

ETHICS AND PROFESSIONALISM IN MEDICAL SCIENCE AND ITS IMPACT ON HEALTH CARE

Abstract

Background – Practicing medicine is always rewarding. It brings money sometimes and friendship, experience of fame at other times. At least one gets the credit and satisfaction of having done a good deed. There could be no better deed or donation than giving life back to a patient. Actually the science of life has an unlimited scope for expansion and the physician is one of the constituent of this life science. Every science has limitations, rules and regulations to achieve the ultimate success. (Medical) Science is light and it illuminates; one's own intellect is vision. Physician who applies both (science and intellect), seldom errs. **Objectives** – 1. To learn about Medical Ethics and how it is useful to improve the health care. 2. Professionalism in Health Care and its importance. 3. Discuss Medical Ethics and humanities, Professionalism and its impact on Health of the society. **Methodology**- The datasets used to conclude the study has taken from internet database and relevant books of science of medicine. In this article author tried to explore the trait among medical professional and how it could be develop professionalism towards human health care. **Results**- Ethics are the cornerstone to the professional practice because honesty and excellence aren't just working when your profession is most trusted. **Conclusions**- The ideal physician thus has the qualities as- 1. The patient's health and well being is goal. 2. The physician continuously strives to acquire further knowledge, skill, and proficiency. 3. The physician is well wisher of and works for the uplift of society. 4. The physician is humble, modest, sympathetic and gentle. Professionalism is the part of Good Medical Practice Guidelines (GMC). According to this the Doctors deities are – Knowledge, Skills, and Performance, Safety and Quality, Communication, Partnership and Teamwork, and Maintaning Trust.

Keywords: Medical Ethics, Health Care System, Medical Professionalism. Ideal Physician, Physician-Doctor, Philosopher- Physician, Medical Student, Practitioner, Health Cure.

Introduction

The advances in Medical science are gradually establishing the validity of many concepts and approaches in medical science towards better physical and mental health and cure of disease. Human health and welfare have occupied an important place in medical science as a role of healthy individual in a strong and balanced society^[1].

The role played by an Ideal Physician in the revival and strengthening of Medical Professionalism is well known over the world. It emphasised that positive health, mental poise and prevention of illness was more important than curing illness, long before the World Health Organisation began stressing the professionalism concept. Besides, there are other lots of vital reasons and circumstances that have been responsible for bringing out and shaping the medical professionalism in medical science^[2]. The dynamic progress of the topic is in a vast field comprising the ethical, social, moral, philosophic and ideal physician in the health care system. The Hippocrates oath like the present one will help us to realise the

basic strength or weakness that lies behind our racial life and history and will play a great part in the shaping of the future destiny of medical professionalism and health care system, scientific progress and fulfilment^[3].

Hence there is a greater need than ever before for a thorough investigation into the medical ethics of our medical science. Even from this point of view the present work is a notable contribution.

In this present work, medical ethics and medical professionalism have compiled ancient wisdom on this subject of medical ethics and professionalism, many of these observations being great and applicable in medical professionalism in developing standard and effective health care system towards humanity. Despite the varying circumstances of social and personal life, deep down into human individual, the impulses of the life same since the years^[4].

Methodology

The datasets used to conclude the study has taken from internet database and relevant books of science of medicine. The subject matter dealt in the present topic is divided into two parts. The first part is primarily the theoretical aspects of medical ethics, the real basic concepts on which the entire medical science of health care system is built. The second part is deals with steps to be taken to develop the medical professionalism towards humanity.

Part I – Medical Ethics basic principles:

Medical education and Ideal Physician- A great physician says- “ Weapons, learning and water are wholly dependent on their merits and demerits” , e.g. the same medical knowledge or the same instruments of a surgeon which can save a life can be used by a wicked person to kill human being. Hence it is very important to study the moral, physical and intellectual qualities of medical student. The grater stress should be laid on the moral make-up of the person. A medical student should be a well wisher of people and the society and each and every moment should be devoted to studies. Any medical professional in particular must remain a student of science of medicine life-long. In order to gain mastery over the subject, he should study related additional sciences from experts in individual branches. In the study of medicine, equal importance should be given theoretical as well as practical training. Medical science cannot be mastered by reading text books alone. One has learn its intricacies from the masters^[5].

