

Acknowledgements:

The Code of Ethics and Conduct for rehabilitation professionals reflects the core values that underpin the responsibilities and commitments of rehabilitation professionals. This document serves as a guiding framework to ensure the highest standards of ethical practice, professionalism, and integrity within the field. This Code is designed to inspire trust, uphold human rights, and promote fairness and accountability in every aspect of rehabilitation practice. The Code of Ethics and Conduct for rehabilitation professionals in Pakistan acknowledges the contributions of Yara Peterko mentor of Regulation reflection tool kit(RRT) Physiopedia , the focused group of rehabilitation professionals (PT,OT,SLT,PNO & Audiologist) who attended the in-person activity of implementing IREET organized by RELAB-HS funded by USAID in shaping ethical standards that inspire trust, uphold human rights, and promote fairness and accountability in every aspect of rehabilitation practice.

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Code of Ethics and Conduct of Rehabilitation Professionals in Pakistan

Autonomy I freedom I independent

Autonomy in the context of rehabilitation professionals means ensuring individuals have the freedom to make their own choices about their health and well-being. It's about respecting their independence and supporting them in making decisions that align with their goals and values.

Integrity I honesty I truthfulness I trustworthiness I accountability I responsible I confidentiality

Integrity is a cornerstone value for rehabilitation professionals, embodying honesty and truthfulness in all interactions. It involves adhering to professional standards and maintaining transparency, even when faced with challenges. It is also demonstrated through trustworthiness, accountability, responsibility, and confidentiality in rehabilitation practice. It involves upholding commitments, maintaining confidentiality, and earning the trust of clients and colleagues through ethical conduct.

Justice I professional I abiding to law I compliance

Justice underscores the commitment to professionalism, compliance with laws, and ethical standards within rehabilitation practice. It involves cultural competence and ensuring fair treatment for all individuals, upholding legal and professional regulations, and advocating for the rights of vulnerable populations.

Dignity I respect I tolerance

Dignity is about respecting the value of every individual, regardless of their background or circumstances. It entails fostering an environment of respect and tolerance, where everyone feels valued and accepted.

Collaboration I cooperating I supportive

Collaboration emphasizes working together cooperatively and supportively with clients, colleagues, and other stakeholders to achieve common goals in rehabilitation. It involves active participation, sharing of ideas, and mutual support to enhance outcomes.

Excellence I Professional Development I initiative I proactive I competent I knowledgeable I be curious
I agility I adaptability I consistency

Excellence encompasses continuous professional development, initiative, and proactive engagement in delivering competent, evidence based and knowledgeable care. It involves a commitment to staying informed, being curious, and pursuing opportunities for growth and improvement. It's about being open to new ideas, remaining flexible in approaches, and maintaining a commitment to learning and growth.

Compassion I empathy I altruism I generosity I kindness

Compassion entails empathy, altruism, generosity, and kindness in interactions with others. It involves understanding and responding to the needs of individuals with care and sensitivity, fostering a supportive and nurturing environment.

Core Principles for Ethical Practice in Rehabilitation

The following are the principles and guidelines that lay a solid foundation for ethical practice in rehabilitation, emphasizing the importance of human rights, client-centered care, beneficence, competence, advocacy, confidentiality, continuous professional development, and legal compliance. Strengthening clarity and specificity, especially in areas like addressing discrimination, ensuring client autonomy, and managing risk, would enhance their practical application and effectiveness in real-world scenarios.

1. The Principle of Human Rights and Non- Discrimination

- The Professional is dedicated to uphold the principles of individual equal rights, dignity, and protection from discrimination, fostering inclusion, justice, and respect for diversity within society.
- They ensure equality and uphold human rights in practices and promote equality and equity irrespective of differences among the population.
- They treat all clients with mutual respect regardless of their gender, ethnicity, regional background, language or social status.

