

## BACKGROUND

In the realm of Disability Sport and Adaptive Sport Medicine, the ethics of care of the provider are unique. The nature of a rehabilitation hospital, in this case, Spaulding Hospital Adaptive Sports Centers (SASC), warrants an authentic and specific perspective, by virtue of the reality of that ecosystem. Individuals with disabilities who are rehabilitating after a disease or injury may have different needs than most other patients, like freedom of movement, range of motion, and self-determination. This scholarly project uncovered the rich process of making meaning of the intricacies of Adaptive Sports Medicine.

## OBJECTIVE or AIMS

The objectives of this capstone project were to: a) understand the elements of the unique nature of disability bioethics, b) accommodating discussions of bioethics principles in a disability/adaptive sport medicine context, and c) learn how to be a more inclusive clinical ethicist and practitioner.

Understand the elements of the unique nature of disability bioethics

Accommodate discussions of bioethics principles in a disability/adaptive sport medicine context

Teach and learn how to be a more inclusive clinical ethicist and practitioner

## METHODS

Methods for addressing clinical and organizational ethics issues in an environment where disability ethics came into play. The researcher apprenticed in an ethics advisory committee, developed focused educational programming for the adapted sports team and conducted a qualitative review of Spaulding Adaptive Sports Centers (SASC) programming.

Acting as a participant observer, the researcher was invited to a range of programming run by SASC associates, who were either therapeutic recreation specialists, physical therapists, exercise scientists, and individuals with disabilities themselves. The programming ranged from IFT (Inclusive Fitness Training sessions at Spaulding Hospital in Charlestown, to Indoor Cycling on adapted recumbent bikes at Spaulding Cambridge, to Adapted Mountain Biking (aMTB) at Cape Cod.

The researcher conducted three sessions where he listened to the senior staff, and elicited what kinds of ethical issues they have been experiencing. He also introduced the ethical principles discussed in bioethics, and sought to make meaning of this input that was shared. He then introduced a synopsis of what was captured, and checked for representativeness. Finally, he designed a survey to elicit responses on questions such as the ones in the middle on the next column:



## FINDINGS

From the qualitative review (immersing in the programming, identifying themes, comparing and contrasting data collected) of programming run by SASC, along with input from the sessions conducted with senior staff and clinicians, the following themes emerged:

### Themes (using Ethical principles):

**Beneficence aligned with empowerment**

**Nonmaleficence in terms of ensuring safety**

**Safety vs. respect for autonomy**

**Justice and access (who?)**

ABOVE: Diagram 1: Adapting ethical principles in Adaptive Sport Medicine



a) Have you ever received training in Ethics in Adaptive Sports? b) Would you like to receive training in Ethics in Adaptive Sports?

[More Details](#)

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Very disagree Somewhat agree

Training Received



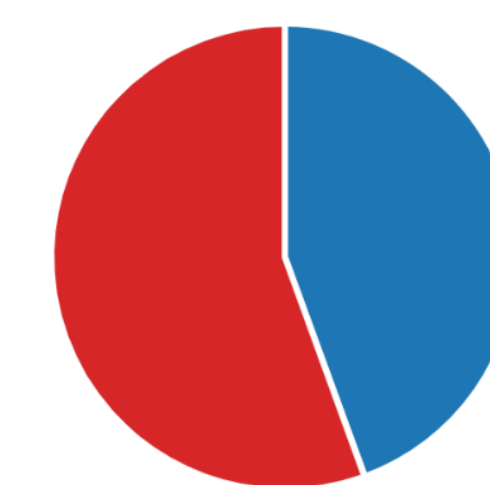
Training I would like to receive in the future



After your participation in this presentation, do you feel that ethics should be discussed more in your professional programming and/or as part of your professional development?

[More Details](#)

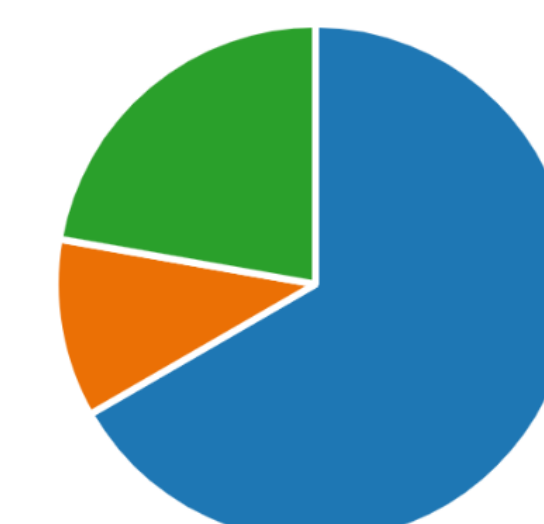
Yes 4  
No 0  
Maybe 0  
Definitely more! 5  
Definitely less 0



Do you feel that you have a tool to apply or recognize ethical principles? (10 points)

[More Details](#)

Yes 6  
No 1  
Maybe 2  
Other? 0



## DISCUSSION

From Ethics to Ethos: What is our ethos?

From Ethos to Practicality (Purpose, Value, Benefit) to Action or Praxis

➤ Ensuring balancing the concepts that are inherent to our work

➤ (Purpose, Value, Benefit) to Process / Action or Praxis

What IS that process?

- ✓ Consult?
- ✓ Ethics Committee?
- ✓ Looking at commonly arising/occurring problems
- ✓ Developing organizational approach to common ethical problems faced in SASC to ensure a proactive and just approach to future situations.



## IMPLICATIONS

➤ Rehabilitation is more a quality of life (rather than/compared to an emergency or ICU setting; life or death) matter and domain

➤ It has to do with purpose, and meaning, participation & empowerment

➤ This is the ethic of human flourishing = the ethos of Adaptive Sports!

## QUOTES

*"Kosti's work has provided us with a more formal structure to discuss the topic of ethics in adaptive sports with our employees and clients."*

*"Similar to conversations of racism, it is always difficult for one of a privileged (able bodied) experience to fully understand, or even see, societal or institutionalized aspects of bioethics in the adaptive sports/disability perspective. As professionals in the field, we hope we are well-educated and yet, we still have questions around the balance between beneficence and maleficence (or realize after conversation that there were things we didn't even think about) and are aware there is always room for conversation and further exploration."*

*"I think that in the future we should be considering bioethics especially when it is regarding our patients and what they believe their competence level is vs. what our staff believes it is."*

## REFERENCES

Use the QR code at right to view references/ cited literature.

