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**Contemporary bioethical practices followed in hospitals.  
A personal experience**

**Abstract**

In a pluralistic society, individuals with diverse backgrounds, beliefs, and values interact and coexist. Individuals often misunderstand each other. Even when they do understand each other, it is possible for them to disagree. When treatment is available yet remains inaccessible, it may be attributable to a myriad of impediments, including financial constraints stemming from exorbitant costs, inadequate insurance coverage, or insufficient financial resources. Moreover, restricted access to healthcare facilities or specialists in certain regions exacerbates disparities in care availability, influenced by socioeconomic status, educational attainment, or cultural background. Balancing healthcare providers' with patients' access to care. By understanding and implementing respect, healthcare providers can build trusting relationships, enhance communication and collaboration, and create environments where individuals feel valued and empowered. Ensuring that patients have accurate information and support to make informed decisions. Focusing on the character and moral virtues of individuals is involved in the decision-making process. Adeptly navigating these intricate complexities, healthcare professionals can endeavor to cultivate a harmonious equilibrium between ethical principles and moral imperatives, ultimately delivering compassionate and dignified care.

**Keywords:** Complex medical conditions, ethical principles, harmonious equilibrium

**Introduction**

In a pluralistic society, individuals with diverse backgrounds, beliefs, and values interact and coexist. Individuals often misunderstand each other. Even when they do understand each other, it is

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possible for them to disagree. Creating harmony in the healthcare arena can be challenging due to various factors, including:

### **Complexity of Healthcare Systems**

The complexity of healthcare systems can be attributed to several factors which include (Kannampallil et al., 2011):

**A) Multiple Stakeholders:** Patients with diverse needs, preferences, and expectations approaching Healthcare Providers which include doctors, nurses, and other professionals with different specialties and roles. Inter-phased by various level payer such as insurance companies and government programs who are influenced by policymakers (public and private) who shape healthcare policies and regulations.

**B) Interconnected Components:** like clinical care for diagnosis, treatment, and management of health conditions including administrative tasks like scheduling, billing, and insurance claims using technology like electronic health records, tele-medicine, and medical devices.

**C) Regulatory and Policy Frameworks:** All these are taken care under laws and regulations governing healthcare delivery, privacy, and security which are guided under organizations which give accreditation and certification ensuring quality and standards. The complexity of healthcare systems also requires effective communication, collaboration, and coordination among stakeholders to deliver high-quality, patient-centered care which involves financial and economic factors cost containment which are needed for managing healthcare costs and expenses which are usually reimbursement models like fee-for-service, value-based care, and other payment structures which are usually decided by the:

**a) Technological Advancements.** All that is involved in Innovation of Treatments using new medications, devices, and therapies using components like digital Health and tele-medicine or mobile health applications.

**b) Patient-Centered Care.** All these are done to bring more patient centric care by personalized medicine trying tailoring care to individual needs and preferences.

**c) Shared Decision-Making.** Medicine is best practiced by collaborative decision-making between patients and healthcare providers.

### **Difficulty in creating harmony in the healthcare arena**

Creating harmony in the healthcare arena between ethics and morality can be challenging due to the inter linking of all these various components and even more complex mind over body (Seedhouse, 2008).

**Stress and Anxiety:** When it comes to medical decision-making, the mind can significantly influence the body in several ways as high levels of stress and anxiety can impact decision-making, leading to impulsive or irrational choices. Chronic stress can impact physical health or internal systems like the immune system. Individuals' perception of risk can influence their medical decisions, sometimes leading to avoidance or delay of necessary treatments.

**Emotional Biases:** Emotions such as fear, hope, or denial can influence medical decisions, sometimes leading to choices that may not be in the best interest of the patient's health. Personal values and preferences play a significant role in medical decision-making, particularly in situations where there are multiple treatment options.

**Cognitive Biases:** Biases such as confirmation bias or anchoring bias can affect how individuals process and interpret medical information. The mind's expectation of a treatment's effectiveness can influence the body's response, leading to improved outcomes. Conversely, negative expectations can lead to adverse outcomes. The way individuals process and interpret medical information can impact their decisions, highlighting the importance of clear communication and shared decision-making.