2. Adherence to client-centeredness

- Rehabilitation Professionals focus on service users' needs and encourage them to collaborate in decision making about their goals and treatment or intervention.
- The rehabilitation professional ensures mutual decision making when it comes to treatment goals, planning and interventions.
- They recognize and accept the autonomy of their client and value their opinion regarding the treatment.

3. Beneficence and Well- being

- Professionals strive for being beneficent for the client and priorities actions that maximize benefits and enhance the well-being of the professionals, the client and communities.
- Rehabilitation professionals thrive towards the optimum level of all health perspectives (mental and physical) for all involved.
- They ensure to take care of their own health and well-being.

4. Competence and Practice Boundaries

- Professionals deliver competent practice, maintain professional standards, recognize professional territories, and refer when appropriate to ensure ethical and effective practice.

- They respect professional practice boundaries and work within their Scope of Practice to ensure safe and effective patient care.
- Engage in prescription only if the relevant degree and license from AHPC is held by the professional.
- Professionals have the freedom to independently design the appropriate treatment plan in alignment to their Scope of Practice.
- The professional shall refer the client to another specialist if the client may need services that are outside the scope of practice and competence of the professionals.
- The professional shall have a good understanding of professional roles within the interdisciplinary team.

5. Confidentiality, Communication, and Relationships

- Professionals build trust through clear and honest communication by transparently setting expectations about therapy outcomes at every stage of the process.
- They maintain professional boundaries, and foster respectful, professional relationships with clients.
- Ensure that communication is happening in a way that minimize language barriers
- The professional should avoid discussing client information outside the institution.
- Explain the reasoning for treatments and their importance.

6. Adherence to legal obligations and doing no harm and minimizing risk

- Rehabilitation professionals adhere to legal obligations, maintaining compliance with relevant laws and regulations, ensuring the ethical practice of rehabilitation and safeguarding the rights and well-being of clients.
- Where risk is identified rehabilitation professionals make informed decisions to minimize the risk.
- Rehabilitation professionals should use their position and power in an ethical manner to minimize risks and to benefit colleagues and clients in the same way.

7. Continuous Professional Development

- The rehabilitation professional should adhere to the principles of lifelong learning to continuously improve the quality of their services in all possible ways including education, clinical practice and research, to benefit the needs of their clients.
- Rehabilitation Professionals aim to participate in courses that are provided by a professional with relevant expertise in the field.
- They engage in a variety of activities to ensure their continuous professional development.

8. Health Advocacy, and Professional Representation

- Professionals advocate for health equity, policy change that leads to sustainable growth of the profession and public health, and informed decision-making, in collaborating with others, while representing the profession with integrity, professionalism, and commitment.

By adhering to these principles, professionals are empowered to deliver ethical and effective care to the health and well-being of individuals and/or communities.

Case Scenarios: Applying the Code of Ethics and Conduct in Professional Dilemmas

Ethical Principle: The Principle of Human Rights and Non-Discrimination

Title: Respect for Religious Beliefs and Cultural Sensitivity

Description:

Sarah, a dedicated occupational therapist, works in a community rehabilitation centre. Among her diverse clientele is Mrs. Patel, a Hindu woman seeking therapy after a stroke. During their sessions, Mrs. Patel shares with Sarah her deeply held religious beliefs and the importance for her being able to drape her Sari how she always used to.

One day, while attending a therapy session with another client, Sarah overhears Michael, a colleague, making disparaging remarks about Hinduism and expressing judgement towards Mrs. Patel's therapy goal. To Sarah's dismay, Michael suggests Mrs. Patel should rather be practising how to cover her head than to be concerned about the drape of her Sari.

Ethical Dilemma:

Sarah grapples with the ethical dilemma of witnessing her colleague, Michael, display discriminatory behaviour and judgement towards Mrs. Patel's religious beliefs. She is particularly troubled by Michael's suggestion to a Hindu client to engage in Islamic religious practices. Sarah is torn between confronting Michael about his inappropriate comments and maintaining a harmonious workplace environment.