The Physician- Doctor – Every physician should consider himself a lucky person, as in the pursuit of his noble profession he can save a human life and restore health. He should possess sound medical science knowledge and should be able to treat even difficult cases with confidence. He should always have medicine stock necessary for routine and emergency treatment. He should know the dosage; side effects of the drugs are concerned. He should not only treat the disease, but restore a balanced state of health. He should never visit the patient’s house uninvited. He should not divulge the secret or the short-comings of the patients house hold. In the early years of his practice, he should not, if possible, treat independently a patient, who is on the verge of health or one who is suffering from incurable disease. In such circumstances he should jointly consult and take the opinion of his senior colleagues or specialist. He should not develop intimacy with female patients. The educated or learned man, the teacher, the poor, and the good should be treated same like his family members. His speech should be ambiguous, explicit, gentle, persuasive, comprehensive and non contradictory. He should desire the well being of people and

patients. Though possessed of sound knowledge, he should not boast of his own knowledge. To save the life and restore health at any cost should be his goal. The physician's happiness must always lie in the recovery and happiness of the patient. During a serious illness, he is considered a God or Saviour of life by the ailing patient and his family and must try to fulfil their expectations in all possible way^[6,7].

The Philosopher-Physician- The word philosopher is derived from 'Philos' meaning 'Lover of' or 'friend of' and 'Sophia' meaning wisdom. Thus, a philosopher is one who loves wisdom. Thus, a philosopher thinks, develops into and comprehends intricacies of human body, mind and soul and their relation to the universe. The philosopher realises that the entire sufferings of the mind as well as of body have ignorance as their basis. Knowledge and true happiness go hand in hand. He is now dedicated to his task and works for it with devotion and without any expectations in terms of personal gains. The practicing philosopher identifies himself with the entire universe and develops a brotherly feeling towards all. Physician is now not afraid of disease or death. The aim of the philosopher-physician is to train the mind of the patient in such a way that the latter is able to accept my challenge in life including the challenge of death with a smile. In this state, the philosopher-physician becomes one with the philosopher patient as both are beyond the stage of 'Mine' and 'Yours'^[8,9].

The Ideal Physician thus has the following qualities:

The patient's health and well being is goal. 2. The physician continuously strives to acquire further knowledge, skill, and proficiency. 3. The physician is well wisher of and works for the uplift of society. 4. The physician is humble, modest, sympathetic and gentle. 5. The physician is confident in his own ability and yet respects the opinion of the colleagues. 6. The physician is happy and capable of imparting all his knowledge to the students of medical science. 7. The physician does original research in his own field to alleviate the suffering human beings. 8. The physician records experiences and observations so that they not lost the posterity. 9. The physician strives to enhance the strength of the mind of the patients, so that they can accept any challenge with equanimity^[10].

Why Medical Ethics important... ?

- Medical ethics guide in decision making and interactions and conduct with patients. It is an important part of medical professionalism, which is expected from medical professional.
- Medical ethics provide a moral compass which is useful in situations that may not be straightforward.
- Constitutes of medical ethics may vary from country to country and it may also significantly different religiously.

Constitutes of medical ethics –

1. Beneficence and Nonmaleficence- Beneficence is what you do, and Nonmaleficence is what you don't do. Beneficence meant doing the which have patients interest and Nonmalefences meant that rejecting the actions which are harmful to patient.
2. Patients Autonomy- It refers to the patient's right to make decisions about themselves according to their beliefs. It includes informed consent and confidentiality
3. Truth telling (veracity)- telling the patients about health conditions as well as risk, benefits, and prognosis(if patient want to know it). It is the part of honesty. It exactly means reveal all information to patient, on request.
4. Justice about preference- resources allocation may be different according to emergency, time spend with patient, illness and other issues. Nurses may have to right to choose the patient to respond first.

