



# GOVERNMENT GAZETTE

## OF THE

# REPUBLIC OF NAMIBIA

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## Government Notice

### MINISTRY OF HEALTH AND SOCIAL SERVICES

No. 90

2014

#### REGULATIONS RELATING TO SCOPE OF PRACTICE OF A NATUROPATH: ALLIED HEALTH PROFESSIONS ACT, 2004

Under section 55 of the Allied Health Professions Act, 2004 (Act No. 7 of 2004), and on the recommendation of the Allied Health Professions Council of Namibia, I have made the regulations set out in the Schedule.

**R.N. KAMWI**  
**MINISTER OF HEALTH AND SOCIAL SERVICES**

Windhoek, 19 June 2014

### SCHEDULE

#### 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);

“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 (Act No. 13 of 2003);

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

“substance” means anything which, 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;

“Naturopathy” means a system of healing, treating diseases and promoting health in which neither surgical nor medical agents are used, but which is based on the use of -

- (a) non-toxic natural substances, other than medicines; and
- (b) the human body’s inherent biological healing mechanisms to self-heal,

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 a Naturopath**

- 2. (1) A naturopath, in the conducting of his or her practice, may -
  - (a) physically examine any person for the purpose of diagnosing any physical defect, illness or deficiency in that person;
  - (b) prescribe or dispense complementary medicine to a person referred to in paragraph (a);
  - (c) treat or prevent of any physical defect, illness or deficiency in any person by means of -
    - (i) light therapy;
    - (ii) hydrotherapy;
    - (iii) thermal therapy;
    - (iv) acupressure therapy;
    - (v) acupuncture, but only if also registered as an acupuncturist;
    - (vi) electrotherapy;
    - (vii) massage therapy;
    - (viii) exercise therapy;

- (ix) vibration therapy;
- (x) reflex therapy;
- (xi) dietary advice and dietary supplementation; and
- (xii) advice on, and the supply of, complementary medicines and natural substances as treatment for any disease.

### **Treatment, apparatus and processes**

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

by the Council and brought to the attention of the naturopath.

### **Substances which a naturopath may use**

**4.** Subject to the Medicines and Related Substances Control Act, 2003 (Act No. 13 of 2003), a naturopath 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) over the counter homoeopathic and herbal substances other than scheduled substances;
- (d) minerals and mineral supplements, excluding -
  - (i) scheduled substances; and
  - (ii) substances which may exclusively be prepared by -
    - (aa) a pharmacist as defined in, and prescribed under, the Pharmacy Act, 2004 (Act No. 9 of 2004); or
    - (bb) a homoeopath;
- (e) the following biochemical tissue salts:
  - (i) Calcarea fluorica;
  - (ii) Calcarea phosphorica;
  - (iii) Calcarea sulphuricum;
  - (iv) Ferrum phosphoricum;
  - (v) Kali muriaticum;

- (vi) Kali phosphoricum;
- (vii) Kali sulphuricum;
- (viii) Magnesia phosphorica;
- (ix) Natrium muriaticum;
- (x) Natrium phosphoricum;
- (xi) Natrium sulphuricum;
- (xii) Silicae;
- (xiii) Kalium arsenicosum;
- (xiv) Kalium bromatum;
- (xv) Kalium iodatum;
- (xvi) Kalium aluminium sulphuricum;
- (xvii) Lithium muriaticum;
- (xviii) Manganum sulphuricum;
- (xix) Cuprum arsenicosum;
- (xx) Zincum muriaticum;
- (xxi) Calcium carbonicum;
- (xxii) Natrium bicarbonicum;
- (xxiii) Arsenum iodatum; and
- (xxiv) Calcium sulfuratum.

#### **Manufacturing, preparing, storing or displaying of remedies or substances**

**5.** A practitioner may not manufacture, prepare, store or display any remedies or substances in the section of his consulting room which is used -

- (a) for the consultation, examination or treatment of patients; or
- (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 assessment of the patient's health history and interviewing the patient;
  - (b) observing the posture and movement of the patient;
  - (c) a full physical examination;

- (d) the determining and preparing of a suitable patient-specific treatment protocol; and
  - (e) the maintaining of comprehensive case records regarding the conditions and progress there-of, and of all actions performed in connection with, the patient.
- (2) The promotion and maintaining of the health of a patient may include -
- (a) attention to the hygiene and physical comfort of, and reassurance to, the patient;
  - (b) the promotion of lifestyle changes that may include nutritional advice, exercise, rest and sleep with a view to assisting in the rehabilitation of the patient;
  - (c) the offering of specific suggestions and recommendations of self care and health maintenance activities including, but not limited to diet, self-massage, movement, self-administered hydrotherapy applications, stress reduction and stress management techniques and stretching activities;
  - (d) education leading to the attainment of optimal health for the patient;
  - (e) the delivery of emergency first aid treatment (including cardiopulmonary resuscitation), if necessary; and
  - (f) the -
    - (i) consultation with; or
    - (ii) referral of the patient to,

any other registered person, medical practitioner or dentist registered as such under the Medical and Dental Act, 2004 (Act No. 10 of 2004), pharmacist registered as such under the Pharmacy Act, 2004 (Act No. 9 of 2004), psychologist registered as such under the Social Work and Psychology Act, 2004 (Act No. 6 of 2004) or nurse registered under the Nursing Act, 2004 (Act No. 8 of 2004).

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