Decision Making:

In alignment with the ethical principle of human rights and non-discrimination, Sarah resolves to address the situation with Michael directly, but tactfully. Recognizing the importance of cultural sensitivity and respect for religious beliefs, Sarah approaches Michael in a private setting. She calmly explains her concerns, emphasising the ethical code of conduct that guides their profession, which calls for treating all clients with mutual respect and dignity.

Sarah encourages Michael to reflect on his biases and attitudes towards clients from diverse backgrounds and religions. She suggests that embracing cultural competence training could enhance his understanding and appreciation of different belief systems. By initiating this dialogue, Sarah aims to promote inclusivity and respect within their workplace, ensuring that all clients receive equitable and respectful care, regardless of their cultural or religious affiliations.

Ethical Principle: The Principle of Human Rights and Non-Discrimination**Title:** Boundaries and Comfort in Therapeutic Relationships**Description:**

Nari, a dedicated physiotherapist, is tasked with providing therapy to a diverse clientele at a local rehabilitation centre. One of her clients, Mr. Smith, a male individual seeking therapy for mobility issues, is assigned to her care. Initially, Nari expresses discomfort in conducting transfers for Mr. Smith due to his gender. However, upon further examination, it becomes evident that Sarah's discomfort is not solely based on Mr. Smith's gender but also due to the huge amount of physical contact the therapy requires due to the imbalance of their physical stature.

Ethical Dilemma:

Nari faces an ethical dilemma as she grapples with her discomfort in providing therapy with such amount of full body contact during transfers to a male client, and wanting to adhere to the principle of non-discrimination. She must navigate the delicate balance between maintaining professional boundaries and ensuring Mr. Smith receives the necessary care without discrimination or discomfort.

Decision Making:

In alignment with the ethical principle of human rights and non-discrimination, Nari takes proactive steps to address the situation with sensitivity and professionalism. Recognizing her limitations in

providing transfers comfortably, Nari seeks assistance from a male colleague for this specific aspect of Mr. Smith's therapy. However, Nari remains fully present throughout the entire session, independently conducting the rest of Mr. Smith's therapy, ensuring that he receives comprehensive care while respecting his dignity and comfort.

Through her actions, Nari exemplifies the principles of inclusion, justice, and respect for diversity within rehabilitation practice, ensuring that all clients receive equitable and respectful care, regardless of their gender or specific needs.

Ethical Principle: Adherence to client-centeredness

Title: Respect for Cultural and Religious Values in Therapy Sessions

Description:

Anaya, a speech and language therapist, is committed to providing services at a local rehabilitation center. One of her clients, Ms. Ahmed, seeks speech therapy to address communication challenges. However, Ms. Ahmed expresses discomfort with certain requirements for her therapy sessions, such as removing her hijab in the presence of male individuals who are occasionally trespassing in the therapy area.

Ethical Dilemma:

Anaya faces an ethical dilemma as she navigates Ms. Ahmed's discomfort with aspects of her therapy that conflict with her cultural and religious values. While Sarah recognizes the importance of client-centered care and mutual decision-making, she must balance Ms. Ahmed's autonomy and the need to address her treatment goals effectively with respect for her cultural and religious beliefs.

Decision Making:

In alignment with the ethical principle of adherence to client-centeredness, Sarah prioritizes open communication and collaboration with Ms. Ahmed to address her concerns. Recognizing the significance of respecting Ms. Ahmed's cultural and religious values, Sarah engages in a mutual discussion to find a solution that honors both Ms. Ahmed's autonomy and her therapeutic needs.

After discussing various options, Sarah and Ms. Ahmed agree that a compromise would involve Ms. Ahmed sitting with her back to the room during therapy sessions, ensuring that only the therapist can see her face, even when male individuals enter the area. This solution respects Ms. Ahmed's religious beliefs while allowing her to receive the necessary therapy in a comfortable and respectful environment.

