

# PROFESSIONAL PRACTICE IN PHYSICAL THERAPY



*IHS*

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## The role and responsibilities of Physical Therapist as an individual

- To provide Quality care.
- To be involved in an ethical and legal practice.
- To keep him/her self update about the new developments in the field.
- To be an evidence based clinician for the quality care.
- To be a trust worthy professional.

## The role and responsibilities of Physical Therapist as member of the profession

- To educate the other health care team about the scope of physical therapy.
- To educate the general public how a physical therapist can help the community to live a healthy life.
- To play an active role for the development of the profession.
- To participate in the research studies.

# Ethics in Physical Therapy

- **Ethics** is the major branch of philosophy, encompassing proper conduct and good living.
- What is right for the patients.
- Most patients allow us to touch their backs, necks, or extremities in ways that would not occur in society in general, so we must not misuse this position.
- Physical Therapists must also consider how stressful it is for patients when they come to us for care.
- A trusting relationship should develop between the therapist and patient .
- Confidentiality is a crucial matter in daily practice.

# Principles of Health Care Ethics

- ❖ Ethical principles provide general guidance for helping us make ethical decisions:
  - a) Respect for autonomy
  - b) Nonmaleficence
  - c) Beneficence
  - d) Justice

Note: Each specific ethical dilemma that you face will be imbedded in a unique situation that may involve multiple persons and issues. The principles will only be helpful in a real case if you gather as much information about the situation as possible to individualize the decision-making process.

# Nonmaleficence

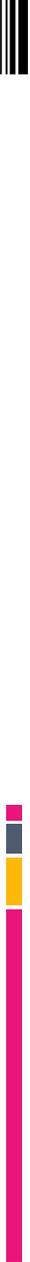
- The principle of nonmaleficence is an obligation not to inflict harm intentionally.
- Most persons who choose a health care career only want to help people, not harm them.
- One way to remember the meaning of this principle is to think of the phrase in the Hippocratic oath, "To first do no harm." Usually issues of nonmaleficence are discussed when patients are at the end of life.
- We often must decide if continuing treatments cause the patient more harm than benefit.

# Beneficence

- The principle of beneficence is a moral obligation to act to benefit others.
- There are, however, risks associated with beneficence. Sometimes we want to help our patients so much, that we begin to believe that we know what is best for them.
- We sometimes believe that they should do whatever we recommend since we have the most knowledge about their condition.
- When we believe that we know what is best for a patient even when they do not agree, we risk stepping over the boundary from beneficence to paternalism. When this happens, the patient's autonomy is not respected.
- If you find that you are trying to convince patients to do things your way by saying, "It is for your own good," you might be using a form of paternalism.

# Justice

- The principle of justice means that all similarly situated persons receive their "fair share" of benefits and assume their fair share of burdens.
- For example, health care is a benefit that should be fairly distributed and taxes are a burden that we also try to share fairly.
- There are at least three types of justice that include:
  - compensatory (Compensatory justice concerns compensation for wrongs that have been done)
  - Procedural (Procedural justice involves how the laws are procedurally carried out)
  - Distributive. (Distributive justice involves the fair allotment of benefits or burdens, especially when there is competition for resources. )



# PROFESSIONAL CODE AND CONDUCT FOR PHYSIOTHERAPIST

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# PROFESSIONAL CODE AND CONDUCT

- *A Code of professional conduct is necessary component to any profession to maintain standards for the individual within that profession to adhere. It brings about accountability , responsibility, and trust to the individual that the profession serve.*



The World Confederation for Physical Therapy (WCPT) expects physical therapists to:

1. Respect the rights and dignity of all individuals
2. Comply with the laws and regulations governing the practice of physical therapy in the country in which they practice
3. Accept responsibility for the exercise of sound judgement
4. Provide honest, competent and accountable professional services
5. Provide quality services
6. Be entitled to a just and fair level of remuneration for their services
7. Provide accurate information to patients/clients<sup>1</sup>, to other agencies and the community about physical therapy and the services physical therapists provide
8. Contribute to the planning and development of services which address the health needs of the community

## Preamble

The Code of Ethics for the Physical Therapist (Code of Ethics) delineates the ethical obligations of all physical therapists as determined by the House of Delegates of the American Physical Therapy Association (APTA). The purposes of this Code of Ethics are to:

1. Define the ethical principles that form the foundation of physical therapist practice in patient/client management, consultation, education, research, and administration.
2. Provide standards of behavior and performance that form the basis of professional accountability to the public.
3. Provide guidance for physical therapists facing ethical challenges, regardless of their professional roles and responsibilities.
4. Educate physical therapists, students, other health care professionals, regulators, and the public regarding the core values, ethical principles, and standards that guide the professional conduct of the physical therapist.
5. Establish the standards by which the American Physical Therapy Association can determine if a physical therapist has engaged in unethical conduct.

**Principle #1:** Physical therapists shall respect the inherent dignity and rights of all individuals.  
*(Core Values: Compassion, Integrity)*

**Principle #2:** Physical therapists shall be trustworthy and compassionate in addressing the rights and needs of patients/clients.  
*(Core Values: Altruism, Compassion, Professional Duty)*

**Principle #3:** Physical therapists shall be accountable for making sound professional judgments.  
*(Core Values: Excellence, Integrity)*

# Code of Ethics for the Physical Therapist

**Principle #4:** Physical therapists shall demonstrate integrity in their relationships with patients/clients, families, colleagues, students, research participants, other health care providers, employers, payers, and the public.  
(Core Value: Integrity)

**Principle #5:** Physical therapists shall fulfill their legal and professional obligations.  
(Core Values: Professional Duty, Accountability)

**Principle #6:** Physical therapists shall enhance their expertise through the lifelong acquisition and refinement of knowledge, skills, abilities, and professional behaviors.  
(Core Value: Excellence)



# APTA

American Physical Therapy Association

**Principle #7:** Physical therapists shall promote organizational behaviors and business practices that benefit patients/clients and society.

*(Core Values: Integrity, Accountability)*

**Principle #8:** Physical therapists shall participate in efforts to meet the health needs of people locally, nationally, or globally.

*(Core Value: Social Responsibility)*