Once the nurse determines that they are competent to perform the restricted activity independently, they will complete their Competency Completion Form. This form is reviewed and endorsed by the Clinical Educator, Nursing.
 - vi. If the nurse determines that they are not competent to perform this restricted activity independently, they will proactively pursue additional resources or supports to gain competency before performing this restricted activity.
 - vii. The nurse must meet ongoing competency requirements as outlined in the procedure. This includes engaging in self-reflection on their practice and professional development.

Effective: February 2, 2026

3. *Requirements for Completing a Restricted Activity*

- 3.1 The nurse determines if the appropriate indications for performing the restricted activity are present.
- 3.2 Informed verbal consent was received from the patient or legally appointed decision maker and is documented accordingly.
- 3.3 The nurse performs all appropriate steps for the restricted activity as outlined in ESPCN nursing policy and procedure.
- 3.4 The nurse will complete documentation in the patient's medical record according to their regulatory documentation standards and ESPCN Clinical Documentation Policy. The documentation should include a reference to the specific restricted activity policy and procedure.

4. *Clinic Requirements and Most Responsible Provider (i.e., Physician/Nurse Practitioner) Involvement*

- 4.1 The nurse must ensure the following items are in place as outlined in the restricted activity policies and procedures:
 - i. Clinic equipment/supplies.
 - ii. Cleaning/disinfection process and procedures.
 - iii. Clinic processes.
 - iv. Most Responsible Provider level of involvement, which may include diagnosis, client-specific order, and/or presence in the clinic.
 - v. Recourse for clinician communication of unexpected findings and subsequent care coordination.

5. *Contraindications and Exclusions*

- 5.1 Inability to obtain informed verbal consent from the patient or the legally appointed decision maker.
- 5.2 Based on assessment and clinical judgement, the nurse determines it is not appropriate for them to proceed with the restricted activity.
- 5.3 Patient is charged an out-of-pocket expense by the clinic for the nurse completing the procedure.

Effective: February 2, 2026

6. *Implementation of the Policy and Procedure in the Practice Setting*

- 6.1 Integration of a restricted activity into nursing practice at the clinic based on patient population needs, capacity, and workflow.
- 6.2 The nurse will communicate to the clinic team any changes to the policy and/or procedures that impact collaborative team-based care.

References:

CRNA. (2022a). Restricted Activities Standards. Author: Alberta. Retrieved from [restricted-activities-standards-2022.pdf](#)

CRNA. (2022b). Incorporating a Restricted Activity into Practice Guidelines. Author. Retrieved from [29-incorporating-a-restricted-activity-into-practice-guidelines-2022.pdf](#)

CRNA. (2022c). Documentation Standards. Author. Retrieved from [7-documentation-standards-2022.pdf](#)

ESPCN Clinical Documentation Policy.