By prioritizing mutual decision-making and respecting Ms. Ahmed's autonomy and cultural values, Anaya upholds the ethical principle of client-centeredness. Through effective communication and collaboration, Anaya ensures that Ms. Ahmed's therapeutic needs are met while maintaining a respectful and inclusive therapeutic relationship.

Ethical Principle: Being beneficent and doing good

Title: Navigating Ethical Dilemmas in Orthotic Intervention

Description:

Ali, a skilled prosthetist and orthotist, is tasked with designing a knee orthosis for Mr. Khan, who recently suffered a stroke and is experiencing instability in the joint. During the initial assessment, Ali observes clinical signs that raise concerns about the status of Mr. Khan's knee, prompting him to suggest further investigation to ensure proper treatment.

Ethical Dilemma:

Ali faces an ethical dilemma as he grapples with conflicting recommendations regarding Mr. Khan's treatment. Despite his concerns and recommendation for further investigation, Ali encounters resistance from his superiors, who dismiss his worries and advise against pursuing additional diagnostic tests. Despite this, Ali remains consistent in his belief that further evaluation is necessary for Mr. Khan's well-being.

Decision Making:

In alignment with the ethical principle of beneficence and well-being, Ali prioritizes actions that maximize benefits and enhance Mr. Khan's overall health outcomes. Despite opposition from his superiors, Ali advocates for Mr. Khan's best interests and insists on pursuing appropriate diagnostic tests to ensure accurate treatment.

Upon further evaluation, it is discovered that Mr. Khan has acute arthritis in the knee, which requires intervention beyond the initial orthosis. Despite the reluctance of others to address the issue, Ali remains steadfast in his commitment to Mr. Khan's well-being and encourages his family to seek the expertise of a specialist for further evaluation and treatment.

By prioritizing beneficence and advocating for Mr. Khan's comprehensive care, Ali upholds his ethical responsibility to maximize benefits and enhance the overall health perspectives for all involved. Despite the ethical dilemma he faces, Ali demonstrates integrity and dedication to his profession, ensuring that Mr. Khan receives the best possible care despite external pressures. Through his actions, Ali exemplifies the ethical principle of beneficence in rehabilitation practice.

Ethical Principle: Competence and Practice Boundaries

Title: Navigating Practice Boundaries with Professional Integrity

Description:

Aamir, a male speech and language therapist working in a community rehabilitation centre in Pakistan, is assigned to work with a new client, Mr. Farid. Mr. Farid seeks therapy to improve his communication skills following a recent stroke. During the initial assessment, Aamir realizes that Mr. Farid also presents with significant mobility challenges, requiring physical therapy intervention. However, Aamir's expertise lies solely in speech and language therapy, and he is not trained to provide physical therapy services.

Ethical Dilemma:

Aamir faces an ethical dilemma as he grapples with Mr. Farid's expectations for him to address his mobility challenges, which fall outside his scope of practice as a speech and language therapist. Despite his desire to help Mr. Farid and provide comprehensive care, Aamir recognizes the importance of maintaining professional boundaries and adhering to his scope of practice to ensure safe and effective patient care.

Decision Making:

In alignment with the ethical principle of competence and practice boundaries, Aamir prioritizes professional integrity and adherence to his scope of practice. Despite Mr. Farid's expectations, Aamir

respectfully informs him that addressing his mobility challenges falls outside his area of expertise. He emphasizes the importance of working within professional boundaries to ensure that Mr. Farid receives the most appropriate and effective care.

Recognizing the need for interdisciplinary collaboration, Aamir consults with his colleagues, including physical therapists and occupational therapists, to develop a comprehensive care plan for Mr. Farid. Together, they determine the best course of action, with Aamir focusing on speech and language therapy while collaborating with other professionals to address Mr. Farid's mobility needs.

By upholding the ethical principle of competence and practice boundaries, Aamir demonstrates professional integrity and commitment to providing high-quality care within his area of expertise. Through effective communication and collaboration with interdisciplinary team members, Aamir ensures that Mr. Farid receives comprehensive and personalized care tailored to his unique needs while respecting professional practice boundaries.

