

Intravenous (IV) delivery of fluids with or without the inclusion of medications, electrolytes, nutrients or supplements, is part of medical practice, and is increasingly being used for supportive or complementary purposes.

It is the opinion of the New Mexico Medical Board, in collaboration with the New Mexico Board of Nursing and the New Mexico Board of Pharmacy, that this practice falls under the practice of medicine, and is subject to the respective statutes that regulate delivery of health care.

For guidance, the NMMB endorses the following guidelines on this practice as recommended by the American IV Therapy Association, as follows:

1. Licensure and Certification:

- o All practitioners providing elective IV therapy services must hold a valid and current license in their respective healthcare profession, as required by your Board/Pharmacy Board/Department of Health Services/etc.

2. Scope of Practice:

- o Practitioners must operate within the scope of practice defined by their licensure.
- o Practitioners will have the appropriate medical oversight and direction, as/if required by your state Board or relevant regulatory authority.

3. Patient Assessment and Screening:

- o Before administering IV therapy, practitioners must conduct an assessment of each patient's medical history, current health status, and any contraindications to treatments.
- o Patients must receive a medical screening examination with a licensed prescriber regardless of regulatory requirement.

4. Patient Education and Informed Consent:

- o Prior to initiating any and all treatment, practitioners must obtain valid informed consent from the patient, ensuring they understand the nature of the treatment, associated risks, benefits, and alternatives.
- o Medical claims and advertising regarding treatment must meet clinical guidelines to avoid misrepresentation and end user confusion.

5. Treatment Protocols and Administration:

- o IV therapy treatments must be handled and administered subsequent to and in accordance with provider order.
- o IV therapy must be handled and administered using aseptic techniques and utilizing appropriate equipment.
- o IV therapy treatments must be handled and administered in accordance with provider's orders, manufacturer's instructions, and USP guidelines.

6. Monitoring and Management of Adverse Reactions:

- o Patients receiving IV therapy must be monitored closely for signs and symptoms of adverse effects or complications.
- o Practitioners should be prepared to intervene promptly and manage any adverse

events that may arise.

7. Documentation and Record-Keeping:

- o Comprehensive medical records must be maintained for each patient.
- o Records must include patient history, vital signs, physical examination, indication for service, IV therapy administered, patient response, and any adverse reactions or complications.

8. Emergency Preparedness:

- o Practitioners must be trained and equipped to handle medical emergencies that may occur during therapy, equipment for cardiopulmonary resuscitation (CPR), and protocols for activating emergency medical services.

9. Quality Assurance and Safety:

- o Providers must adhere to rigorous quality assurance standards, including regular calibration and maintenance of equipment, adherence to infection control protocols, and compliance with regulatory authorities governing the storage, possession, handling, and administration of medications and medical devices.
- o Practice must maintain policy to track, monitor and reconcile drug inventory against documented treatments.

10. Continuing Education and Training:

- o Practitioners must receive background training to include at minimum, topics on supplementation, fluid homeostasis, fluid compartment physiology, intravenous fluids and dehydration, nutrition, safety and clinical regulatory considerations, pharmacodynamic assessments, medical eligibility and assessment, risks and complications of IV drip therapy, management of adverse events, and clinical skills.
- o Practitioner must engage in ongoing education and training to stay current with advances in injectable hydration and nutrition therapy, best practices, and regulatory requirements.

References:

American IV Therapy Association- Industry Position Statement, June 5, 2024, Version 3.1

<https://www.americaniv.com/>

Rhode Island Department of Health of Health Guidance Document Regarding the Operation of Medical Spas and Intravenous (IV) Therapy Business July 2024

<https://health.ri.gov/publications/guidance/Medical-Spa-and-IV-Therapy-Business.pdf>