

Workbook

Informed Consent

Module 1



College of
**COMPLEMENTARY HEALTH
PROFESSIONALS OF BC**

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Introduction

As a licensee of the College of Complementary Health Care Professionals of BC (CCHPBC), you are responsible for obtaining informed consent in accordance with the [Professional Standard: Informed Consent](#).

This workbook is designed to help you understand and apply the Professional Standard: Informed Consent in your day-to-day practice.

HOW TO USE THIS WORKBOOK

The workbook has been designed to review one Principle at a time. Make sure you have a copy of the professional standard open as you go through the workbook and reflect on how you meet the professional standard within your day-to-day practice. Be sure to use the fillable text boxes through the workbook to record your answers and reflections. Answers to the “Apply to Practice” questions can be found in the Answer Key at the end of the workbook.

Resources are available to support you. See the [orientation video](#) and the resources at the end of the workbook for more information.

Professional Standard

Informed Consent



Learning Outcomes

After reviewing the [Professional Standard: Informed Consent](#) and engaging with the workbook, licensees will demonstrate practical understanding of the legal and ethical requirements for obtaining informed consent.

Specifically, licensees will be able to:



- Describe the requirements for consent documentation to meet legal, ethical, and regulatory standards including when written consent is required.
- Identify the requirements for informed consent and determining capacity of a patient.
- Identify situations in which express consent is required and when consent can be withdrawn.
- Evaluate when renewed informed consent may be necessary.

Principle 1 and Outcome Statement

Principle 1	Outcome Statement
<p>CCHPBC licensees must obtain informed consent for assessment and treatment prior to providing care.</p>	<p>People receiving health care services from a CCHPBC licensee expect that their health care practitioner will inform and support them or their substitute decision makers fully to make decisions about their care through a respectful and transparent consent process that upholds their rights and autonomy.</p>

Why is informed consent important?

Informed consent is essential to safe, ethical, and person-centred care. Providing sufficient, clear and well explained information about a proposed assessment and/or treatment, and ensuring consent is given voluntarily and properly documented, supports a patient's ability to make informed decisions about their care. This process supports ethical practice, meets legal and professional obligations, and helps build trust between the patient and the licensee.

As you review Principle 1, think through and respond to the following questions. Answers to the questions with a  (key icon) can be found in the Answer Key, while questions with a  (light bulb icon) are for your own reflection.

1

A patient who usually sees your colleague is coming to see you for care. This is the first time you are providing care to this person.

 CHECK YOUR UNDERSTANDING

Is it necessary to have the person sign a consent form?

- True
 False

 IN YOUR PRACTICE...

...how would you explain the importance of informed consent to a patient?

2

You have a busy practice with a number of regular patients. At each subsequent treatment you receive verbal consent from the patient.



CHECK YOUR UNDERSTANDING

Is documentation of verbal consent required? If so, what needs to be included in the patient's health care record?



IN YOUR PRACTICE...

...how do you currently document details of consent into the patient's health care record?

... how often do you review your consent process including any consent forms that you use?

3

A new person has come to see you who has never received health care services from you before.

 CHECK YOUR UNDERSTANDING

What must you communicate and consider to ensure that consent is voluntary, informed, and treatment specific?

 IN YOUR PRACTICE...

...if you note a lack of understanding from a patient about the proposed assessment and/or treatment, what are some ways you can adjust your approach?

4

You are in the process of explaining to an adult patient that they can withdraw or modify their consent at any time, but you start to doubt their capacity to understand what you are saying.

 CHECK YOUR UNDERSTANDING

- (a) Which legislation should you refer to in the situation above?
- (b) If the patient was under the age of 19, which legislation would apply?

 IN YOUR PRACTICE...

... what process do you follow when determining capacity of a patient to provide consent and/or identifying a substitute decision maker?

5

While proceeding with an agreed upon treatment plan, the patient expresses that they would like to try something different.

 CHECK YOUR UNDERSTANDING

How must you respond, and which requirements regarding consent apply?
Select all that apply:

- (a) Renew informed consent for the new treatment approach
- (b) Have the patient sign a new consent form
- (c) Stop treatment for which consent was withdrawn
- (d) Document the consent discussion in the health care record

 IN YOUR PRACTICE...

...how have you approached a patient requesting a change to treatment? Was it successful, or would you change your approach?

6

You are wanting to propose a treatment approach that is considered to carry a higher risk.

 CHECK YOUR UNDERSTANDING

What kind of consent must you obtain from the patient in this situation?

 IN YOUR PRACTICE...

... how do you document express consent for a higher risk assessment and/or treatment, or treatment of a potentially sexualized area?

