



NCBPTTE Updates

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THE NORTH CAROLINA BOARD OF PHYSICAL THERAPY EXAMINERS

PTBoard@NCPTBoard.org



Regulatory Spotlight

Informed Consent

The COVID-19 global pandemic brought the topic of informed consent to the forefront, specifically as related to the delivery of telehealth physical therapy services. In its 2020 Summary: Telehealth in Physical Therapy, the Federation of State Boards of Physical Therapy (FSBPT) states:

Informed consent is the process of communication between the PT and a competent client, or competent designee, during which the therapist and client discuss the examination and recommended plan of care. Upon gaining a clear understanding of the risks, benefits, alternatives to the proposed treatment plan and anticipated timeframes and costs, the client is enabled to make an informed and voluntary decision on whether or not to proceed with physical therapy care. Informed consent procedures should follow state law. Typically informed consent may be verbal, written, or recorded and the documentation of consent should be maintained in the medical record. The standard of care that is expected during face-to-face encounters is also expected for telehealth encounters.

For NC physical therapists and physical therapist assistants, professional and ethical practice includes obtaining informed consent from the patient/client or their legally authorized representative. As outlined in both the NC PT Practice Act and Board Rules, informed consent is a critical element of the physical therapy profession's standards of practice/standards of care.

Both the process surrounding and details within informed consent may vary depending upon factors such as the level of risk/complexity with recommended physical therapy evaluation and/or treatment as well as patient treatment setting.

To learn more about this important topic, [click here](#) to read the entire Board document, or go directly to the home page of the Board website (ncptboard.org).

Board office staff hours remain 7:30 am – 4 pm, Monday-Friday, to respond to calls and email inquiries. In-office appointments may be scheduled in advance, Tuesday through Thursday, 10 am – 2 pm by emailing PTBoard@NCPTBoard.org. Provide name, email address, best contact number, and a brief description of appointment needs.



Resources for Ethical Decision-Making as a PT/PTA Licensee

All PTs and PTAs are obliged to comply with the APTA's statements covering ethical conduct developed for their specific licensure. In North Carolina, many of these standards for ethics and professionalism in the physical therapy profession are incorporated into the NC PT Practice Act and Board rules.

Each of the APTA documents describes the desired behavior of [physical therapists](#) and [physical therapist assistants](#) in their multiple roles as well as reflects the core values of the profession of physical therapy.

Since ethical decision-making plays a major role in the physical therapy profession, a variety of resources are available that provide additional information and guidance for a variety of situations.

Some resources to consult:

- [FSBPT Ethical Conduct](#) - numerous articles for making ethical decisions in clinical situations.
- APTA Ethics and Professionalism webpage - lists recommended reading for Understanding Ethics in the Profession and ways to uphold the integrity and principles within the Code of Ethics.
- The CPEP, PROBE Ethics and Boundaries program - a non-adversarial problem-based ethics and boundaries program for healthcare professionals.
- World Physiotherapy Ethics Policy Statement - explains the ethical principles and responsibilities of physical therapists and member organizations addressing all aspects of professional conduct.
- RIPS Ethical Decision-Making Model - a widely used model in PT practice. There are multiple scholarly resources that discuss and utilize this model.

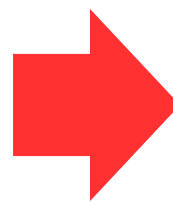
In addition, there are also numerous ethics course geared toward the physical therapy profession available on popular physical therapy continuing education platforms. Consider enrolling in some of these courses to complete your continuing competence requirements.

Upcoming Educational Opportunity

Live/Interactive Webinar on Continuing Competence by NCBPTE Deputy Director Ellen Roeber on **Thursday, October 26** from 6 - 7 pm (EST).

The event will also be recorded for later viewing.

Access to the webinar is available on the licensee dashboard. This October webinar will equal one continuing competence point.



Annual License Renewal for 2024 opens November 1, 2023

Reminder: All new PTs and PTAs licensed in the current license year (from Feb. 1, 2023 - Jan. 31, 2024) must renew by January 31, 2024, 5 pm EST.

For the first renewal, there is NO continuing competence report required. After the first renewal, periodic reporting of continuing competence activities is required.

New reporting periods are added to the online reporting system as soon as possible after license renewals end on January 31.

Scam Alert

In their August newsletter, the FSBPT issued an alert for a scam targeting PT/PTA licensees across the country. The NC Board of PT Examiners has received reports from licensees of scammers spoofing the Board phone number and stating they are being disciplined by the Board. These types of scams are not coming from the Board or through Board information.

Licensees should be vigilant and contact the Board office (PTBoard@ncptboard.org) before divulging any personal information.