

Beyond ethics: is Values based practice relevant to intellectual disabilities and mental health/challenging behaviour?

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Background

- Moral theories (utilitarianism and deontological approaches)
- Bioethics: 4 principles (autonomy, beneficence, non-maleficence, justice)
- *“**Values** are about partnership, about a shared understanding of the different needs, expectations and hopes of those involved in **mental health care**. **Mental health** is above all an area in which effective **care** depends on partnership between stakeholders – between those who use services, as service users or as informal carers, and those who provide them, as clinical professionals or in management roles, in **health** and social **care**, and in allied services such as education and housing”*

How could this approach be applied to people with ID and mental health problems?-1

- Diverse values
- Many stakeholders
- Values may provide a framework and skills in order to work in a respectful way with different values to ours

Good values based practice

- Awareness
- Reasoning
- Knowledge
- Communication

We may use values and ethics as synonymous at times

***Values-based practice (VBP)** is the theory and skills base for effective **health care** decision making where different (and hence potentially conflicting) **values** are in play...*

Starting point

- Respect differences of opinions
- User centred model of service delivery
- Work towards a balance of different perspectives
- Decisions based on values and facts (evidence based practice)
- Increasing scientific knowledge creates differences in values
- Service users are partners in care decisions

How do we manage the VBP

- Ask about what the stakeholders think/believe
- Ask why?
- What is available about a given situation?
- Listening to and understanding of different values
- Explicit drivers for policy making

Objectives of VBP

- Consider diverse routes to recovery (personal, racial, other circumstances)
- +ve working relationships are central
- Involves the whole of the caring network
- Change as needed

Challenges

- Ever changing health care arrangements
- Tension between choice and funding capabilities
- Increased choice creates more value conflicts
(increasing values complexity)

EXAMPLE

- Angela is discussing Terry with her colleagues; she is trying to engage him in services. Terry is 22 years old. He had a spell in prison because of a prosecution over a victimless crime following several assaults on his mother. He is currently unemployed. He wants his own flat but he suffers with a psychotic disorder and there is concern from professionals that Terry is unable to take care of himself and the possibility that he may cause disturbances in the community; he has a history of violence but also of being set upon. She has tried to discuss treatment with Terry when he has visited her at the office but he became irritable and refused to cooperate with planned assessments. Angela wants to understand the problems Jed is having and needs to decide what to do next. She asks her colleagues for help. The suggestions are:

Example-cont 'd

- To have a case review with other professionals involved
- Discuss with probation officer who is concerned about the possibility of violence from Terry
- Consider the difficulties in the relationship between Terry and his family especially mother-she discloses that Terry is angry with his mother putting him down all the time. Mother is illiterate so she can not read appointment letters
- No further action because Terry is unlikely to engage
- He may be taking illicit drugs
- Mother believes that professionals must do more outreach and try and engage with her son

We found out that:

- Terry brought his grandmother to a follow up appointment to advocate on his behalf
- Was able to say that he became upset with the assessments because he has skills in looking after himself but his mother does not want him to interfere in her house
- He had enrolled to college to improve his reading and writing
- He feels shy and unable to articulate himself because he has been having problems from an early age

What values?

- Communication (between Terry, his family and professionals)
 - Knowledge about Terry and his beliefs
 - User centred (arrangements to take into account his sensitivities)
 - Multidisciplinary (all professionals agreed on action)
 - Reasoning about values (from both sides)
- Awareness
 - Reasoning
 - Knowledge
 - Communication
 - User-centred
 - Multidisciplinary
 - ‘Two-Feet’
 - ‘Squeaky Wheel’
 - Science and values
 - 10 Partnership

Case discussion

- A 55-year-old man with mild ID has been found by his GP to have serious heart abnormalities. The GP has referred the man to a specialist for further assessment and treatment of his heart condition. The man refuses to attend the outpatient appointment with the specialist as he does not accept that there is any problem with his heart. The GP is very concerned for the man's life and believes the situation is serious.

- Question 1

What do you think should happen?

- Question 2

Why?

What reasons do you have for your conclusions at this stage, based on the limited information available?

Consider in addition:

- The man lives alone and has a history of depression for which he has had several inpatient admissions to the local psychiatric hospital when he has been identified as a risk to himself.
- Question

**Does this information change your conclusions?
If so, how?**

Furthermore:

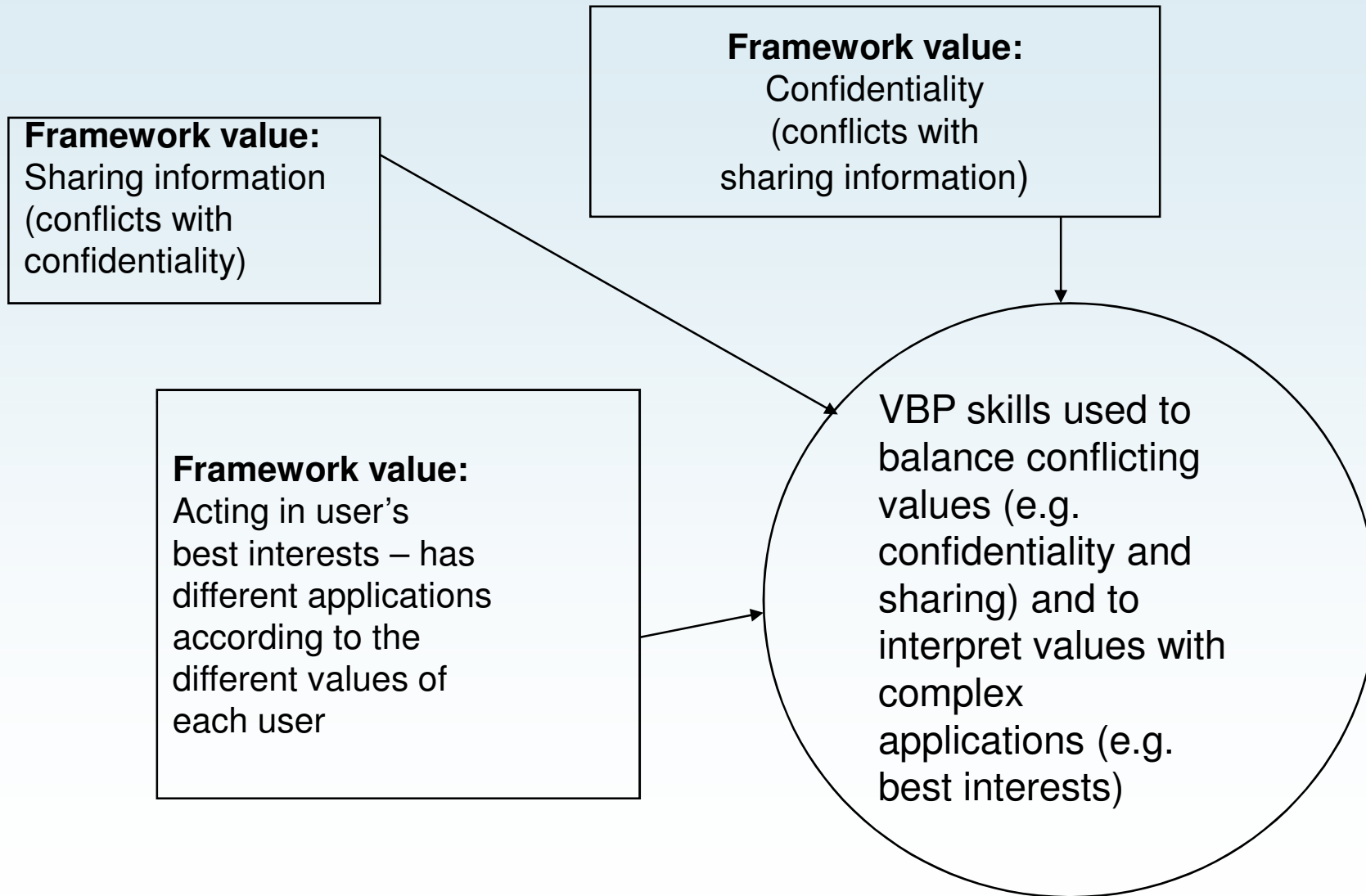
Would your decisions change if any of the following was true?

- The reason the service user gave for disagreeing with the advice was to do with their spiritual/ religious beliefs or their faith?
- service user had no previous history of **mental health** problems
- They had disagreed about treatment before/had never disagreed before?
- The service user was in their 20s/they were over 60 years old, for example?
- They had a family and young children/they were single without children?
- The service user was a White English person, White Irish person, Black American person, or
- Black African person, for example?
- The service user was female?
- The service user had a prison history
- The service user had a history of substance abuse

For your practice

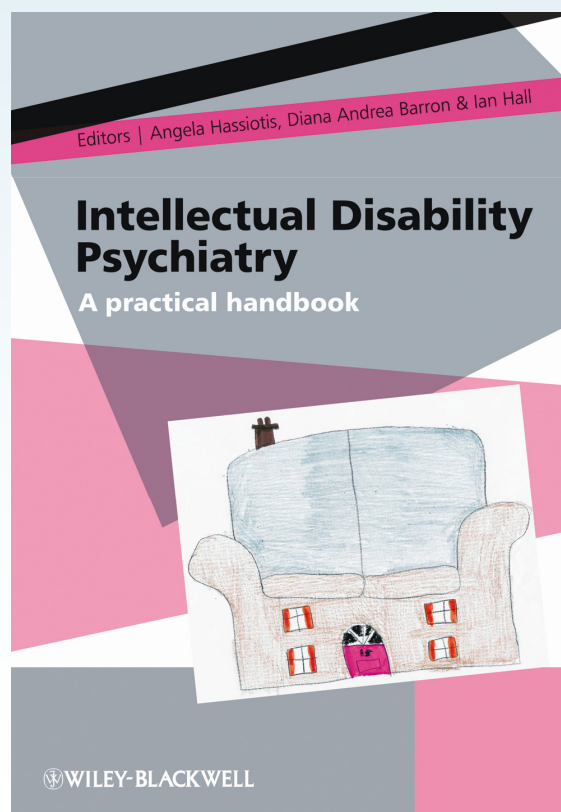
- Why would you have changed your decisions and actions
- Reflect on a case from your own practice
- What do you notice about your reasoning?
- What might have influenced you most in the scenario?
- How would your colleagues have answered?

Framework values in professional codes and the role of values-based practice



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