Distributive justice is a common issue everywhere. That means providing the service or resources in a manner that are fair, though not necessarily equal

5. Proportionality- it is occurred when two or more ethics are conflict, ensuring that the benefits outweigh the risk^[11].

Part-II Medical Professionalism in health care

Professionalism is the conduct, aims, and qualities that characterise or mark a profession or professional person.

The qualities characterised to health care person and how these qualities related to the health care work place-

1. **Punctuality**- In a health care work place this is very beneficial to look at the requirements for your shift so someone be prepare for the day.
2. **Attire**- the proper attire is profession casual. In the healthcare work place it can be helpful to patients and others can be readily identified. It can have safety of clinical care provided, it presents professional image. It is important to have a professional appearance, it communicates expertise and authority. Also increase the like hood of the patients which have impact on improved clinical outcomes and patient's satisfaction.
3. **Attitude**- the positive attitude is essential in health care work place. Patient may be feeling down about their health issues, they need smile on your face it creates goodness and impact towards wellbeing.
4. **Respect** –Any profession should possess this characteristic. Always treat with the patient, physician, family members with curtsy, kindness regardless of the race, religion, age, gender, size and country of origin.
5. **Fairness**- Naturally have a disciplines to following medical steps; may have to be done a certain way The professional approach to be complete to be calmly explain your opinion this way^[12].
6. **Confidentiality**- It means keeping peoples information private. Is the most important aspect in health care profession. During working as health care provider we have sharing some private information about someone and need to ensure confidentiality and security of protected health information whether than information is paper, oral, electronic or other.

Why does professionalism matter...?

Professionalism is nothing but a set of standards that by undertaking the profession a doctor aggress to uphold.

Physicians reflect on the concept of medical professionalism and its importance to health care and community^[13].

For medical professionalism, means to relay on medical professional to do what is best for patient and also meant that trust them. The word trust is really important it conveys not just that patient want to have trust on physician which are believe they do, but also it means the profession itself focuses on that trust and does everything it can as regulator itself, monitor itself to insure that the trust is well placed. There are lots o things in creating trust, being a professional, and sometimes those things are conflict. The professional can illuminate the conflicts it needs work towards not only managing but honesting it. Performing the duty/job it gets easy to do the work honestly when resources are good then it could be easy to shut down the conflicts. Professionalism is an important topic because as a professional you have a responsibility and its important to demonstrate that you are a professional and can be trusted to act accordingly^[14].

Discussion

Someone have not heard of holier discourse than the medical science on account of the eternal and imperishable character of the science on account of the eternal and imperishable character of the science from its tested merit and beneficial effects upon the created beings and it is always worshiped by the whole human race, for the fact of its fully explaining the import of words^[15].

The medical ethics means the study of moral aspects of a doctor's professional life and there are two branches of these ethics- normative ethics and descriptive ethics as seen previously. The medical professionalism that's a word, hear all the times and use it often but doesn't makes that wonder. If really know what does it mean? May be more important, what is being medical professional? Medical professionalism is a multidimensional concept that's affected by verity of aspects and points of view such as the different cultures and learning environments in many different countries in addition to the increasingly changing care sphere. Regardless different aspects and views the core of most definitions has agreed on that medical professionalism is the contractual relationship with a series of obligations an expectations. Being a medical professional automatically inspires peoples trust and confidence but everyone have their own expectations of what professional should be. So to keep peoples trust, need to live up to their expectations. Professionalism encloses a number of different characteristics to keep it up to date^[14,15].

Conclusions – Four pillars of Medical Ethics according to Hippocrates oath are Autonomy, Beneficence, Nonmaleficence, and Justice. . Professionalism is the part of Good Medical Practice Guidelines (GMC). According to this the Doctors deities are – Knowledge, Skills, and Performance, Safety and Quality, Communication, Partnership and Teamwork, and Maintaining Trust.

Ethical clearance: Taken from institutional ethics committee

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