

## **Guidelines: Informed consent**

Patients must be given sufficient information in a way that they can understand, to enable them to exercise their right to make informed decisions about their care. This is what is meant by an informed consent (HPCSA, 2008).

### **For valid consent to be taken:**

- 1) A person/client must be competent,
- 2) The person/client must have sufficient information to make a choice and
- 3) The person/client must give his/her consent freely.

### **Two factors that influence consent:**

#### ***Age***

Persons 18 and over have the legal right to give consent unless mental impairment is suspected. In such a case that person does not have the capacity to give consent.

#### ***Decisional capacity***

This refers to a person's ability to make decisions based on information received about the risks and benefits of the intervention. Children over the age of 12 may give consent to **medical care only**. Children under the age of 12, require a legal guardian or parent to consent. In the case of mental or intellectual disability:

In the case of a person suffering from a mental illness or intellectual disability, a court-appointed curator or family member may give consent on the client's behalf.

### **Record keeping:**

You must ensure the integrity and confidentiality of personal information under your control. Therefore any steps needed to prevent loss or damage or unlawful access to information should be prevented.

### **Information needed to be included in informed consent:**

- Description of procedure (assessment)
- Reason for the procedure
- Treatment or other alternatives
- Risks of procedure
- Risks of withholding treatment

-The benefits, risks, costs and consequences generally associated with each programme,

-The purpose of treatment and details of the therapy,

-How and when the person/client will be re-assessed,

-A reminder that the person/client can change their mind at any time,

-A reminder that the person/client has the right to seek a second opinion,

-Where applicable, the details and costs that the person/client must pay.

-When providing information require about a person/client's individual needs such as beliefs, cultural etc.

- The parent should always give consent that any personal information of the child may be shared. This includes names, email addresses, contact details and health information. (POPI Act)
- If you plan to take photos of the sessions with the child, put it in the consent form. Specify the exact purposes of what you will do with the photos. For example, posting photo's on your website or Facebook. Parents need to give consent.
- Put a clause in the consent form about emergency situations. If something happens on your practice grounds and they can't get hold of the parents that you as the therapist can act in the best interest of the child.

- The safety of the child during any sessions is the number one priority. Put a clause in the consent form, that all the necessary safety precautions will be made in the sessions, but that (your practice name) cannot be held liable for any accidents or damages the child sustains during his/her sessions; only when the therapist was negligent.
- The parent giving the consent must sign the consent form. Put a place in the form for name of parent, signature, place and date
- You give group classes at a school, where your program is in the school's curriculum. You can ask the school to put the following information in their school entry forms (the parents needs to then give consent – POPI Act):
  - All personal details about the child will be made available to your practice. For example names, contact details of parents etc.
  - Information about the development of the child will be shared and made available to the teacher.

**Other guidelines to consider putting in the consent form. These matters are not necessarily giving consent for anything, but providing information to the parent and making sure they acknowledge it.**

- The parent has the right to ask questions about anything that happens in therapy. You must always be willing to discuss how and why you've decided to do what you've been doing, and to look at alternatives that might work better. The parent is free to leave therapy at any time. You can put the above also in the consent form.
- Therapy is a personal investment in the child's growth and overall well-being. It is expected that you will pay for the therapeutic services provided. The fee for service is (put your own practices specific program fee here).

- E-mail has become a major means of communication between individuals. Please note that we communicate mainly via email in our practice (you can put your practice's means of communication here). Please inform us if your communication details such as email addresses have changed.
- You as parent may request, to view your child's therapy records. You will be asked to arrange an appointment with your therapist to review the information.
- Your therapist is a registered Kinderkineticist. If you would like more information about your therapist, or you would like to file a formal complaint against your therapist, please contact the South African Professional Institute for Kinderkinetics (SAPIK) at 018 299 1878 or [sapik@nwu.ac.za](mailto:sapik@nwu.ac.za).
- Your therapist recognizes situations may arise, and you may want to speak with your therapist via telephone in between your child's sessions. You are welcome to contact your therapist, and your call will be answered when the therapist is available.