



Republic of Namibia
Annotated Statutes

REGULATIONS

REGULATIONS MADE IN TERMS OF

Allied Health Professions Act 7 of 2004

section 55

Regulations relating to Scope of Practice of Osteopath

Government Notice 89 of 2014

(GG 5502)

came into force on date of publication: 9 July 2014

The Government Notice which publishes these regulations notes that they were made on the recommendation of the Allied Health Professions Council of Namibia.

ARRANGEMENT OF REGULATIONS

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Definitions

1. In these regulations, unless the context otherwise indicates, a word or expression defined in the Act has that meaning, and -

“complementary medicine” means complementary medicine as defined in the Medicines and Related Substances Control Act, 2003 (Act No. 13 of 2003);

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“compounding” means the combining or mixing of substances or complementary medicine; “dispense”, in relation to a complementary medicine, means to select, prepare, compound, count out or measure from a bulk supply, dissolve, supply the complementary medicine in an appropriate container and label the container, and provide information and instructions to ensure the safe and effective use of the complementary medicine, but does not include the actual administration of the complementary medicine;

“massage” means the mobilisation of soft tissue;

“medicine” means medicine as defined in the Medicines and Related Substances Control Act, 2003;

“scheduled substance” means a scheduled substance as defined in the Medicines and Related Substances Control Act, 2003;

“substance” means anything that, whether alone or in combination in either its original or natural state or in a compounded, manipulated or prepared form, can be used for the treatment of a disease; and

“the Act” means the Allied Health Professions Act, 2004 (Act No. 7 of 2004).

Scope of practice of an Osteopath

2. (1) Osteopathy is the utilising of manual therapy with a profound knowledge of anatomy, neurology and physiology to effect changes to the human body and bring about a state of health and well-being in the patient, whilst being able to palliate symptoms with the focus on the elimination of causative factors.

- (2) An Osteopath, in the conducting of his or her practice, may -
- (a) diagnose any physical, or physiological illness or disorder or any deficiency in humans; by the use of a case history, physical examination, interpretation of blood tests and any specialised imaging, including Magnetic Resonance Imaging and Radiographic Imaging;
 - (b) treat or prevent any physical or physiological illness, disorder or deficiency related to musculoskeletal, visceral and neurological conditions in a person by means of -
 - (i) manipulation;
 - (ii) neuro-muscular reflex therapy;
 - (iii) massage therapy;
 - (iv) immobilisation therapy;
 - (v) exercise therapy;
 - (vi) electrotherapy;
 - (vii) traction therapy;
 - (viii) thermal therapy;

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- (ix) hydrotherapy;
- (x) vibration therapy;
- (xi) acupressure therapy;
- (xii) dietary advice; and
- (xiii) advice on, and the supply of, dietary supplements.

Treatment, apparatus and processes

- 3.** An osteopath may not make use of or apply any -
- (a) treatment, apparatus or process other than those approved;
 - (b) diagnostic or treatment methods, that do not comply with the accepted standards of the professions as determined,

by the Council and brought to the attention of the Osteopath in writing.

Substances that an Osteopath may use

4. Subject to the Medicines and Related Substances Control Act, 2003 (Act No. 13 of 2003), an osteopath may have in his or her possession or under his or her control, or supply to a patient -

- (a) vitamins, excluding substances containing an injectable form of vitamin A;
- (b) nutritional supplements;
- (c) homoeopathic and herbal preparations, and proprietary medicines already prepared and packed, that can be bought in a health shop or a pharmacy;
- (d) minerals and mineral supplements, excluding -
 - (i) scheduled substances; and
 - (ii) substances that may exclusively be prepared by a -
 - (aa) pharmacist registered under, the Pharmacy Act, 2004 (Act No. 9 of 2004); or
 - (bb) homoeopath.

Manufacturing, preparing, storing or displaying of remedies or substances

5. An osteopath may not manufacture, prepare, store or display any remedies or substances in the section of his consulting rooms, that is used -

- (a) for the consultation, examination or treatment of patients; or

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- (b) as a waiting room.

Assessment and evaluation of a patient's condition and his or her treatment

- 6. (1) The assessment and evaluation of a patient's condition may include -
 - (a) the taking and recording of the patient's case history;
 - (b) the performing of a physical examination including posture assessment, and active and passive movement of the patient;
 - (c) the assessment and palpation of the integumentary, musculoskeletal, visceral, neurological, cardiovascular, endocrine and myofascial structures;
 - (d) the special testing of orthopaedic and neurological examinations;
 - (e) the consultation with, or referral of the patient to, any other registered person, or person registered under the Medical and Dental Act, 2004 (Act No. 10 of 2004), the Social Work and Psychology Act, 2004 (Act No. 6 of 2004), the Nursing Act, 2004 (Act No. 8 of 2004) or the Pharmacy Act, 2004 (Act No. 9 of 2004).
- (2) The promotion and maintaining of the health of a patient may include -
 - (a) the determining and preparing of a suitable patient-specific treatment protocol;
 - (b) the maintaining of comprehensive case records regarding the conditions and progress there-of, and of all actions performed in connection with, the patient;
 - (c) attention to the hygiene and physical comfort of and reassurance to, the patient;
 - (d) the promotion of lifestyle changes that may include exercise, rest and sleep with a view to assisting in the rehabilitation of the patient;
 - (e) the offering of specific suggestions and recommendations of self care and health maintenance activities including, but not limited to, self massage, movement, self-administered hydrotherapy applications, stress reduction and stress management techniques and stretching activities;
 - (i) education leading to the attainment of optimal health for the patient;
 - (ii) the delivery of emergency first aid treatment, including cardiopulmonary resuscitation, if necessary.