



Introduction into Medical Ethics

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Introduction into Medical Ethics

- **What is Medical Ethics & Why?**
 - Define medical ethics and understand the importance of it in healthcare practice.
- **Key Ethical Principles**
 - Understand key ethical principles and their application in medicine.
- **Process of Ethical Decision – Making**
 - Develop skills for ethical decision-making in clinical practice.
 - Utilize general Ethical Framework
- **Cultural & Personal Values**
 - Recognize the impact of cultural and personal values on medical ethics.
- **Common Ethical Dilemmas**
 - Explore common ethical dilemmas faced by medical professionals.



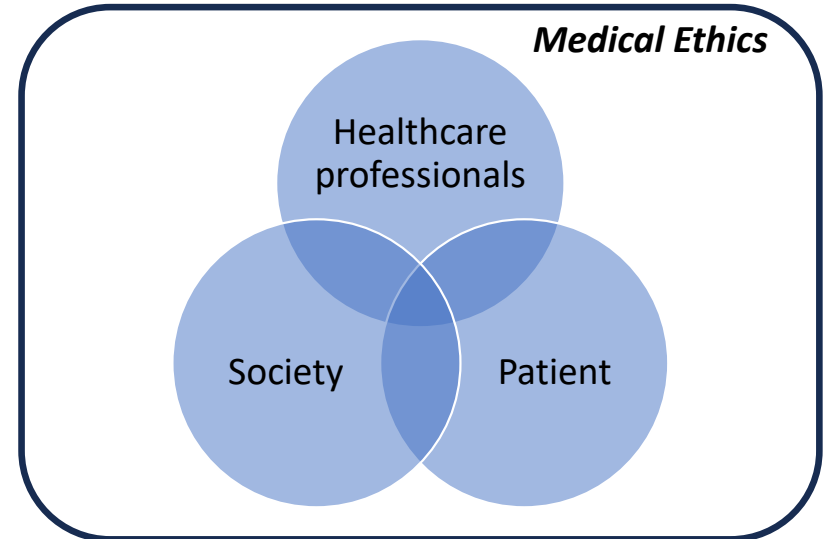
What is Medical Ethics & Why?





What is Medical Ethics & Why?

- Medical Ethics refers to a set of **moral principles**, beliefs and values that guide our decisions in healthcare. It's the dedicated study of right and wrong conduct in the medical field. It seeks to promote and ensure patient welfare, autonomy, and justice in the healthcare setting.





Hippocratic Oath

The Hippocratic Oath (Modern Version)

I **SWEAR** in the presence of the Almighty and before my family, my teachers and my peers that according to my ability and judgment I will keep this Oath and Stipulation.

TO **RECKON** all who have taught me this art equally dear to me as my parents and in the same spirit and dedication to impart a knowledge of the art of medicine to others. I will continue with diligence to keep abreast of advances in medicine. I will treat without exception all who seek my ministrations, so long as the treatment of others is not compromised thereby, and I will seek the counsel of particularly skilled physicians where indicated for the benefit of my patient.

I **WILL FOLLOW** that method of treatment which according to my ability and judgment, I consider for the benefit of my patient and abstain from whatever is harmful or mischievous. I will neither prescribe nor administer a lethal dose of medicine to any patient even if asked nor counsel any such thing nor perform the utmost respect for every human life from fertilization to natural death and reject abortion that deliberately takes a unique human life.

WITH **PURITY, HOLINESS AND BENEFICENCE** I will pass my life and practice my art. Except for the prudent correction of an imminent danger, I will neither treat any patient nor carry out any research on any human being without the valid informed consent of the subject or the appropriate legal protector thereof, understanding that research must have as its purpose the furtherance of the health of that individual. Into whatever patient setting I enter, I will go for the benefit of the sick and will abstain from every voluntary act of mischief or corruption and further from the seduction of any patient.

WHATEVER IN CONNECTION with my professional practice or not in connection with it I may see or hear in the lives of my patients which ought not be spoken abroad, I will not divulge, reckoning that all such should be kept secret.

WHILE I CONTINUE to keep this Oath unviolated may it be granted to me to enjoy life and the practice of the art and science of medicine with the blessing of the Almighty and respected by my peers and society, but should I trespass and violate this Oath, may the reverse be my lot.

