

# Arête Health and Wellness

## Scope of Practice Policy

### Purpose

This policy outlines the professional scope within which services are provided at Arête Health and Wellness. The aim is to ensure that all services are delivered safely, ethically, and in accordance with professional standards expected of a Registered Nurse.

### Professional Registration

Services are delivered by a Registered Nurse who is registered with the UK Nursing and Midwifery Council (NMC). Practice is conducted in accordance with the NMC Code and relevant professional guidance.

### Nature of Services Provided

Arête Health and Wellness provides health education and lifestyle guidance. Services focus on supporting individuals in understanding lifestyle factors that may contribute to general wellbeing.

- Physical activity and movement
- Lifestyle behaviours relevant to long-term health conditions
- General health education
- Behaviour change and wellbeing strategies
- Educational discussion relating to conditions such as diabetes and cardiovascular health

All guidance provided is educational in nature and designed to support individuals in making informed lifestyle choices.

### Services Not Provided

- Medical diagnosis
- Prescribing of medication
- Clinical treatment or therapeutic intervention
- Emergency medical care
- Replacement for care provided by a GP, consultant, or other healthcare professional

Clients are advised to consult their GP or relevant healthcare provider for any medical concerns or clinical management of health conditions.

### Professional Boundaries

All services are delivered within the professional competence, training, and experience of the practitioner. Where a situation falls outside the appropriate scope of practice, individuals will be advised to seek support from the relevant healthcare professional or service.

## **Client Responsibility**

Clients remain responsible for their own health decisions and for maintaining appropriate contact with their primary healthcare providers. Participation in lifestyle guidance is voluntary and does not replace medical advice.

## **Review**

This policy will be reviewed periodically to ensure continued alignment with professional standards and regulatory guidance.

## **Document Control**

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Scope of Practice Policy  
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