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# Importance of Bioethics in Healthcare

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Healthcare ethics deals with ethical issues in health care, medicine and science. Ethical codes and its application have long history from ancient era. In presents scenario, both advancement in medical field and the challenges are increasing in same pace for healthcare providers to deal with ethical issues. Therefore, the undoubtedly important role of bioethics emerges here. Bioethics in healthcare brings understanding and knowledge among healthcare professionals about medical practice. Stressing upon the ethical aspects of bioethics, medical professionals are capable of tagging along ethical codes while practicing especially while dealing with issues. As ethical tribulations are linked with issues in medical care, so by application of bioethics, the healthcare system of our country can be better radically.

Bioethics involves medical ethics and studying about equilibrium between benefits, harm and duties. It does have an influence both on patients and health professionals. Relevance of bioethics varies from birth to end of life. Bioethics not only provides a guideline to medical professionals about clinical decision-making, advancements in medical technologies, but also playing vital role in policy changes and legislation in recent years.

Bioethics is a blend of scientific and humanistic constituent and does not have need of the recognition of certain long-established standards that are basic to medical ethics. Bioethics contributes to the rights and responsibilities of patients as persons. Its significance replicates in various divisions e.g. medical care, researches and overall community.

There are four key principles in bioethics:

1. Autonomy: which is respecting a person's right to make their own decisions.
2. Beneficence: To treat people with dignity.
3. Non-maleficence: Do not to inflict harm on people.
4. Justice: To treat people fairly.

The four ethical rules covers following:

1. Veracity – telling truth, respecting autonomy and informed consent.
2. Privacy – it's the right of person to remain private and not to disclose information.
3. Confidentiality – this is sharing private information on a 'need to know basis' only.
4. Fidelity – is maintaining the duty to care for all no matter who they are or what they may have done.

Philosophical theories in ethics include:

1. Consequentialism, which is taking the consequences of our actions into consideration. Utilitarianism is a type consequentialism which explains what action has the greatest utility and have positive outcome.
2. Deontology, it is based on our actions on a set of principles.

Communication is an art and basic tool in medical practice. For best delivery of services, ethical conflicts should be identified and resolved through effective communication between clients and healthcare provider and attendants of clients. Conflict of interests needs to be avoided by the healthcare professional as this is their ethical responsibility not to get indulges in circumstances like that. Medical professionals need to be oriented and clear about bioethics as this deal with health care issues such as latest developments in medical field, cloning, stem cell research, euthanasia, abortion, and other similar issues. It is unfortunate that an accurate perceptive of such systems, methods, practices and their extensive moral consequences are deficient. And the bitter fact is that these ethical dilemmas progressing day by day.

Establishment of ethics committee in every institute with qualified in charge in the respective subject; they do include medical, non-medical, scientific and non-scientific staff.

These can be done by making policies based ethical issues we frequently come across within our healthcare system. Every organization both governmental and private sector should follow principles of ethics and identify the issues for solutions.

Keeping in view the significance of bioethics in healthcare, it is emphasized to implement and practice it in Pakistani medical system. Here the responsibility of health professionals is highly significant for putting efforts to work on ethical dilemmas especially in research involving human population for justification of ethical principles involved. Health/medical organizations working on bioethical agenda can better prevent legal threats.

By practicing the principles of bioethics to the field of medicine, we can make certain that the general public is getting benefits out of it. In short it is recommended to include medical ethics as a key factor in our country.

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Rizwan Taj; concept, data collection, data analysis, manuscript writing, manuscript review