Identify Areas for Growth

Referring to your answers from the previous “IN YOUR PRACTICE...” section, use the questions below to identify the areas of your practice where you are consistently meeting the requirements of the standard as well as areas requiring further growth and development.

> What requirements in the Professional Standard: Informed Consent are you consistently meeting?

> What requirements in the Professional Standard: Informed Consent are you **not** consistently meeting?

Support

Have questions or need more support?

- [Review Professional Standards and Frequently Asked Questions.](#)
- Contact a Practice Advisor at practicesupport@cchpbc.ca.
- Refer to the [Health Care \(Consent\) and Care Facility \(Admission\) Act](#) and the [Infants Act](#) for additional information on consent requirements.

Missed a Module? [Click here to view available modules](#)

Feedback Survey

Please take a moment to provide your feedback to improve future learning activities.

Submit feedback

Apply to Practice

Answer Key



1

QUESTION 1 | PRINCIPLE 1

True. This would be considered an initial visit as it is your first time seeing this person.
Professional Standard: Informed Consent Principle 1.7.

2

QUESTION 2 | PRINCIPLE 1

Yes, verbal consent must be documented and include the following from Principle 1.9:

- 1.9** *Document the attainment of consent in the patient health care records, including details concerning:*
- 1.9.1** *Receipt, refusal, withdrawal, or modification of consent;*
 - 1.9.2** *The date and substance of the consent discussion;*
 - 1.9.3** *Any concerns raised during the consent process, and actions taken to address concerns (e.g. alternative communication methods, interpretation services); and*
 - 1.9.4** *If applicable, reasons for determining that a patient was not capable of making an informed decision, and action taken to verify the person authorized as a legal guardian or substitute decision maker.*

3

QUESTION 3 | PRINCIPLE 1

You must communicate and consider the following:

- 1.1** *Comply with all requirements in the Health Care (Consent) and Care Facility (Admission) Act and the Infant Act by obtaining informed consent before providing care. Obtaining informed consent includes ensuring that:*
 - 1.1.1** *Consent relates to the proposed assessment and/or treatment, is given voluntarily and not obtained by fraud or misrepresentation.*

- 1.1.2** *Information about the nature of the proposed treatment, its expected benefits, risks and side effects, alternative treatment options, and the possible consequences of not receiving treatment, is provided.*
- 1.1.3** *All reasonable steps are taken to ensure the patient understands the information provided, and any language, communication, or cultural needs are addressed.*
- 1.1.4** *Adequate time is provided for the patient to ask questions about the proposed treatment.*
- 1.1.5** *Determine the capacity of a patient 19 years of age or older to give consent in accordance with the Health Care (Consent) and Care Facility (Admission) Act, and if necessary, verify the person authorized as substitute decision maker.*
- 1.1.6** *Determine the capacity of a patient under 19 years of age, to give consent as a mature minor in accordance with the Infant Act, and if necessary, identify the patient's legal guardian(s) to obtain consent.*

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QUESTION 4 | PRINCIPLE 1

- a.** *the Health Care (Consent) and Care Facility (Admission) Act (Principle 1.1.5)*
- b.** *the Infant Act (Principle 1.1.6)*

Professional Standard: Informed Consent, **Principles 1.1.5 and 1.1.6 state:**

- 1.1.5** *Determine the capacity of a patient 19 years of age or older to give consent in accordance with the Health Care (Consent) and Care Facility (Admission) Act, and if necessary, verify the person authorized as substitute decision maker.*
- 1.1.6** *Determine the capacity of a patient under 19 years of age, to give consent as a mature minor in accordance with the Infant Act, and if necessary, identify the patient's legal guardian(s) to obtain consent.*

5

QUESTION 5 | PRINCIPLE 1

Correct answer is: A, C, and D.

Professional Standard: Informed Consent Principle 1 states:

- 1.6** *Respond to any verbal or non-verbal indication that the patient wishes to ask questions, or to modify, or end treatment.*
- 1.8** *Renew consent, if appropriate, when changes to the proposed treatment plan occur.*
- 1.9** *Document the attainment of consent in the patient health care records, including details concerning:*
 - 1.9.1** *Receipt, refusal, withdrawal, or modification of consent;*

6


QUESTION 6 | PRINCIPLE 1

Express consent (Principle 1.3, Principle 1.3.3)

Professional Standard: Informed Consent, Principle 1.3 states:

- 1.3** *Obtain express consent in situations where the assessment or treatment will:*
 - 1.3.1** *Require the patient to disrobe,*
 - 1.3.2** *Involve treatment in potentially sexualized areas of the body, or*
 - 1.3.3** *Carry appreciable risk.*



 604.742.6670 | **Toll-free** 1.888.742.6670

 900-200 Granville Street, Vancouver BC V6C 1S4