

Medication Assistance Program (MAP) Activities: Quick Reference for Regulated Health Care Providers

Overview

This quick reference directs regulated health care providers to Medication Assistance Program (MAP) resources, information about restricted activities, and additional teaching resources.

Medication Assistance Activities

Medication assistance activity sheets have been developed as education resources for medication assistance activities performed by an unregulated health care provider, including health care aides (HCAs), recreation therapists or therapy aides, when permitted by organization and position description.

- oral medication
- transdermal medication
- topical medication
- ophthalmic medication
- otic medication
- nasal medication
- inhaled medication
- assisting with prepared insulin

Additional Resources

- AHS COPD Primary Health Care Resource Centre for inhaled medication: <https://ccapalberta.ca/medication-and-devices>
- Insulin Safety & Diabetes Management resources available on Insite and Continuing Care Connection (CCC)
- Diabetes resources: [Diabetes, Obesity & Nutrition SCN](#)

Restricted Activities

Restricted activities are high risk activities performed as part of providing a health service that require specific competencies and skills to be carried out safely. According to the College of Licensed Practical Nurses of Alberta (CLPNA), College and Association of Registered Nurses of Alberta (CARNA), College of Registered Psychiatric Nurses of Alberta (CRPNA) *Decision-Making Standards for Nurses in the Supervision of Health Care Aides* (2010):

Health Care Aides (HCAs) are enabled to perform restricted activities under the provisions of Schedule 7.1 of the *Government Organization Act* (GOA). Under this section of the GOA, a health care aide can perform a restricted activity if:

- The health care aide has the consent and supervision of a regulated nurse,
- The profession has a regulation that permits the health care aide to perform the restricted activity, and
- There is a regulation respecting how regulated members supervise health care aides in the performance of a restricted activity.

The three nursing groups have agreed to authorize their members to consent to and supervise health care aides in the following restricted activities:

2(1)(b) to insert or remove instruments, devices, fingers or hands (v) beyond the labia majora, (vi) beyond the anal verge

[GOA, Schedule 7.1, Section 2(1)] (p. 3)



Therefore, in accordance with legislation and practice standards, assistance with vaginal and rectal medication may be assigned to HCAs. The regulated health care provider assigning client care is responsible to ensure the intervention is appropriate for the client, that the HCA is competent in the activity, is supervised by a regulated nurse, and is permitted by organizational policy, procedure, or process.

Medication Assistance Activity Sheets are available for:

- Rectal Medication
- Vaginal Medication

Activities of Daily Living

The GOA also allows unregulated health care providers such as HCAs to perform “activities of daily living” defined as:

“activity of daily living” means activities that individuals normally perform on their own behalf to maintain their health and well-being, and includes,

- (i) routine and invasive self-care activities, including but not restricted to the removal of slivers and the cleaning of wounds, and
- (ii) specifically taught procedures, which generally result in predictable and stable responses, including but not restricted to catheterization, maintenance of drainage tubes and administration of drugs by injection.

[GOA, Schedule 7.1, Section 1(a)]

This means that “regulated nurses have the authority and responsibility to determine when an invasive procedure is considered a restricted activity and when it is an activity of daily living” (CLPNA, CARNA, CRPNA, 2010). Prior to assigning care to a HCA, review and adhere to practice recommendations in the *Decision-Making Standards for Nurses in the Supervision of Health Care Aides* (2010).

Remember: What has been considered an activity of daily living may become a restricted activity when the client’s condition changes or deteriorates.

Lippincott Procedures, accessible via Insite and CCC, provide guidance which can be used when training HCAs in the provision of medication assistance activities that have been identified as an activity of daily living for an individual client. Examples of procedures include:

- Insulin administration, home care
- Insulin pen use, home care
- Gastrostomy tube drug instillation
- Enteral drug administration, home care

The MAP manual & education are available: <https://www.albertahealthservices.ca/info/Page10406.aspx>

eLearning modules are available on:

- Insite via MyLearningLink
- CCC via Practice Resources>Medication Management>Medication Assistance Program (MAP)