



Unit IX – Problem 6 – Workshop: Ethics

- **Ethics**: it is a system of moral principles (مبادئ أخلاقية) which are governing our professions.
- **How to behave as a professional?**
 - Be honest in all your interactions.
 - Respect the law.
 - Feel responsibility when deciding what is the best for the patient.
 - Respect confidence and privacy of the patient.
 - Respect the rights of patients, your colleagues and other health members.
- **Components of ethics:**
 - **Autonomy (الاستقلالية أو الحكم الذاتي)**: which means that the patient has the right to choose among treatment options available for him and to refuse a specific treatment/intervention. You, as a doctor, must get an informed consent before conducting a health care intervention on a person.
 - **Beneficence (الإحسان)**: which means that everything you do must be to the good of the patient (في مصلحة المريض) and you must be aware not causing harm to him. In other words, you must help the patient to understand that he will benefit from what you will do especially if your intervention is invasive. This component is really important when the patient lacks the capacity of decision-making.
 - **Confidentiality (الخصوصية)**: you are only allowed to break privacy of the patient –by law- in the following conditions:
 - ✓ Sexually Transmitted Diseases (STDs).
 - ✓ Infectious diseases.Why? → because we want to prevent harm to other people.
 - **Non-maleficence (do not harm)**: to avoid providing ineffective treatment or acting with malice (تعمد الأذى) toward the patient. Before doing anything to the patient, you have always to think about side effects.
 - **Equality (المساواة)**: treating everybody in the same way (despite their religion, gender, color of skin or political opinions) → he is a human being!
 - **Fairness.**