Ethical Principle: Health Advocacy, and Professional Representation

Title: Advocating for Accurate Professional Representation

Description:

Sana, an occupational therapist deeply committed to her profession, is collaborating with her colleagues on a project aimed at promoting occupational therapy in the community. During a brainstorming session, Sana notices that one of her colleagues is creating a promotional poster that portrays occupational therapy in a misleading or inaccurate light. The colleague's depiction could potentially provide others with a wrong image of the profession, misrepresenting its scope of practice and the services it provides.

Ethical Dilemma:

Sana faces an ethical dilemma as she grapples with the need to advocate for accurate professional representation while maintaining collegiality and respect for her colleague's autonomy and creativity. She recognizes the importance of promoting occupational therapy in a positive and accurate manner to educate the public and attract potential clients. However, she also values collaboration and wants to avoid undermining her colleague's contribution to the project.

Decision Making:

In alignment with the ethical principle of health advocacy and professional representation, Sana prioritizes advocating for accurate portrayals of occupational therapy in the promotional materials. She engages her colleague in a respectful and constructive dialogue, expressing her concerns about the potential misrepresentation of the profession and suggesting alternative approaches that align more closely with the profession's values and scope of practice.

Sana emphasizes the importance of providing the public with a clear and accurate understanding of occupational therapy's role in promoting health and well-being. She highlights the ethical responsibility of professionals to ensure that their representations of the profession are truthful, transparent, and reflective of its core principles and practices.

Through open communication and collaboration with her colleague, Sana works towards finding a mutually acceptable solution that upholds the profession's integrity and promotes accurate professional representation. Together, they revise the promotional materials to more accurately reflect the scope of occupational therapy practice and its potential benefits for clients and communities.

By advocating for accurate professional representation, Sana demonstrates her commitment to promoting the profession's values and principles while respecting her colleague's autonomy and creativity. Through collaborative efforts, Sana ensures that the promotional materials effectively convey

the true essence of occupational therapy, contributing to the profession's positive image and public understanding.

Ethical Principle: Communication, Confidentiality and Relationships

Title: Protecting Patient Confidentiality: A Lesson Learned

Description:

Aisha, a dedicated physiotherapist, is treating a patient named Ali for a sports injury at a local rehabilitation center in Pakistan. One weekend, while out in the community, Aisha is approached by a friend who asks her about Ali's progress and when he will be able to return to his sports team. Aisha is taken aback by this inquiry, wondering how her friend knew she was Ali's therapist. Concerned about patient confidentiality, Aisha decides to investigate the matter further.

Ethical Dilemma:

Aisha faces an ethical dilemma as she grapples with the breach of Ali's confidentiality and the potential consequences of sharing patient information without consent. She must decide how to address the situation while upholding patient confidentiality and maintaining trust with her patients.

Decision Making:

In alignment with the ethical principle of confidentiality, communication, and relationships, Aisha prioritizes protecting patient confidentiality and addressing the breach of trust. She approaches her colleagues to inquire about how her friend learned about Ali's condition.

During the discussion, one of Aisha's colleagues admits that she mentioned Ali's condition to her husband in passing, unaware that he would pass the information on to others. Recognizing the severity of the situation, Aisha discusses the importance of patient confidentiality and the potential consequences of sharing patient information without consent.

Aisha emphasizes the need for clear communication and adherence to institutional policies regarding patient confidentiality. She reminds her colleagues of their ethical responsibilities as healthcare professionals and the impact of their actions on patient trust and confidentiality.

Through her proactive approach to addressing the breach of patient confidentiality, Aisha demonstrates her commitment to upholding ethical standards and protecting patient privacy. She advocates for a culture of respect and trust within the rehabilitation center, ensuring that patient confidentiality remains a top priority in all interactions and communications.