Veracity الصدق

الكرامة

Dignity

الأمانة

Honesty

الإستقلالية

Autonomy

الإحسان

Beneficence

عدم الإيذاء

Non-maleficence

العدالة

Justice

MEDICAL ETHICS



Key
Ethical
Principles

4 pillars

Key Ethical Principles - Beneficence



- Acting in the best interest of the patient, **promoting** their well-being.

It is to help the patient.

e.g., treatment

قال رسول الله صلى الله عليه وسلم:

لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ.

صحيح البخاري

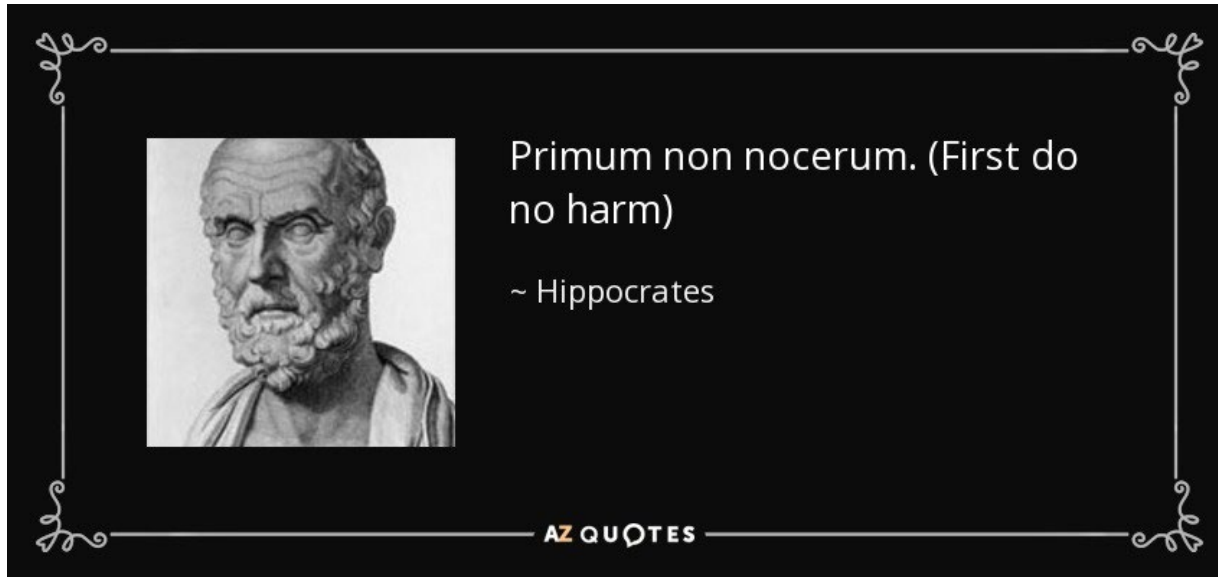


“Beneficence is a duty. He who frequently practices it, and sees his benevolent intentions realized, at length comes really to love him to whom he has done good. When, therefore, it is said, “Thou shalt love thy neighbor as thyself,” it is not meant, thou shalt love him first and do him good in consequence of that love, but, thou shalt do good to thy neighbor; and this thy beneficence will engender in thee that love to mankind which is the fulness and consummation of the inclination to do good.”

~ IMMANUEL KANT

Key Ethical Principles – Non-Maleficence

- Avoiding harm and minimizing risks to patients.
e.g., avoid higher-risk Tx methods.



قال رسول الله صلى الله عليه وسلم:

لا ضَرَرَ ولا ضِرَارَ

رواه ابن ماجه

*What if beneficence
conflicted with
non-maleficence?*

Measure Benefit vs. Risk



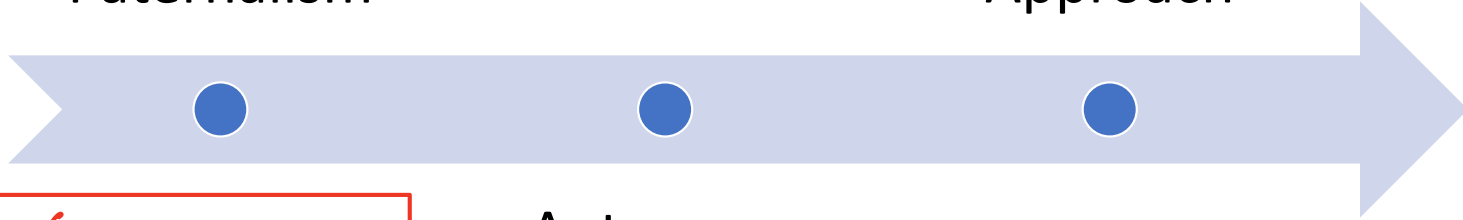
Key Ethical Principles - Autonomy

→ *Through informed consent.*

- Respecting *patients'* right to make **informed decisions** about their own healthcare.