**Complex decision-making:** Balancing patient autonomy, beneficence, non-maleficence, and justice.

**Interdisciplinary Collaboration:** Healthcare involves multiple disciplines, each with its own perspectives and priorities, making collaboration and harmony challenging. Healthcare professionals, patients, and families may hold different moral and ethical beliefs. Patients, providers, payers, and policymakers often have different interests and priorities, which can create tension and conflict. Integrating

new technologies, such as AI and genetic editing, raises ethical concerns. Allocating limited resources while ensuring fairness and equity. This diversity of thoughts can lead to:

**Misunderstandings-disagreements:** Different perspectives and experiences can cause miscommunications and misunderstandings. Even with understanding, individuals may hold differing opinions and beliefs, leading to disagreements (Lee and Lin, 2009). Being aware of these makes you:

- Plays a crucial role in shaping the delivery of healthcare.
- Defining the relationship between healthcare professionals and patients.
- Moral compass that guides healthcare providers.
- Maintaining trust, and upholding the values of compassion, respect, and justice.
- Advancing medical technologies and complex ethical dilemmas

Ever-evolving landscape of healthcare, ethical considerations are becoming increasingly complex due to factors such as technological advancements, limited resources, and cultural diversity. Providing patients and service users with comprehensive and accessible information is a key aspect of empowerment. This includes information about their condition, treatment options, and available support services. By equipping individuals with the knowledge they need, healthcare professionals can empower them to make informed decisions about their care.

*Addressing these multifaceted challenges while ensuring that the paramount principle of patient welfare remains at the forefront is the nuanced art that we must endeavor to comprehend. A multitude of daily medical concerns or issues present complexities and challenges, compounded by various intricate considerations that warrant attention.*

### **Beginning of life**

Abortion is a complex and controversial topic, raising significant ethical challenges. Some of the pivotal issues encompass the

right to life, as the discourse surrounding the commencement of life and the inherent rights of a fetus continue to intensify in light of contemporary perspectives. The question of when human life begins and whether it has inherent value, a woman's right to control her own body and make decisions about her health and well-being interspersed with diverse perspectives on the morality of abortion, often rooted in religious, cultural, or personal beliefs. Concerns about the physical and mental health risks associated with abortion, as well as access to safe and legal abortion services. Women's right to control their own bodies and make decisions about their health. The potential rights and interests of the fetus, and how they balance against those of the mother. The impact of abortion on individuals, families, and society, including issues of poverty, education, and social support. These challenges highlight the need for nuanced and respectful discussions about abortion, acknowledging the complexity of the issue and the diversity of perspectives. Balancing health-care providers' right to refuse participation in abortion procedures with patients' access to care. Ensuring that patients have accurate information and support to make informed decisions about abortion. Focusing on the character and moral virtues of individuals is involved in the decision-making process. Providing empathetic and non-judgmental care to patients is the key in navigating abortion decisions.

### **IVF - Designer and precious babies**

IVF (In Vitro Fertilization) has revolutionized reproductive medicine, enabling individuals and couples to conceive. However, the concept of "designer babies" raises complex questions. Some IVF techniques allow for genetic testing and selection of embryos, potentially enabling parents to choose traits like sex, eye color, or disease resistance. Ethical considerations revolve around the potential implications of genetic enhancement, particularly the selection of traits for non-medical purposes, such as intelligence or physical appearance. Inequality and access to genetic technologies may exacerbate social and economic disparities, placing undue pressure on children to fulfill parental expectations, thereby potentially

compromising their well-being. Many parents consider their children precious and valuable, regardless of how they were conceived. Some may view genetic selection as a means to create a 'perfect' or 'precious' child (Davis, 2010).

The convergence of in vitro fertilization (IVF), genetic selection, and societal values prompts critical inquiries regarding the equilibrium between individual reproductive autonomy and collective societal concerns, ensuring that technological advancements are used responsibly and ethically. It is imperative to ensure that technological advancements are harnessed responsibly and ethically. Concerns regarding the exploitation of surrogate mothers, particularly within the context of commercial arrangements, have surfaced prominently. It is imperative to ensure equitable compensation and informed consent for surrogates. Furthermore, the formulation and enforcement of rigorous regulations are imperative to ensure the safe and judicious application of Assisted Reproductive Technology (ART). Assessing the comprehensive benefits and detriments of ART. Focusing on the character and ethical virtues of individuals engaged in Assisted Reproductive Technology (ART), the ethical dilemmas surrounding artificial reproduction are intricate and multifaceted, necessitating meticulous contemplation of diverse perspectives and values.