Ethical Principle: Communication, Confidentiality and Relationships

Title: Upholding Patient Confidentiality: A Professional Imperative

Description:

Fahad, a dedicated physiotherapist, is treating a patient named Hassan for a sports injury at a local rehabilitation center in Pakistan. One weekend, while out in the community, Fahad is approached by a friend who asks him about Hassan's progress and when he will be able to return to his sports team. Fahad is taken aback by this inquiry, wondering how his friend knew he was Hassan's therapist. Concerned about patient confidentiality, Fahad decides to investigate the matter further.

Ethical Dilemma:

Fahad faces an ethical dilemma as he grapples with the breach of Hassan's confidentiality and the potential consequences of sharing patient information without consent. He must decide how to address the situation while upholding patient confidentiality and maintaining trust with his patients.

Decision Making:

In alignment with the ethical principle of confidentiality, communication, and relationships, Fahad prioritizes protecting patient confidentiality and addressing the breach of trust. He approaches his colleagues to inquire about how his friend learned about Hassan's condition.

During the discussion, one of Fahad's colleagues admits that she mentioned Hassan's condition to her spouse in passing, unaware that he would pass the information on to others. Recognizing the severity of the situation, Fahad discusses the importance of patient confidentiality and the potential consequences of sharing patient information without consent.

Fahad emphasizes the need for clear communication and adherence to institutional policies regarding patient confidentiality. He reminds his colleagues of their ethical responsibilities as healthcare professionals and the impact of their actions on patient trust and confidentiality.

Through his proactive approach to addressing the breach of patient confidentiality, Fahad demonstrates his commitment to upholding ethical standards and protecting patient privacy. He advocates for a culture of respect and trust within the rehabilitation center, ensuring that patient confidentiality remains a top priority in all interactions and communications.

Ethical Principle: Continuous Professional Development

Title: Balancing Accessibility and Quality in Professional Development

Description:

Nadeem, a dedicated physical therapist, is committed to continuously improving the quality of his services to benefit his clients at a rehabilitation center in Pakistan. As part of his professional development, Nadeem has the opportunity to participate in various courses and workshops offered both locally and internationally. However, he faces a dilemma when deciding whether to invest in high-quality, paid courses that include travelling or to opt for free courses that are more accessible.

Ethical Dilemma:

Nadeem faces an ethical dilemma as on one hand, investing in paid courses may offer comprehensive learning experiences and expertise, but it may also pose financial challenges. On the other hand, opting for free courses may provide accessibility and convenience, but they may lack depth and relevance.

Decision Making:

In alignment with the ethical principle of continuous professional development, Nadeem seeks a compromise solution that balances accessibility and quality in his professional development. He recognizes the value of both paid and free courses and aims to leverage each option to maximize his learning opportunities while considering practical considerations.

Nadeem decides to prioritize his professional development by investing in a combination of paid and free courses. He carefully selects paid courses that offer specialized expertise and comprehensive learning experiences in areas aligned with his professional goals. Simultaneously, he explores free courses that provide accessibility and convenience, supplementing his learning with diverse perspectives and topics. Additionally, Nadeem considers alternative resources such as online webinars, professional conferences, and peer-reviewed journals to enhance his continuous professional development. He

actively seeks opportunities for networking and collaboration within his professional community to exchange knowledge and expertise.

Through his balanced approach to professional development, Nadeem demonstrates his commitment to lifelong learning and the enhancement of his skills and knowledge. He recognizes that by embracing a combination of paid and free resources, he can effectively meet the needs of his clients while responsibly managing his financial resources.

By exploring this compromise scenario, Nadeem demonstrates his ability to navigate ethical dilemmas with nuance and flexibility, ultimately contributing to the continuous improvement of his professional practice and the advancement of his profession.

Ethical Principle: Adherence to legal obligations and do no harm and minimize risk

Title: Balancing Client Wishes with Safety Concerns

Description:

Saima, a dedicated occupational therapist, works at a rehabilitation center in Pakistan. She is tasked with assisting a client named Bilal, who has a passion for mountain climbing but recently suffered a shoulder injury. During their sessions, Bilal expresses his strong desire to resume mountain climbing as soon as possible, despite the potential risks associated with his injury.

