



## JOINT STATEMENT

# Dietitians' authority to recommend vitamins and minerals for therapeutic diets

When recommended by a dietitian as part of a therapeutic diet, pharmacists may release Schedule III and unscheduled drugs<sup>1</sup> and nurses<sup>2</sup> may administer them.

## Background

The Dietitians Regulation under the Health Professions Act authorizes dietitians to assess nutritional needs, and design, implement and evaluate nutritional care plans and therapeutic diets.

Dietitians recommend Schedule III and unscheduled vitamins and minerals as part of a nutritional care plan or therapeutic diet. These products do not require an order (or prescription). Similarly, other unscheduled products such as protein powder, pectin and medium chain triglycerides (MCT) may also be recommended for inclusion in oral or enteral diets.

Dietitians have clinical expertise in the design of nutritional care plans and therapeutic diets. Nurses seek advice and receive direction from dietitians in these clinical areas to provide safe and effective care to clients.

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<sup>1</sup> Schedule III drugs may be sold by a pharmacist to any person from the self-selection Professional Products Area of a licensed pharmacy. Unscheduled drugs may be sold by a nonpharmacist to any person.

<sup>2</sup> In this document, "nurses" refers to registered nurses, nurse practitioners, licensed practical nurses, registered psychiatric nurses and licensed graduate nurses