American IV Therapy Association – Industry Position Statement
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The use of intravenous (IV) hydration, nutrient, and/or vitamin therapy is well-established in conventional medicine. However, the rapid expansion of IV therapies, both in elective retail and non-traditional care settings, has created challenges in governance and oversight, which may undermine patient safety.

This position statement from the American IV Therapy Association (AIVA) represents the consensus of the clinical and scientific committees aimed at ensuring that the industry's Best Practices keep clinical integrity and quality outcomes first and foremost in terms of services delivered. It is not intended to be a mandate or standard of care, but rather a reflection of quality-based considerations to be taken into account by any quality IV hydration provider.

Elective intravenous (IV) hydration, nutrient, and/or vitamin therapy are considered a supportive and complementary healthcare practice. Due to routes of administration, IV and injectable nutrition has a broad potential scope of treatment. When administered safely, IV therapy may be used for general hydration, preventative health, supportive management for acute or chronic health conditions, and health optimization.

The fragmented nature of this rapidly growing industry invites communication and collaboration between all relevant parties to define standards and safeguard human health. The objective should be to define practice standards prioritizing safety and science congruent to elective healthcare expectations, promote clinical research and novel applications, regulate industry claims, and expand accessibility. Regulatory authorities have taken notice of this new industry and are actively adopting policies which inspire AIVA to help raise standards, promote safety, and help regulatory efforts to be more precisely purposed towards patient protection.

Education for the public, clinical practitioners, regulators, and legislators is paramount to establishing a foundation for the industry. Training and knowledge, along with clinical data from existing industry practices, can provide insights into the requirements and identify areas for additional self-governance. Due to the predominant elective nature of this industry, practice standards should match, if not exceed that from a traditional healthcare setting with a priority on safety.

At its core, elective IV therapy consists of pharmaceutical product manipulation through combination of different elements. Knowledge of biochemical, physical, and delivery considerations is fundamental in this practice. The United States Pharmacopeia provides important clinical guidelines for this application. Yet, there are inherent limitations and differential interpretations and enforcement of these guidelines. A pragmatic, standardized approach would only work to promote compliance and safety.

The clinical standards below represent a consensus from AIVA's professional committees and reflects an evidenced-based approach to practice safety for the industry:

1. Licensure and Certification
    - All practitioners providing elective IV therapy services must hold a valid and current license in their respective healthcare profession, as required by your specific state's Medical Board or relevant regulatory authority (ie. Nursing Board/Pharmacy Board/Department of Health Services/etc.)
2. Scope of Practice
    - Practitioners must operate within the scope of practice defined by their licensure.
    - 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
    - Before administering IV therapy, practitioners must conduct an assessment of each patient's medical history, current health status, and any contraindications to treatments.
    - Patients should receive a medical screening examination with a licensed prescriber regardless of regulatory requirement.
4. Patient Education and Informed Consent
    - 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.
    - Medical claims and advertising regarding treatment must meet clinical guidelines to avoid misrepresentation and end user confusion.
5. Treatment Protocols and Administration
    - IV therapy treatments must be administered in subsequent to and in accordance with provider order.
    - IV therapy must be prepared and administered using aseptic techniques and utilizing appropriate equipment.
    - IV therapy treatments must be prepared and administered in accordance with provider's orders, manufacturer's instructions, and USP guidelines.
6. Monitoring and Management of Adverse Reactions
    - Patients receiving IV therapy must be monitored closely for signs and symptoms of adverse effects or complications.
    - Practitioners should be prepared to intervene promptly and manage any adverse events that may arise.
7. Documentation and Record-Keeping
    - Comprehensive medical records must be maintained for each patient.
    - 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

- 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
    - 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.
    - Practice must maintain policy to track, monitor and reconcile drug inventory against documented treatments.
10. Continuing Education and Training
    - Practitioners should 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.
    - Practitioner should engage in ongoing education and training to stay current with advances in injectable hydration and nutrition therapy, best practices, and regulatory requirements.