→ *Doctors have full control over the patient's choices*
Paternalism

→ *Both compromise on the best choice for them.*
Team Approach



Consumerism (over-autonomy)
is also wrong.

Autonomy

→ *Patient chooses for himself.*

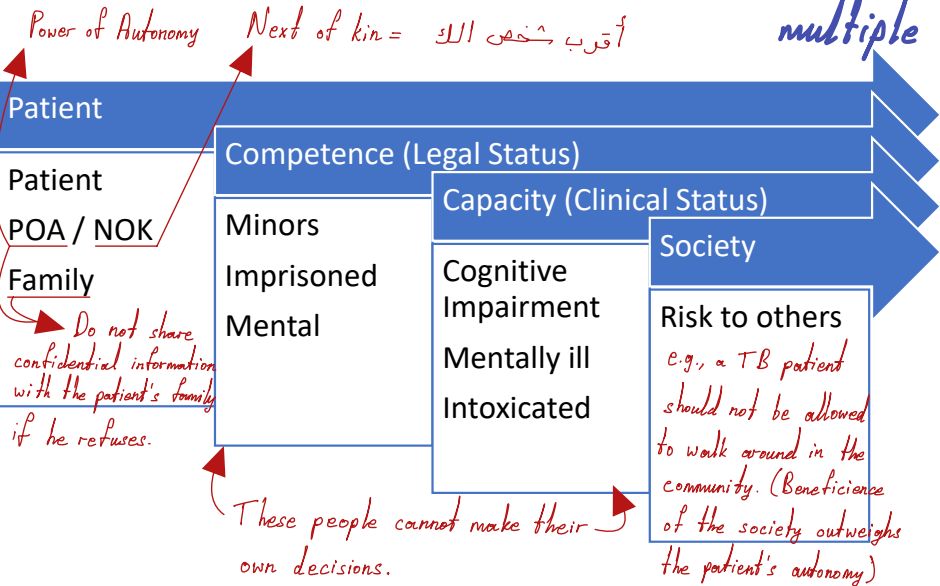


Key Ethical Principles - Autonomy

- Respecting *patients'* right to make informed decisions about their own healthcare.

When providing the patient with multiple Tx choices, provide him an informed consent for each:

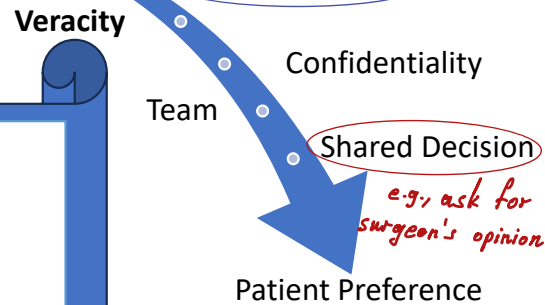
Failure of communication is one of the most common causes of medicolegal lawsuits



Informed Consent:

- Indications
- Contraindications
- Benefits
- Risks
- Alternatives to treatment

for each Tx choice.



Insurance & Financial aspects should not be part of your ^{Top} decisions



Key Ethical Principles - Justice

This point is not absolutely correct.

- **Fair** distribution of healthcare resources and **equal** treatment of patients.

Not justice ← **Equality**

→ *More reasonable. Each patient gets the care he needs.*
Equity

Justice → *The best choice*

*e.g., an MI patient and simple URT infection patient get equal care.
WRONG!*





Key Ethical Principles - Justice

- **Fair** distribution of healthcare resources **and equal** treatment of patients.



*You have to be
JUST in all of
these aspects.*

Process of Ethical Decision-Making



- Identify the ethical dilemma
- Gather information
- Evaluate options:
 - Take each of the principles as a *prima facie obligation*
 - Identify conflicting principles
 - Soft vs. Hard (Non-autonomous vs Autonomous) Paternalism
 - Consumerism (extreme form of autonomy), may lead to patient abandonment
 - Try to resolve conflict through considering different courses of action based on ethical principles
 - For example:
 - May override Beneficence when patient autonomy at stake
 - May override Non-Maleficence in emergency situations to save life (Beneficence)
 - Shared Decision and Team Approach
 - Ethics Committee
- Make a decision: Select the most ethically justifiable option.
- Implement the decision
- Reflect and learn

Soft: May be accepted sometimes, when the doctor indirectly directs the patient's choice.

