



National Eating Disorder Information Centre

www.nedic.ca

FILING A COMPLAINT ABOUT A HEALTHCARE PROVIDER In Alberta

When seeking support for an eating disorder, you deserve to receive care that is appropriate, safe, and professional. If you have a concern about a healthcare provider with whom you have worked or are currently working, it is your right to make a complaint.

There are many different healthcare professionals from whom you may receive support during recovery. Some may be **regulated health professionals**, meaning that they are accountable to one of Alberta's many regulatory colleges. While some regulated health professionals work in **hospital-based programs**, others deliver their services through community agencies or private clinics.

There are also individuals providing eating disorder care who are **unregulated**. For example, in Alberta, "recovery coach", "therapist", and "counsellor" are not regulated titles or professions, and individuals practising these professions are not accountable to a specific regulatory college.

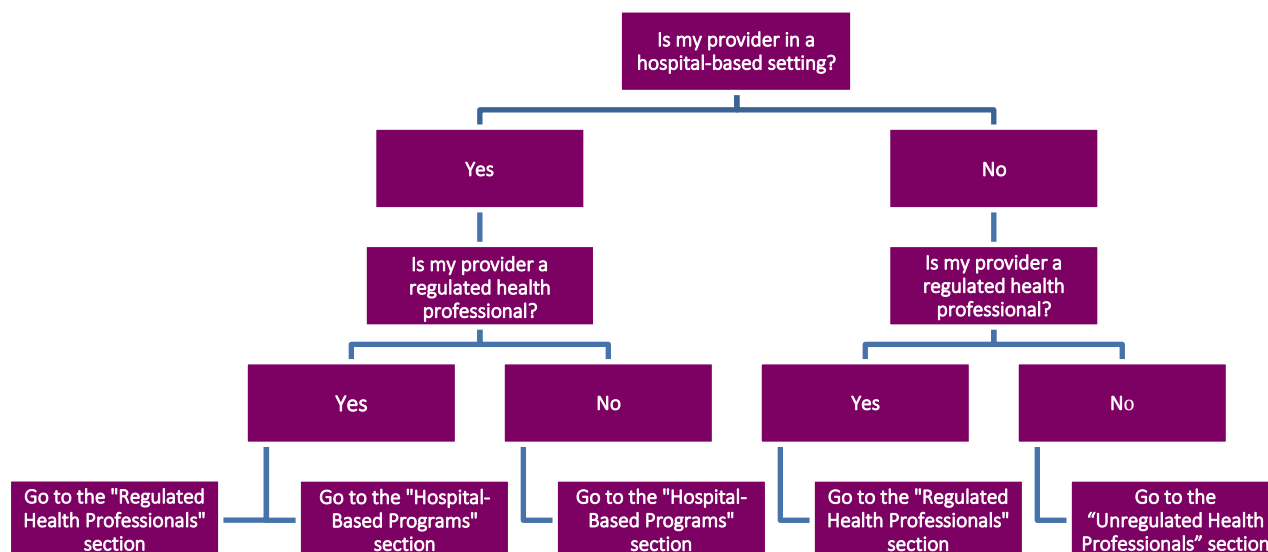
Please note that some regulated professionals may choose to use an unregulated title alongside their regulated one. For example, a social worker may also refer to themselves as a counsellor because it better describes their role to the public. If you are uncertain whether a healthcare provider is regulated, you have the right to ask if they are registered with a regulatory college.

Should I Make a Complaint?

Any eating disorder care provider, regardless of whether or not they are a regulated health professional, should be committed to practising ethically. An ethical care provider prioritizes clients'/patients' safety and strives to avoid causing harm. Some examples of issues that warrant concern are discriminatory attitudes and/or behaviours (e.g., racism, ableism, transphobia, etc.), boundary violations (e.g., inappropriate touch, sexual harassment, sexual assault, etc.), and exploitative fee practices.

How Do I File a Complaint?

Because there are different steps to follow depending on whether your care provider is a regulated health professional, the chart below can help you determine which section of this guide to consult for further information and next steps.



REGULATED HEALTH PROFESSIONALS

Public Registers

Every health professional regulatory college (“college”) is required to maintain a registry of all licensed professionals. If you are receiving services from a regulated health professional, you can use their professional designation to determine which college they belong to, and then search that college’s public register for their name or licence number to review details about their registration. For example, you can learn when they first registered with that college, whether they have any Terms, Conditions, and Limitations (TCLs) on their registration (e.g., if they are required to practise under clinical supervision), and whether they have previously been directed to undergo remedial activities as the result of a disciplinary decision, etc.

Below, you can read more about the professional designations for each Alberta college*. Click on the name of a college to find its corresponding public register:

College	Regulated Title(s)	Other Commonly Used Titles
College of Dental Surgeons of Alberta (CDSA)	- Dental Surgeon - Dentist	
College of Registered Dental Hygienists of Alberta (ACDH)	- Dental Hygienist	
College of Dietitians of Alberta	- Registered Dietitian (RD) - Dietitian - Registered Nutritionist	- Nutritionist**
College of Licensed Practical Nurses of Alberta (CLPNA)	- Licensed Practical Nurse (LPN) - Nurse	

College of Naturopathic Doctors of Alberta (CDNA)	- Naturopathic Doctor (ND) - Naturopath	
Alberta College of Occupational Therapist (ACOT)	- Occupational Therapist (OT)	
College of Physicians and Surgeons of Alberta (CPSA)	- Physician - Surgeon - Osteopaths - Psychiatrist - Physician's Assistant	- Doctor - Medical Doctor
College of Registered Psychiatric Nurses of Alberta (CRPNA)	- Registered Psychiatric Nurse (RPN) - Psychiatric Nurse (PN) - Nurse	
College of Alberta Psychologists (CAP)	- Psychologist - Registered Provisional Psychologist	
College of Registered Nurses of Alberta (CRNA)	- Registered Nurse (RN) - Nurse Practitioner (NP) - Nurse	
Alberta College of Social Workers (ACSW)	- Social Worker - Registered Social Worker (RSW)	

*Please note that this table includes only the most common providers serving the eating disorders community and their corresponding regulatory bodies and does not constitute a complete list of all regulators in Alberta. For more information, please consult this Government of Alberta [webpage](#).