Ethical Dilemma:

Saima faces an ethical dilemma as she grapples with balancing Bilal's wishes to resume mountain climbing with the safety concerns and potential risks associated with his injury. She must decide how to address Bilal's desire while ensuring his well-being and minimizing the risk of further injury.

Decision Making:

In alignment with the ethical principle of adherence to legal obligations and doing no harm while minimizing risk, Saima carefully evaluates the situation and considers the implications of Bilal's wish to resume mountain climbing. She recognizes the importance of complying with relevant laws and regulations, particularly those pertaining to patient safety and risk management.

Saima engages in open communication with Bilal, discussing his passion for mountain climbing and the potential risks associated with his shoulder injury. She emphasizes the importance of prioritizing his health and well-being while acknowledging his desire to pursue his interests.

While respecting Bilal's autonomy and wishes, Saima collaborates with him to develop a comprehensive plan that balances his desire to resume mountain climbing with the need to ensure his safety. This plan includes gradual progression of activities, specific exercises to strengthen his shoulder muscles, and clear guidelines for monitoring his progress and managing any potential risks.

To ensure legal compliance and safeguard Bilal's well-being, Saima documents all aspects of their discussions and treatment plan, including any considerations related to risk management and safety precautions. She maintains clear and accurate records to demonstrate her adherence to legal obligations and commitment to patient safety.

Through her thoughtful decision-making process, Saima demonstrates her dedication to upholding legal obligations while prioritizing client wishes and minimizing risks. She navigates the complexities of Bilal's case with professionalism and compassion, ensuring that he receives the highest quality of care while safeguarding his rights and well-being within the Pakistan context.

Ethical Principle: Adherence to legal obligations and do no harm and minimize risk

Title: Prioritizing Patient Safety in Rehabilitation

Description:

Aminah, a dedicated speech and language therapist, is working with a client named Ali, who has recently suffered a stroke and is undergoing rehabilitation to regain his speech and language abilities. During their sessions, Aminah notices that Ali is experiencing difficulty swallowing, which could pose a risk of aspiration pneumonia if not addressed promptly.

Ethical Dilemma:

Aminah faces an ethical dilemma as she grapples with the responsibility of ensuring Ali's safety while providing effective therapy for his speech and language rehabilitation. She must decide how to address Ali's swallowing difficulty while upholding the principle of "do no harm" and minimizing the risk of complications.

Decision Making:

In alignment with the ethical principle of "do no harm and minimize risk" Aminah prioritizes Ali's safety and well-being above all else. She recognizes the potential risks associated with untreated swallowing difficulties, including the risk of aspiration pneumonia, and understands the importance of addressing these concerns promptly.

Aminah engages in open and honest communication with Ali and his healthcare team, discussing her observations regarding his swallowing difficulty and the potential risks involved. She emphasizes the need for a comprehensive assessment to determine the extent of the issue and develop an appropriate treatment plan.

While respecting Ali's autonomy and wishes, Aminah collaborates with him and his healthcare team to ensure that his safety is prioritized throughout the rehabilitation process. She advocates for timely intervention and implements strategies to minimize the risk of aspiration while continuing to work on his speech and language goals.

To ensure that Ali receives the care he needs while minimizing the risk of harm, Aminah closely monitors his swallowing function during therapy sessions and communicates any concerns to his healthcare team. She remains vigilant for signs of aspiration or other complications, taking prompt action to address them and ensure Ali's safety.

Through her commitment to upholding the principle of "do no harm," Aminah demonstrates her dedication to ensuring the safety and well-being of her clients in rehabilitation. She navigates the complexities of Ali's case with professionalism and compassion, prioritizing his safety while supporting his recovery journey within the Pakistan context.

Some techniques are not wanted by the patient- patient autonomy, does not want certain treatment even though the therapist knows it would be the best one in her case.