

Consent Policy

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What is consent?

Consent is the voluntary agreement given by a person to allow something to happen to them, and/or to be done to them, and/or to allow their participation in something. It is a fundamental right that every adult with capacity has the absolute right to determine what happens to their own body. This right is protected in law and is reflected in the Health Professions Council (HPC) standards and the CSP Code of Conduct.

Consent at Optimus Physiotherapy

At Optimus Physiotherapy we require you, as the client, to consent to treatment, which gives us permission to perform any type of examination or treatment.

We can imply consent by the fact that you turn up to your appointment knowing that you are paying for treatment – this is IMPLIED CONSENT. However this only goes so far and is not good enough for us to start treating you.

What we require is FULL INFORMED CONSENT. We need to give you information before performing any type of examination or treatment to ensure that you understand what we are going to do and know what to expect both during and after that examination or treatment. We also need to explain to you any risks involved with any examination or treatment that we perform.

For you to make a decision as to whether you consent for us to go ahead with treatment we provide the following:

- Client Information leaflet – this is sent to you prior to your first appointment in order to provide you with information about what to expect at your appointment, including information about what to wear, our chaperone process and general information about Optimus Physiotherapy
- Before everything we do, give an explanation of what we are going to do, explain any risks or possible side effects and ask you if it is ok to carry on.
- As well as being discussed verbally potential risks and side effects of treatments are also available for you to view in written format
- In some cases you may also be given a separate information leaflet about a particular treatment, for example, acupuncture

Consent is recorded in the following ways:

- Written consent form which we will ask you to read and sign. This includes consent for processing your data. You will be asked to complete this before your initial appointment
- ‘Verbal informed consent gained for.....*specific treatment*’ will also be documented in your records written by the physiotherapist
- Consent is not a one-off occurrence and therefore everytime consent is reaffirmed this will be documented

If you wish for a period of time to ‘think about’ whether you wish to consent this is acceptable.

You can withdraw your consent at any time

Just because you have given your consent, it doesn’t mean that you cannot change your mind. This is perhaps one of the most important components of consent, you can withdraw it at any time. This decision will be respected and all you have to do is tell us that you aren’t happy with what we are doing and we will stop. Any withdrawn consent will be documented clearly.

Substituted Consent

In situations where a person is incapable of understanding the risks and benefits of treatment, consent may be provided by another person legally authorised to provide such consent. Evidence of legal authorisation is required in such circumstances.

Optimus Physiotherapy is committed to ensuring that, as far as it is reasonably practicable, the way we provide services to the public reflects their individual needs and does not discriminate against individuals or groups on the basis of their age, disability, gender, race, religion/belief or sexual orientation. Should any person require access to this policy in another language or format (such as Braille or large print) we will do our best to provide this in a format the user is able to access. Optimus Physiotherapy will do its utmost to support and develop equitable access to all policies.