Hard paternalism is NOT accepted.

Ethical Framework



- General Systematic Approach to maintain Proper Medical Ethics in patient care:

Beneficence, nonmaleficence	<p><i>Clinical assessment</i></p> <p>Nature of illness (acute, chronic, reversible, terminal)?</p> <p>Goals of treatment?</p> <p>Treatment options and probability of success for each option?</p> <p>Adverse effects of treatment and does benefit outweigh harm?</p> <p>Effects of no medical/surgical treatment?</p> <p>If treated, plans for limiting treatment? Stopping treatment?</p>
Respect for autonomy	<p><i>Patient rights and preferences</i></p> <p>Information given to patient on benefits and risks of treatment? Patient understood the information and gave consent?</p> <p>Patient mentally competent? If competent, what are his/her preferences?</p> <p>If patient mentally incompetent, are patient's prior preferences known? If preferences unknown, who is the appropriate surrogate?</p>
Beneficence, nonmaleficence, respect for autonomy	<p><i>Quality of life (QOL)</i></p> <p>Expected QOL with and without treatment?</p> <p>Deficits – physical, mental, social – may have after treatment?</p> <p>Judging QOL of patient who cannot express himself/herself? Who is the judge?</p> <p>Recognition of possible physician bias in judging QOL?</p> <p>Rationale to forgo life-sustaining treatment(s)?</p>
Distributive justice	<p><i>External forces and context</i></p> <p>Conflicts of interests – does physician benefit financially, professionally by ordering tests, prescribing medications, seeking consultations?</p> <p>Research or educational considerations that affect clinical decisions, physician orders?</p> <p>Conflicts of interests based on religious beliefs? Legal issues?</p> <p>Conflicts of interests between organizations (clinics, hospitals), 3rd party payers?</p> <p>Public health and safety issues?</p> <p>Problems in allocation of scarce resources?</p>



Ethical Resources and Guidelines

- Institutional policies: Familiarize yourself with the ethical guidelines and policies of your healthcare institution.
- Professional codes of ethics: Consult codes of ethics provided by professional organizations, such as the AMA or World Medical Association.
- Ethical committees and consultations: Seek guidance from institutional ethics committees or colleagues with expertise in medical ethics.

Cultural and Personal Values



- Cultural and personal values significantly influence ethical decision-making.
- Recognize and respect cultural diversity in healthcare settings.
- Reflect on your own values and biases to ensure impartiality in patient care.



Common Ethical Dilemmas

- Confidentiality and privacy: Balancing patient privacy with the need to share information for patient care. *Remember the HIV and TB patients.*
- Informed consent: Ensuring patients have adequate information to make decisions about their treatment.
- End-of-life care: Navigating complex decisions regarding life-sustaining treatment and palliative care. *Palliative care is accepted if pt. refuses treatment. Euthanasia is NEVER accepted.*
- Allocation of resources: Managing limited resources in a fair and equitable manner.
- Conflict of interest: Identifying and managing situations where personal interests may influence medical judgment



