



## CHECKLIST - Emergency Medical Kits

The College of Naturopathic Physicians of British Columbia recommends that all registrants maintain an Emergency Medical Kits (“EMK”) within their clinic. The purpose of an EMK is to enable registrants to respond to a range of emergency medical conditions which may occur.

This document contains the *minimum* requirements for those kits.

- B indicates Basic, for all clinics and places of practice
- A indicates Advanced, additional requirements for registrants certified in *Prescriptive Authority*\*
- O indicates Optional, as appropriate for the registrant’s practice

All contents of the EMK should be: available for immediate use (clean, easily accessible and portable when needed), organized (kept in date order), and regularly checked to ensure they are not expired.		
<b>Emergency medication</b>		
Acetylsalicylic acid (80 mg, e.g. Aspirin)		B
Diphenhydramine (50 mg)	for oral administration, both as tablets and syrup (e.g. Benadryl)	B
	for injection	A
Epinephrine (1 mg of 1/1,000 solution)	prefilled syringe (e.g. Epi-Pen, no prescription required)	B
	prefilled syringes (e.g. Epi-Pen) or ampoules	A
Glucose gel or tablets, or equivalent		B
Nitroglycerin (immediate release sublingual tablets or sprays)		A
Salbutamol metered dose inhaler		A
Calcium gluconate		O
Heparin		O
Hyaluronidase		O
Naloxone		O
Saline / D5W and IV equipment for administration		O
<b>Emergency equipment</b>		
First Aid Kit with pocket mask		B
Glucose meter (Glucometer)		B
Oxygen, any grade, with attachments for inhalation via mask or cannula		B
Surgical gloves		B
AED / Defibrillator		O
Pulse oximeter (for child and adult usage)		O

\*Reminder: All registrants who hold certifications are required to maintain current qualifications in ACLS or NCLS; all other registrants are required to maintain current qualifications in CPR-HCP.

Additional resources:

- American Heart Association (2015) Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care: [http://circ.ahajournals.org/content/132/18\\_suppl\\_2](http://circ.ahajournals.org/content/132/18_suppl_2)
- CPSBC: Assessment Standards – Safety: Emergency Preparedness, available online at: <https://www.cpsbc.ca/programs/ppcp/assessment-standards>

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