

Ethics in medical profession

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Ethics in medical profession consists of principles based on moral philosophy including trust, respect, honesty and preferences about deciding the treatment which is accurate or not for the patient.¹ These important moral codes are not only meant for doctors but for patients and their attendants as well.

Bioethics which is also known as medical ethics or clinical ethics is concerned with hospital matters. Human rights and medical ethics are complementary, and use of the two together maximizes the protection available to the vulnerable patient. Medical ethics place a duty on individual doctors to comply with parallel standards.

The four ethical basic principles of medical ethics include:

1. Autonomy

Autonomy is about Patient's rights to make an autonomous decision about their healthcare management.² It is the right of a client to have complete details by the doctor about his/her medical condition and the treatment plans so that client should know all hazards and advantages of the treatment process and the possibility of good outcome. When client is a child, the right of making decision should be given to parents of the child and discuss about all associated risks and benefits of treatment procedures.

2. Beneficence

The principle of beneficence explains that a doctor is morally bound to not only take care of the patient with autonomy but also proceed for wellbeing and safety of them. The practitioner implements this by taking all such measures which do protect the patient from impairments and promotes benefits.

If we talk about Pakistan, we see in our society people do trust doctors a lot and their words and management plans means a lot to them, therefore, it is obligatory that the healthcare provider must be fully

trained in the subject of medical ethics so that he should not go for any procedure which do cause harm to his clients. Training in bioethics will make the physician more vigilant in his practice that how he can put into practice the principles of medical ethics when encounter with ethical dilemmas and while dealing with illiterate patients or their caretakers.³

3. Non-Maleficence

The principle of nonmaleficence is about giving an appropriate set of medical care which either completely keeps away or at least lessens the risk of harm which is maintained by our societal laws or beliefs.

This principle not only involves the individual patient but society in general to go for a no harm policy to any. Non maleficence also takes into account the duty to keep professional competency and to be responsive of the helplessness of others.

4. Justice

In a healthcare system the principle of justice refers to equality or fairness. Justice entails the provision of resources in a fair style.

The prime duty is to make sure the equality and just in supporting them as per their need and rights.⁴ In our health system, the principle of justice can inspire the requirement for improving it, so that the needs of everyone could meet. By evading unethical medical practices health professionals generates a good standing and can make them protected from litigation.

For flourishing medical practice, health institutes must plan trainings in ethics. Such trainings will not only improve awareness in ethical practices based on moral codes but also will help them to tackle ethical dilemmas among other ethical challenges inherent. This way healthcare professional will be able to work more efficiently and cordially with their associates.

Training in ethics must include doctors, nurses, paramedics, heads of institutions, and administrators for reflect their roles and responsibilities.⁵

Ethics training fosters the physician's agreement and compliance with the management plan and representing a mutually-acceptable balance between physician and patients.

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