Conclusion

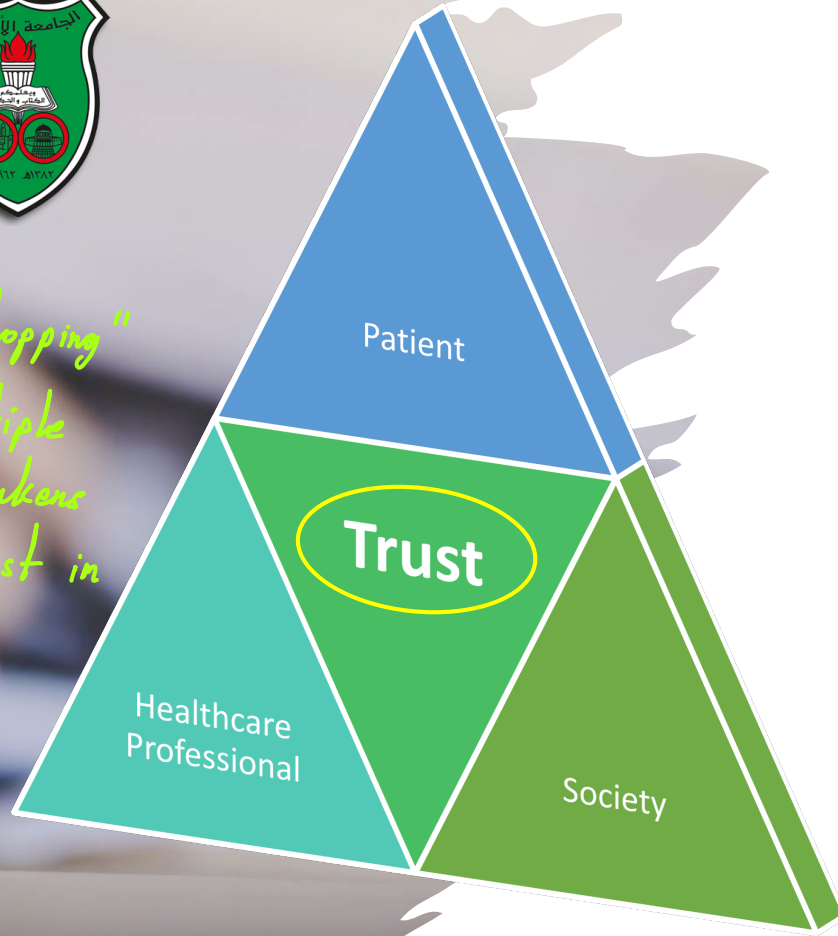
- Medical ethics is fundamental to the practice of medicine.
- Understanding ethical principles and developing decision-making skills is crucial for providing compassionate and patient-centered care.
- Embrace a lifelong commitment to ethical practice, constantly reflecting on and refining your ethical decision-making abilities.



Objectives

- What is Medical Professionalism?
 - Understand the concept of medical professionalism and its significance in healthcare.
- Explore the core principles and attributes of medical professionalism.
- Recognize the challenges and dilemmas faced in maintaining professionalism.
- Identify strategies to enhance professionalism and cultivate a positive professional identity.
- Reflect on personal values and aspirations to strengthen professionalism throughout your medical career.





"Doctor shopping" creates multiple opinions & weakens society's trust in doctors.

What is Medical Professionalism?

- Medical professionalism encompasses the attitudes, behaviors, and values that define the **noble practice** of medicine.

It depends on:



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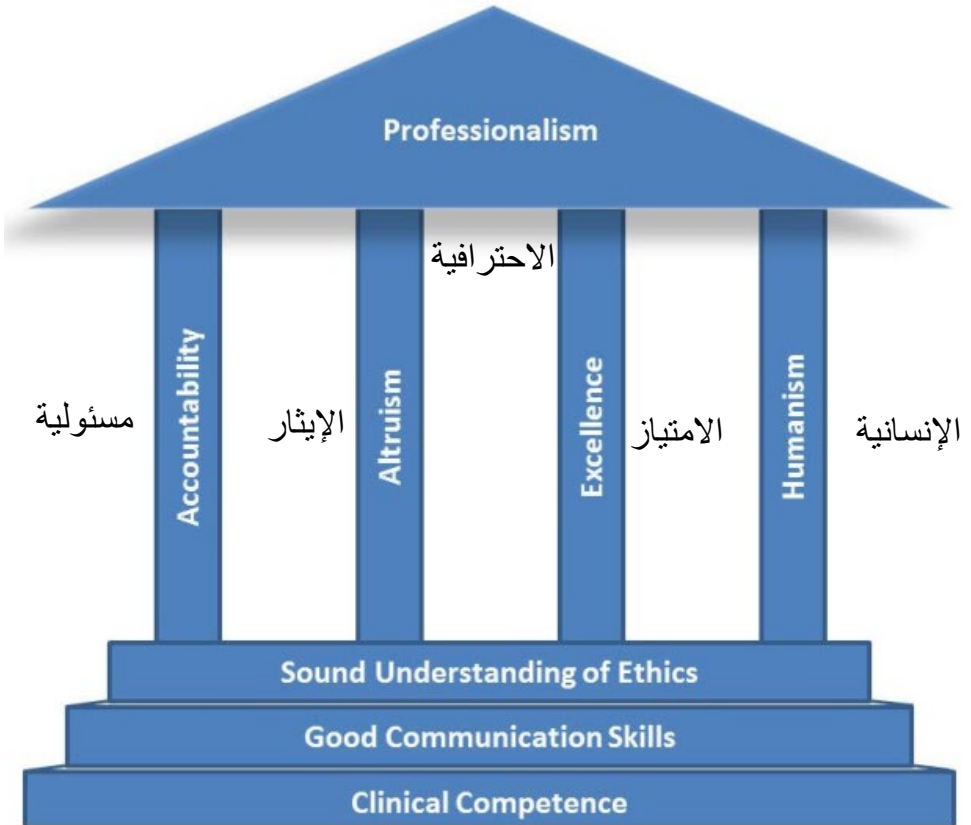
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Core Principles of Medical Professionalism

