UNIVERSITY OF WISCONSIN – LA CROSSE, CLINICAL EXERCISE PHYSIOLOGY

La Crosse Exercise and Health Program

Code of Professional Conduct

**Core Code of Ethical Conduct**

The mission of the La Crosse Exercise and Health Program is twofold: 1) Provide a medically supervised preventative and rehabilitative health and fitness program for residents in the La Crosse area. To focus on the role of exercise, risk factor management, and psychological functioning as they impact a healthy lifestyle. 2) Provide an on-site training program for students in the Clinical Exercise Physiology graduate program. The site provides a hands-on experience in exercise prescription and leadership, risk factor modification, and patient counseling. Adherence by all students, volunteers, instructors, and employees to the following standards of ethical conduct is critical to achieving our mission:

* Honesty, integrity, dignity, empathy and compassion
* Trustworthiness in participant care and education
* Personal accountability for actions
* Respect for persons, property, the law, and the environment
* Respect for participant autonomy in the context of illness and treatment
* Respect for participant confidentiality and privacy
* Respect for cultural and religious/spiritual beliefs of participants, students,

volunteers and instructors

**Philosophy**

The philosophy of the La Crosse Exercise and Health Program is that a sound program of exercise and positive health habits will allow individuals to live longer and healthier lives.

Toward that end:

* The participant is the most important person in the program. The staff will strive to be responsive to individuals needs and go out of their way to make people feel welcome and have an enjoyable experience.
* Exercise should be fun. By working with the individual goals and desires, an enjoyable exercise program can be developed for everyone.
* Exercise should be medically supervised, following nationally recognized standards. All

programming decisions will be individualized, with the welfare of the participant of the utmost importance.

* Individuals should become educated concerning proper exercise and health habits. Participants can become self-responsible and better health care consumers if they are properly educated and informed.
* The offerings of the program should be continually evaluated and modified, based upon state-of-the-art research in the field

**Code of Professional Conduct**

The Code of Professional Conduct is a series of principles that govern professional interactions.

Professional interactions are essential to achieve the mission of the La Crosse Exercise and Health Program and are in line with the philosophy of the founders of the program. Failure to meet the professional obligations described below represent a violation of the Code of Professional Conduct. Infractions will be dealt with by the Executive Director of the La Crosse Exercise and Health Program, the Director of the Clinical Exercise Physiology Program, and the appropriate University of Wisconsin-La Crosse administrators.

1. Respect for Persons
2. Treat those whom you serve, whom you work, and the public with the same degree of respect you would wish them to show you.
3. Treat participants and colleagues with kindness, gentleness, compassion, and dignity.
4. Do not use offensive language, verbally or in writing.
5. Do not harass others physically, verbally, psychologically, or sexually.
6. Do not discriminate on the basis of sex, religion, race, disability, age, or sexual orientation.
7. Participant Confidentiality
8. Do not share medical or personal details of a participant with anyone except those health care professionals integral to the well-being of the participant.
9. Do not publicly identify patients, in spoken word or in writing, without verbal or written authorization by the participant (i.e., LEHP Release of Information Form).
10. Confidential and Propriety Information
11. Do not share details of employees or staff grievances.
12. Do not discuss personal information about colleagues.
13. Do not discuss distressing personal information with participants.
14. Honesty and Integrity
15. Be truthful in verbal and in written communication.
16. Acknowledge your errors to colleagues and participants.
17. Do not knowingly mislead others.
18. Responsibility for Participant Care
19. Obtain and know participant medical history, medications, and current conditions.
20. Do not abuse drugs or alcohol that could diminish the quality of care you deliver.
21. Do not have romantic relationships with participants.
22. Awareness of Limitations and Professional Growth
23. Be aware of your personal limitations and deficiencies in skills and abilities and know when and whom to ask for supervision.
24. Notify the director if something interferes with your ability to perform tasks specific to program.
25. Work toward the ability to think critically, communicate effectively, problem solve, develop interpersonal skills, act professionally, and accept constructive criticism.
26. Deportment
27. Clearly identify yourself and your professional level to participants and staff, wear your name tag in participant areas.
28. Dress in a neat, clean, professionally appropriate manner including program shirt, appropriate pants/shorts and athletic shoes.
29. Conduct yourself in a professional manner as a representative of the La Crosse Exercise and Health Program.
30. Integrity in Research
31. Report research results honestly in scientific and scholarly presentations and publications.
32. When publishing and reporting, give proper credit and responsibility to colleagues and others who participated in the research.
33. Adhere to institutional regulations that govern research using human subjects and animals.

By signing below, you are acknowledging that you have received a copy and have read the Code of Professional Conduct that outlines professional expectations as set forth by the La Crosse

Exercise and Health Program. By signing you are agreeing to meet the professional obligations of the La Crosse Exercise and Health Program and violation of the Code of Professional Conduct will lead to disciplinary action.

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Name (Printed) Date

Signature

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Witness (Printed) Date

Signature

This document was adapted from the DHMC Clinical Operations Policy Library, 5/5/2016­­­­­­