

FOR PHYSIOTHERAPISTS

ETHICAL GUIDELINES





ETHICAL GUIDELINES FOR PHYSIOTHERAPISTS

A physiotherapist is a licenced health care professional whose mission is to help clients promote and maintain their health, mobility, functioning capacity and the ability to work. The physiotherapist knows the common value base of health care as well as the joint objectives and principles. The physiotherapist supports the client in various life situations, and helps the client to find resources and improve the quality of life. The physiotherapist works together with the client and other parties, supporting their participation in the client's rehabilitation.

The ethics of the profession are based on professional knowledge and expertise, as well as on internalized values and life experience. These enable the physiotherapist to carry out ethical reflection, to make decisions and to conduct a critical assessment of the consequences of one's own activities. The Ethical Guidelines of the Finnish Association of Physiotherapists are based on the Ethical Principles of the World Confederation for Physical Therapy (WCPT) and have been prepared to meet national needs. [1, 2]

In this document, the term 'client' also refers to a physiotherapy patient and a rehabilitee.

[1] The National Advisory Board on Social Welfare and Health Care Ethics ETENE, www.etene.fi/en

[2] www.wcpt.org/policy/ps-ethical-responsibilities

1. THE PHYSIOTHERAPIST AND THE CLIENT

Physiotherapists

- respect life, the client's human dignity and autonomy
- perform their tasks confidentially
- encounter each client as an equal regardless of age, gender, race, nationality, religion, ethnicity, skin colour, sexual orientation, functional capacity, state of health or political conviction
- inform clients that they have the right to refuse the treatments suggested for them, or if the client is incapable of making decisions, the physiotherapist cooperates with the client's family
- are required to inform clients of the expected impacts of the activities and of possible risks
- interact with their clients.

2. COMPLIANCE WITH REGULATIONS

Physiotherapists

- know the Acts and other regulations defining their work and undertake to abide by them ^[3, 4, 5]
- act in the best interests of their clients in matters pertaining to professional practice.

[3] Valvira: Professional practice rights of health care professionals | www.valvira.fi/en/licensing/professional_practice_rights

[4] State Administrative Agencies: Private health care services, licences and notifications | www.avi.fi/web/avi/yksityiset-terveyspalvelut#VCKVpBb6UpY

[5] Finnish Association of Physiotherapists: Professional legislation | www.suomenfysioterapeutit.fi/index.php/ammattilinen-lainsaadanto





3. THE PHYSIOTHERAPIST'S EXPERT ROLE

Physiotherapists

- acquire information about their client's background and current state and with their own assignment
- examine the client in an appropriate manner in order to determine the physiotherapy diagnosis
- together with the client, set the goals for the therapy, draw up a plan and act accordingly, and evaluate the activities and their results
- document the activities carried out
- respect the expertise of representatives of their own and other professions and, whenever necessary, consult experts and give expert assistance to others or recommend the services of another expert to their client
- are personally responsible for their work
- as experts in their own field, participate in social debate on health policy.

4. PROFESSIONALISM OF PHYSIOTHERAPISTS

Physiotherapists

- act justly, honestly, expertly and responsibly
- ensure that clients and their inner circle understand the goals and contents of therapy, the use of time and the costs
- maintain a client register
- do not disclose any client information to a third party without the client's consent or justification provided by law
- undertake to develop themselves, their professional skills and professional sector
- act in a collegial manner
- recognize the limits of their own professional competence
- act with the rights of a licensed professional and within the limits of the special competence they have acquired
- look after their own well-being at work.



5. THE QUALITY OF ACTIVITIES

Physiotherapists

- are committed to high-quality activities
- comply with good physiotherapy practice that emphasizes evidence-based activities ^[6, 7, 8]
- comply with good physiotherapy practice that emphasizes evidence-based activities ^[9]
- as superiors, enable employees' professional development and ensure that employees have sufficient qualifications for the tasks they perform.

6. THE ECONOMY AND SOCIETY

Physiotherapists

- act in keeping with good business practice
- act in accordance with the principles of social responsibility, taking into account economic, social and environmental factors.

[6] Finnish Association of Physiotherapists: Good physiotherapy practice | www.suomenfysioterapeutit.fi/index.php/mita-on-hyva-fysioterapiakaytanto

[7] Finnish Association of Physiotherapists: Physiotherapy recommendations | www.suomenfysioterapeutit.fi/index.php/fysioterapiasuositukset

[8] Duodecim: Current Care Guidelines | www.kaypahoito.fi/web/english/home

[9] Finnish Advisory Board on Research Integrity | <http://www.tenk.fi/en/advice-publications>

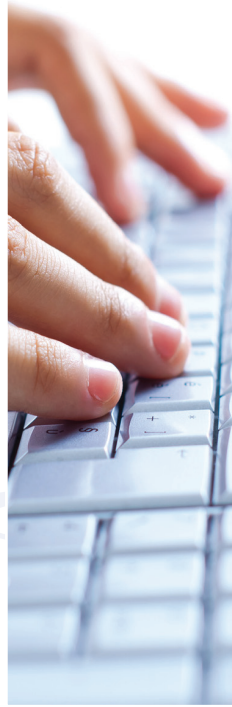
7. INFORMATION ABOUT PHYSIOTHERAPY

Physiotherapists

- provide information accurately and comprehensively
- carry out marketing in a clear, understandable and truthful manner ^[10]
- respect intellectual property rights ^[11]
- know the risks associated with data protection and data security.

[10] Principles concerning good marketing practice published by the Council of Ethics in Advertising | kauppakamari.fi/lautakunnat/men/sovellettavat-saannot/

[11] Information about intellectual property rights | www.tekijanoikeus.fi/





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Finnish Association of Physiotherapists

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Finnish Association of Physiotherapists

Executive Committee 20 September 2014