4 pillars



Core Principles of Medical Professionalism

Accountability:

- Taking responsibility for one's actions
 - Be prepared to describe and justify one's actions
 - Provide an account of one's actions
 - Always act lawfully

It allows you to:

- Admits & Learns from mistakes
- Positive Response to Criticism
- Practicing reflective self-assessment
- Motivation to Improve

- Recognize Limits
- Welcome responsibility to others

“Teamwork”

→ *Don't work alone!*



Core Principles of Medical Professionalism

Altruism: Placing patients' welfare above personal interests and advocating for social justice.

Examples:

Types

*Both sides benefit.
Not true altruism.*

Reciprocal Altruism

Pure Altruism *"This is what we want."*
"اعمل خير وكب في البحر. لا تستن مقابل"

Genetic Altruism
Family

Group-selected Altruism
Your group

BetterUp



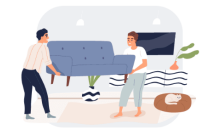
Putting others first



Anticipating needs



Forgiving others



Not expecting reciprocity



Sacrificing time and money to help others



Offering support



Worrying about how your actions may affect others



Being considerate of other's well-being

BetterUp



Core Principles of Medical Professionalism

Why Altruism?

Career

- Enhanced Patient-Physician Relationship
- Strengthened Professional Reputation
- Enhanced Problem-Solving Skills

Personal

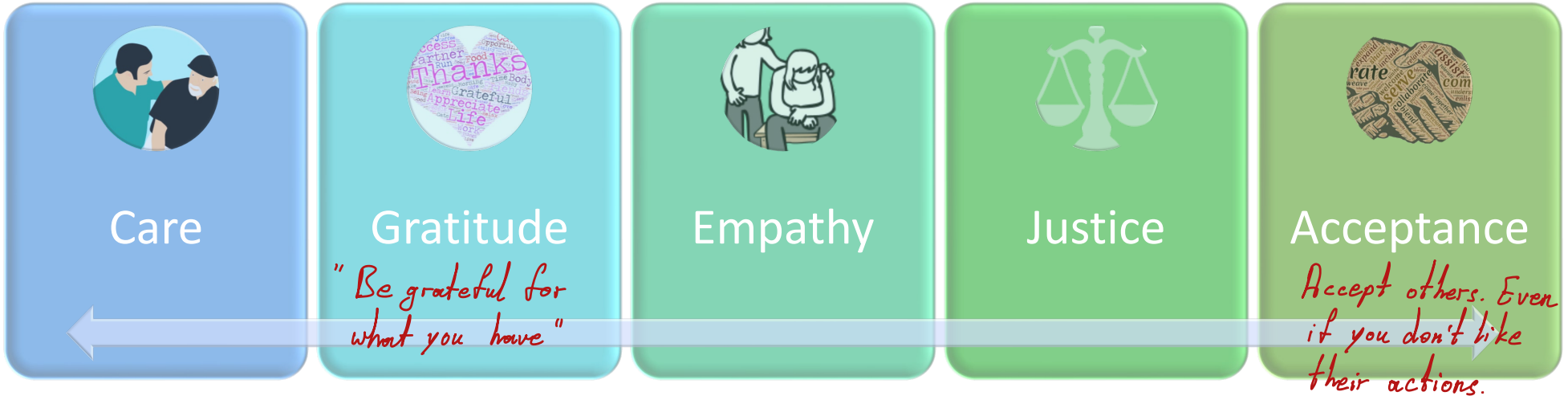
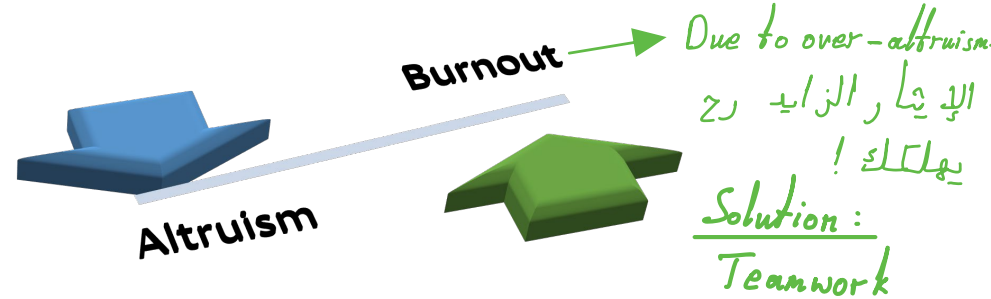
- Improved Mental Health
- Increased Job Satisfaction
- Fulfillment of Ethical Responsibilities
- Enhanced Teamwork and Collaboration
- Continued Professional Growth