### **Prenatal evaluations - Abortions and interventions**

Prenatal evaluations possess the capacity to discern fetal abnormalities or concerns, thereby necessitating intricate deliberations regarding the potential termination of the pregnancy due to grave fetal anomalies or risks to the mother's health, as well as medical or surgical interventions aimed at enhancing fetal outcomes or managing complications. Employing advanced imaging techniques to detect structural abnormalities, alongside screening for chromosomal or genetic disorders, is essential, in addition to the vigilant monitoring of fetal well-being and maternal health. These decisions necessitate meticulous contemplation regarding the potential for the fetus to not only survive but also to flourish. It is imperative to weigh the risks and advantages to the mother's

physical and emotional well-being. Thus, honoring the autonomy and decision-making capabilities of parents. Collaboration among healthcare providers, genetic counselors, and other specialists is paramount. Ensuring that parents comprehend the associated risks, benefits, and available options is essential. Additionally, providing emotional support and counseling for parents is crucial.

### **Defensive medicine - Legal issues**

Defensive medicine pertains to medical practices motivated by the apprehension of legal repercussions, rather than purely clinical considerations. This phenomenon can culminate in the superfluous ordering of tests or procedures aimed at mitigating potential liabilities, ultimately resulting in the provision of excessive treatments in an endeavor to avert prospective litigation. There exists a tendency to eschew the treatment of patients deemed high-risk or litigious.

The legal complexities surrounding defensive medicine encompass apprehensions of being sued for negligence or mistakes, escalating costs, and the constrained availability of liability insurance. Compliance with the statutes and regulations governing medical practice further complicates this landscape. Defensive medicine can engender repercussions, such as superfluous tests and treatments that escalate healthcare costs. Excessive testing or intervention may result in adverse effects, while heightened liability apprehensions can exacerbate physician burnout. To mitigate these challenges, several potential solutions merit consideration, including the reform of statutes governing medical malpractice litigation, utilizing mediation or arbitration to amicably resolve disputes (Saks & Landsman, 2020). Additionally, promoting best practices and curtailing unnecessary variations in patient care may prove beneficial.

### **Treatment available but not accessible**

When treatment is available yet remains inaccessible, it may be attributable to a myriad of impediments, including financial constraints stemming from exorbitant costs, inadequate insurance coverage, or insufficient financial resources. Moreover, restricted

access to healthcare facilities or specialists in certain regions exacerbates disparities in care availability, influenced by socioeconomic status, educational attainment, or cultural background. Additionally, inequities within healthcare systems, policies, or practices further hinder access to essential care. These barriers can result in postponed treatment, as patients may not receive timely care, thereby exacerbating their conditions. Limited access to treatment can culminate in sub-optimal health outcomes. Insufficient access to care may contribute to elevated mortality rates (Adesuyi et al., 2025).

Emphasizing the delivery of high-quality, compassionate care through enhanced transparency—such as clearly disclosing costs, risks, and benefits—by developing innovative treatments, technologies, and care models can strike a harmonious balance between profitability and patient-centered care. By doing so, the medical industry can more effectively serve patients and communities.

When confronted with ethical dilemmas on a personal level, such as facing unplanned pregnancy while unmarried, or being compelled to pursue donor IVF due to your partner’s medical issues, one is met with profound moral considerations. Additionally, when a parent suffers from a chronic medical condition and relatives insist on prolonging life through mechanical ventilation or futile treatments, these scenarios present stark realities that warrant deep reflection. Despite the importance of respect and dignity in health and social care, there are challenges that can hinder its implementation. These challenges may include time constraints, resource limitations, and systemic issues within healthcare organizations. Addressing these barriers requires a commitment to continuous improvement and innovation. By doing so we get opportunities to strengthen partnerships between healthcare providers, individuals, and communities. By working together, stakeholders can co-create solutions that address the unique needs and preferences of individuals, fostering a more respectful and person-centred care.

### **Practicing medicine isn’t always clear-cut**

Carve out time for pursuits that ignite your passion to culti-

vate harmony; healthcare professionals can engage in candid dialogue to deliberate on ethical dilemmas and moral quandaries with colleagues, patients, and families. When you nurture empathy and understanding, you embrace diverse perspectives and values by incessantly educating yourself on the evolving ethical issues and legal frameworks. By prioritizing patient-centered care and concentrating on the needs, values, and preferences of patients, you foster a more compassionate healthcare environment.

