

## Template Consent to Treatment

### Policy Statement

For a patient to give 'valid consent' an exchange of information must take place. The simple signing of a consent form does not in itself constitute consent, likewise, the absence of a signature does not in itself mean that informed consent has not been given.

It is a legal and ethical principle that valid consent must be obtained before commencing physical examination or treatment. This principle reflects the right of patients to determine what happens to their bodies and is a fundamental part of good practice.

### Informed Consent

To give informed consent for cosmetic treatment a patient must;

- Have capacity to make a decision\*
- Be over (18) \*
- Be fully informed about the procedure
- Understand the risks and benefits
- Know the alternatives
- Not be placed under any duress

\* Revised Save Face standards prohibit the treatment of under 18's for cosmetic indications.

### Informed Consent Requires;

- Explanation to the patient (verbal and written)
- Time to consider their decision
- Discussion of concerns
- Answering the patients questions
- Signing of the consent form by patient and clinician

### The Consent Form

The consent form and supporting written treatment information documents the information provided to the patient;

- An explanation of the product to be used
- An explanation of the indications for treatment
- The expected benefit to the patient
- The treatment process
- Post procedural down time
- Possible side effects and risks, including; very common >1 in 10, common 1 in 100, uncommon 1 in 1000 and rare 1 in 10,000.
- Alternative treatments that may be considered, including the option to have no treatment
- How long the results are expected to last
- Material information
- After care that must be followed

- Follow up or treatment course and maintenance
- Costs and terms of payment
- Consent should be confirmed and documented prior to each procedure and specific to the procedure.

The consent form and any supporting patient information should be regularly reviewed and updated (local policy)

The written information provided should not be seen as a substitute for face to face consultation and discussion with the patient.

Consent may only be obtained by a person who is competent to assess the patient, consent the patient and deliver the treatment.

The consent process may be waived in the event of an emergency which requires immediate lifesaving treatment.

### **References and Further Reading**

- Reference guide to consent for examination or treatment (second edition) (DoH, 2009)
- Mental Capacity Act: code of practice (Department of Constitutional Affairs, 2005)
- Professional standards as per statutory bodies (GMC, NMC, GDC, GpHC).