Social

- Positive Impact on Health Outcomes
- Community Engagement and Social Impact

Core Principles of Medical Professionalism

How to be Altruistic?



Altruism

Core Principles of Medical Professionalism

Excellence:



Core Principles of Medical Professionalism

Humanism:

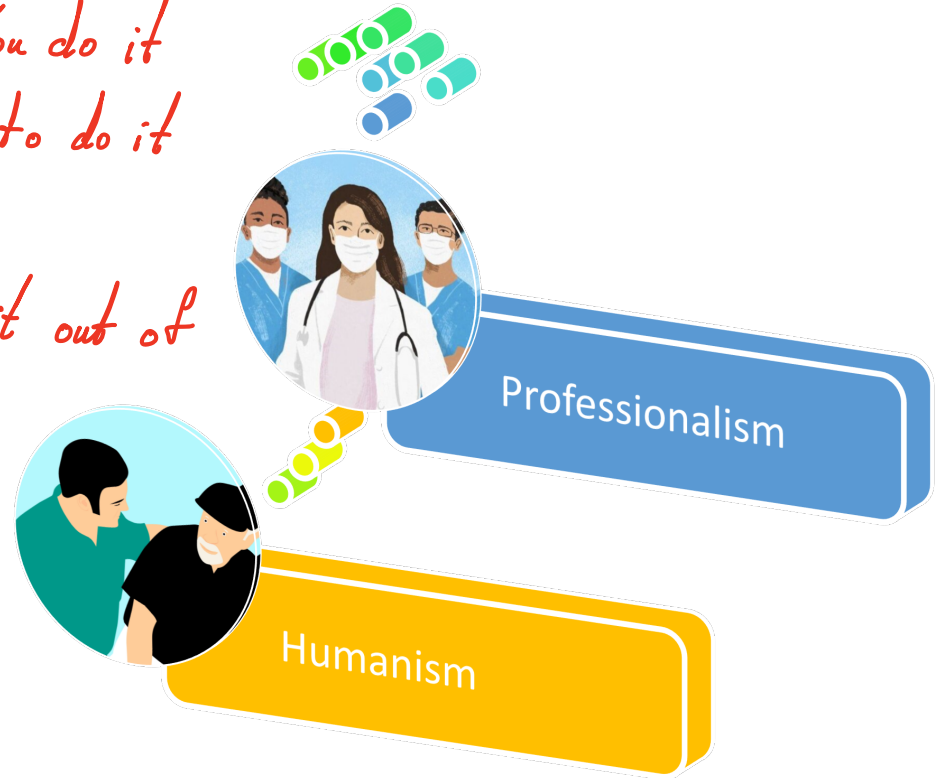
- Compassion
- Empathy
- Respect
- Kindness
- Integrity

Toward (Interdisciplinary)

- Patients
- Colleagues
- Allied Health Staff

Professionalism: You do it
because you have to do it
as a doctor.