**Some Registered Dietitians may choose to refer to themselves as a “Nutritionist”, however not all individuals using the title “Nutritionist” are Registered Dietitians. If you are unsure whether a nutritionist is registered, you have the right to ask them or search for their name in the College of Dietitians of Alberta’s public register.

Filing a Complaint with a College

Under the *Health Professions Act*, it is the responsibility of each college to protect the public from unprofessional conduct and hold the registrants of its profession accountable for the care they provide. If you have concerns about a regulated health professional, you may wish to file a complaint with their corresponding college. To do so, you must submit a detailed written account of your concerns and give consent to access your clinical file for the purposes of investigation.

Upon receiving a complaint, the college initiates a formal process, adhering to all necessary steps. Within 30 days, the college contacts both the complainant and the healthcare professional under investigation to review the complaint. During this process, the complainant's name and statement are shared with the professional to allow them an opportunity to respond. The college listens impartially to both sides and may conduct a formal investigation if deemed necessary. The complainant is kept

informed about the complaint's progress and receives a written decision regarding its resolution. If dissatisfied with the outcome, the complainant can appeal the college's decision within 30 days.

As there are slight differences among the regulatory bodies in the process of initiating a complaint, for the most accurate, step-by-step information, please refer to the corresponding college's website. You can find them linked below.

Resource List

Alberta College of Dental Hygienists (ACDH)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Dental Surgeons of Alberta (CDSA)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Dietitians of Alberta

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Licensed Practical Nurses of Alberta (CLPNA)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Naturopathic Doctors of Alberta (CDNA)

[Home Page](#)

[Public Register](#)

[Complaints](#)

Alberta College of Occupational Therapists (ACOT)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Physicians and Surgeons of Alberta (CSPA)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Registered Psychiatric Nurses of Alberta (CRPNA)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Alberta Psychologists (CAP)

[Home Page](#)

[Public Register](#)

[Complaints](#)

College of Registered Nurses of Alberta (CRNA)

[Home Page](#)

[Public Register](#)

[Complaints](#)

Alberta College of Social Workers (ACSW)

[Home Page](#)

[Public Register](#)

[Complaints](#)

HOSPITAL-BASED PROGRAMS

In a hospital-based program, you may receive care from both regulated and unregulated providers. If you have concerns about a hospital program itself or providers within a hospital setting, start by addressing your concern(s) with the program's manager. They may be able to facilitate discussion between the involved parties and offer a resolution. If you do not reach a satisfactory outcome, you can escalate your concern with Patient Relations (also called Patient Experience) at the hospital. In Alberta, all hospitals have a patient relations process in place. It is a legal requirement that ensures that there is a mechanism for patients, their families, and the public to confidentially voice concerns about their experience or the care they received. This feedback helps hospitals track patient experiences and identify opportunities for quality improvement. Patient relations teams are responsible for responding to patient inquiries, addressing complaints, and working with patients and families to ensure their needs are met during their hospital stay.

Contact information for the Patient Relations department and instructions on how to make a complaint can typically be found on the hospital's website. You are not required to provide consent for Patient Relations to access your personal health information to make a complaint. If Patient Relations is unable to bring forward a resolution, or you are not satisfied with the outcome, you may wish to file a complaint with the [Office of the Alberta Ombudsman](#). However, to do so, you are required to provide consent for the Ombudsman to access your personal health information, which may include anything from your name to your medical history. The Ombudsman may share your personal information for the purpose of facilitating a resolution or investigating the complaint, however, they will never do so

without your consent. Your information may be used by the Ombudsman to contact you, bring forward a satisfactory resolution or conduct an investigation if deemed necessary.

Note: For regulated providers working within a hospital-based setting, it is not within the scope of the Office of the Ombudsman to investigate as there is other recourse (i.e., the provider's regulatory college) for making a report or complaint. If you have concerns about an individual regulated provider within a hospital (rather than the entire program itself), it would be most prudent to be in touch with both Patient Relations at the hospital *and* the provider's regulatory college.

An example of the patient relations process at the Alberta Health Services hospitals can be found at the following link: <https://www.albertahealthservices.ca/about/patientfeedback.aspx>

UNREGULATED CARE PROVIDERS

The term "unregulated" does not mean poor service or low standards. However, in the absence of regulation, anyone can claim to be qualified to provide the services being offered without having to demonstrate a certain level of knowledge, skill, and competence. Without a regulatory college responsible for investigating complaints or reports about these providers, it is more difficult to have concerns about such services addressed.

If the unregulated provider you have concerns about is working within an institutional setting, (e.g., a hospital-based program or a community agency or service) your best option is likely to address the concerns with that institution. If, however, an unregulated provider is operating through an Alberta business, you can file a consumer complaint. Please consult the following Government of Alberta webpage for more details: <https://www.alberta.ca/file-consumer-complaint.aspx#jumplinks-3>

Be aware that it is illegal for a care provider to represent themselves as a regulated professional if they are not registered with the relevant college. If a provider falsely claims to be regulated, you may in fact file a report or complaint with the corresponding college. For example, if you have concerns about a "Social Worker" providing you with psychotherapy but whose name does not appear on ACSW's Public Register, you could contact ACSW to discuss your concerns.

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