One must engage in introspection to discern the ethical dilemma and its fundamental components. Gather pertinent facts and context. Evaluate and contemplate by reflecting on your core values and principles. Consider the potential ramifications of varying courses of action after conferring with trusted individuals or experts. Decision-making should ensue after meticulously weighing options and assessing the advantages and disadvantages of each conceivable course of action, ultimately selecting the path that resonates with your values and principles (Schneider, 1998)<sup>9</sup>. Upon making your choice, execute your decision and accept responsibility for the outcome. Subsequently, reflect on the results and appraise the consequences of your decision, drawing lessons from the experience.

Respecting cultural diversity is another critical component of respect in health and social care. Individuals come from diverse backgrounds, each with unique cultural beliefs, practices, and values. Healthcare providers must be culturally sensitive and inclusive, ensuring that care is tailored to meet the specific needs of individuals from different cultural backgrounds. Dignity and respect are vital in health and social care because they promote trust, improve the quality of care, foster open communication, and support the individual's sense of worth and autonomy. This ethical approach enhances the patient-provider relationship, encourages patient engagement, and leads to better health outcomes by affirming the person's inherent value and right to be treated as a whole, capable individual, regardless of their condition.

### **Why dignity and respect are essential**

***Builds Trust:*** Treating individuals with dignity and respect cre-

ates a strong foundation of trust between caregivers and service users, which is essential for effective care.

**Improves Care Quality:** When people feel respected, they are more likely to communicate openly about their concerns and cooperate with treatment plans, leading to more effective and person-centered care.

**Promotes Autonomy:** A dignity-in-care approach recognizes a person's right to make choices about their own life and care, empowering them to retain a sense of control and independence.

**Enhances Well-being:** Providing care with respect helps maintain a person's sense of self-worth and integrity, reducing anxiety and promoting their overall happiness and fulfillment.

**Fulfills Ethical Obligations:** Upholding dignity is a fundamental principle of health and social care, ensuring that individuals are valued for who they are, not just for their illness or condition.

**Encourages Participation:** Individuals who feel respected are more likely to be active participants in their care, which can lead to better health outcomes and a more positive experience within the healthcare system.

**Recognizes Universal Value:** Dignity is a universal human concept, and its application in care signifies the acknowledgment of a person's inherent value and their right to be treated with honor and respect.

Respect is a cornerstone principle that underpins the delivery of compassionate and effective services. It is a multifaceted concept that encompasses recognising the inherent dignity, rights, and autonomy of individuals receiving care. Respect in this context is not merely a passive acknowledgment but an active engagement that shapes interactions, policies, and practices within the care sector. Understanding and implementing respect is crucial for fostering trust, promoting well-being, and ensuring equitable treatment for all individuals. By adeptly navigating these intricate complexities, healthcare professionals can endeavor to cultivate a harmonious equilibrium between ethical principles and moral imperatives, ultimately delivering compassionate and dignified care. Never hesitate to:

1. Seek assistance: Reach out to acquaintances, family members, or professionals for guidance and support.
2. Prioritize self-care: Attend to your physical and emotional well-being during arduous times.
3. Embrace personal growth: Acknowledge that confronting ethical dilemmas can present a valuable opportunity for personal evolution and development.

By adopting these approaches, individuals can work towards building stronger relationships and fostering a more harmonious and inclusive society. The Healthcare arena, in common with every other segment of society has found it necessary to find ways to create understanding and agreement. Empowering individuals to make choices about their care fosters a sense of control and self-determination, which is essential for their overall well-being. It is important for healthcare providers to listen actively to the concerns and preferences of individuals and to respect their decisions, even when they differ from professional recommendations.

Asking for help is indeed a sign of strength, not weakness. It takes courage and self-awareness to recognize when we need assistance and to seek it out. Be willing to consider different perspectives and ideas. Approach challenges with a curious and open-minded attitude. View failures and setbacks as opportunities for growth and learning. By embracing the idea that asking for help is a sign of strength, we can build stronger relationships, learn and grow, and navigate challenges more effectively. Building trust requires consistency in respectful behavior, transparency in communication, and a genuine commitment to the well-being of individuals. Healthcare providers must demonstrate reliability, competence, and integrity in their interactions, ensuring that individuals feel safe and supported throughout their care journey.

Respect is a foundational principle in health and social care, essential for delivering compassionate, effective, and equitable services. Despite challenges, there are numerous opportunities to strengthen respect in care delivery, ultimately improving the well-being and satisfaction of individuals receiving care.

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