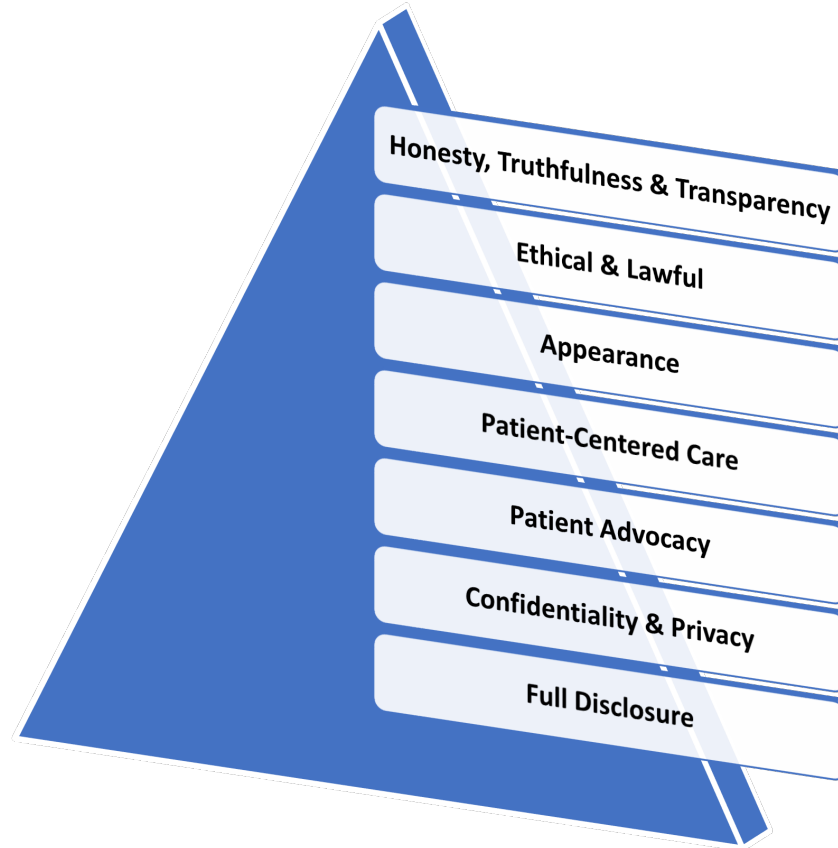
Humanism: You do it out of
humanity



Core Principles of Medical Professionalism

Humanism:

- Integrity:



Challenges in Maintaining Professionalism

Higher level of professionalism:

Reflective Practice & Lifelong Learning

Solution: Respect & Dignity

نوت مهم من الدكتور:

رجاء رجاء رجاء رجاء رجاء

لا تحكوا عن الدكاترة الثانيين بالعاطل.

Solution: Professional Boundaries

Higher level of professionalism:

Professional Mentoring

Solution: Excellent Communication Skills

Higher level of professionalism:

Wellness & Self-Care

Solution:

Collaboration & Teamwork

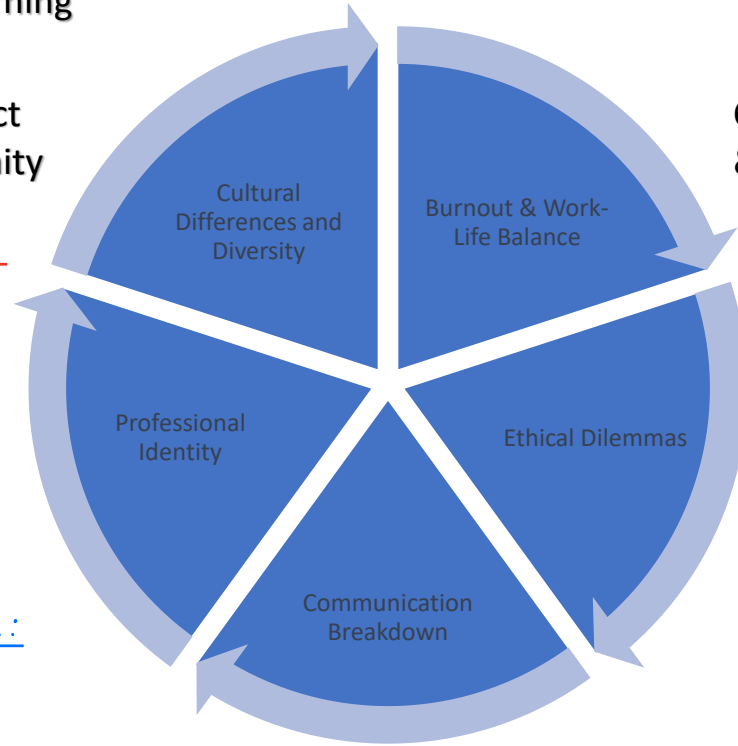
Solution:

Ethical Decision-Making

Higher level of professionalism:

Professional Organizations

Share information & ethical dilemmas with each other



Conclusion

- Medical professionalism is the essence of compassionate and ethical medical practice.
- By embracing professionalism, you contribute to building trust, improving patient outcomes, and advancing the field of medicine.
- Nurture your professionalism throughout your career and inspire others to uphold the highest standards of medical practice.