

# Standards of Ethical Conduct and Behaviour

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## Introduction

The Standards of Ethical Conduct and Behaviour of the British Association of Sport Rehabilitators and Trainers (BASRaT) has been written to inform the membership of the principles of professional conduct and ethical behaviour that should be followed in the practice of Sport Rehabilitation and musculoskeletal management as outlined in the BASRaT role delineation.

The primary aim of the standards is the assurance of high quality health care. The standards also represent minimum standards of behaviour that:

- Are considered necessary to protect members of the public.
- Inspire public confidence in the profession.

These principles are not all encompassing, but should be considered representative of the ethos with which graduate sport rehabilitators (GSRs) should make their decisions. These standards do not supersede legal requirements.

## PRINCIPLE 1

**Members shall understand, work within and accept responsibility for their scope of practice.**

- 1.1 Members shall not misrepresent in any manner, either directly or indirectly, their skills, training, professional credentials, identity or services.
- 1.2 Members shall provide only those services of assessment, analysis and management for which they are qualified and by pertinent legal regulatory process.
- 1.3 Members have a professional responsibility to accurately maintain, manage and safely dispose of records of care provided according to BASRaT record keeping guidelines and the Data Protection Act (1998). All records should include:
  - Date and time of initial consultation and all following client interactions
  - A suitable method for attributing the record to the member to ensure accountability and responsibility for the recorded information
  - Legible, factual and accurate information particular to the client
  - Evidence of clinical reasoning for decisions, interventions, and advice, documenting where appropriate the agreement and involvement of the client

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- Only accepted and agreed abbreviations and short form language which should be readily understood by health professionals
  - Amendments which are clearly noted and include a date and reason for the amendment
- 1.4 Members shall understand the role of other healthcare professionals who may form part of a multidisciplinary team involved in client care, and also work effectively within the multidisciplinary team.
  - 1.5 Members shall communicate effectively with, refer to and accept referrals from healthcare professionals and relevant outside agencies in order to provide an effective and efficient service to the client.
  - 1.6 Members shall understand the importance of maintaining their own health and well-being in relation to fitness to practice.
  - 1.7 Members must ensure they are insured for the professional activities they undertake.

### **Supporting Legislation:**

Data Protection Act (1998)

Human Rights Act (1998)

## **PRINCIPLE 2**

**Members shall comply with the laws, regulations and evidence-based practice guidelines governing the practice of musculoskeletal management in sport, exercise and rehabilitation.**

- 2.1 Members shall comply with all relevant legislation
- 2.2 Members shall engage in ongoing critical review of available research and literature relevant to their practice and act to incorporate best practice at all times
- 2.3 Members shall be familiar with and adhere to all British Association of Sport Rehabilitators and Trainers' Guidelines:
  - Role Delineation
  - Continued Professional Development
  - Record Keeping
  - Fitness to Practise
  - Complaints Procedure
- 2.4 Members are required to report illegal or unethical practice detrimental to musculoskeletal management in sport, exercise and rehabilitation.

## **PRINCIPLE 3**

**Members shall understand and demonstrate a professional duty of care and respect the rights, welfare and dignity of all individuals.**

- 3.1 Members shall fulfill their duty of care and act in the best interests of the client at all times.
- 3.2 Members shall neither practice nor condone discrimination on the basis of race, creed, national origin, sex, age, handicap, disease entity, social status, financial status, or religious affiliation. Members shall comply at all times with relevant anti-discriminatory legislation.
- 3.3 Members shall be committed to providing competent care consistent with both the requirements and limitations of their profession.
- 3.4 Members shall preserve the confidentiality of privileged information and shall not release such information to a third party not involved in the client 's care unless the person consents to such release or release is permitted or required by law.
- 3.5 Members shall understand the importance of and demonstrate the ability to obtain, maintain and document informed consent. Members shall demonstrate clear and effective professional communication at all times.
- 3.6 Members shall discuss with their client relevant options regarding their care and ensure that the client has the option to ask questions or discontinue care, without penalty, at any time.

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- 3.7 Members shall understand the importance of relevant Health and Safety legislation, safe working (including safeguarding policies and following manufacturer guidelines regarding equipment) and appropriate risk management.
- 3.8 Members shall provide opportunity for, encourage and act upon feedback provided by clients regarding their care.

### **PRINCIPLE 4**

#### **Members shall demonstrate professionalism and maintain and promote high standards in the provision of services.**

- 4.1 Members shall recognise the need for continuing education and participation in various types of educational activities that enhance their skills and knowledge.
- 4.2 Members should recognise the need for effective self-management of workload with regards to maintaining fitness to practice.
- 4.3 Members shall select and modify their professional practice to reflect and best meet the needs of individuals and groups with whom they interact.
- 4.4 Members shall educate those whom they supervise in the practice of musculoskeletal management in sport, exercise and rehabilitation with regard to the BASRaT standards of professional conduct and ethical behavior and encourage their adherence to it.
- 4.5 Whenever possible, members are encouraged to participate and support others in the conduct and communication of research and educational activities that may contribute to improved client care, client or student education and the growth of evidence based practice in musculoskeletal management in sport and related occupational settings.
- 4.6 When members are researchers or educators, they are responsible for maintaining and promoting ethical conduct in research and education.
- 4.7 Members shall provide a clear opportunity for client complaints regarding services when appropriate.
- 4.8 Members shall reasonably consider the appropriateness, evidence, quality, and cost effectiveness of any products chosen to be sold, provided, recommended or endorsed during the course of their professional practice.
- 4.9 Members shall act in such a manner as to promote public confidence in the profession at all times.

### **PRINCIPLE 5**

#### **Members shall not engage in any form of conduct that constitutes a conflict of interest or that adversely reflects on the profession**

- 5.1 The private conduct of the member is a personal matter to the same degree as is any other person's, except when such conduct compromises the fulfillment of professional responsibilities.
- 5.2 Members of the British Association of Sport Rehabilitators and Trainers and others serving on the Association's committee, or acting as consultants, shall not use, directly or by implication, the Association's name, logo, or their affiliation with the Association, in the endorsement of products or services. The exceptions to this rule are only by full committee agreement.
- 5.3 Members shall not place financial gain above the welfare of the client being treated and shall not participate in any arrangement that exploits the client.
- 5.4 Members may seek remuneration for their services that is commensurate with their services and in compliance with applicable law.