



CHECKLIST - Emergency Medical Kits

The College of Complementary Health Professionals of British Columbia recommends that all naturopathic medicine registrants maintain an Emergency Medical Kit (“EMK”) within their clinic. The purpose of an EMK is to enable naturopathic medicine registrants to respond to a range of emergency medical conditions that may occur.

This document contains the *minimum* requirements for an EMK.

- B indicates Basic, for all clinics and places of practice
- A indicates Advanced, additional requirements for naturopathic medicine registrants certified in *Prescriptive Authority**
- O indicates Optional, as appropriate for the naturopathic medicine 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.		
Emergency Medication		
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
Emergency Equipment		
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 ND registrants who hold certifications are required to maintain current qualifications in NALS; all other ND registrants are required to maintain current qualifications in BLS/CPR-HCP.



Additional resources:

- [Heart and Stroke Guidelines](#)
- [CPSBC: Assessment Standards – Safety: Emergency Preparedness](#)

(updated Oct 2024)