

Tension Faced By Doctors Between Professional Ethics And Institutional Demands

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Abstract

Ethical standards are the underpinning of medical practice and practising it is considered to be devotional. 21st century marks the oppressed period for health practitioners as many of them face challenges in day-to-day practice. And as a result, these doctors are facing tension against the ill treatment towards them. These days, health practitioners face threat from many strata of individuals asking them to modify or even change certain data so as to benefit the said person. Such unethical practices have made the public lose trust in them. In order to overcome such issues, the health care professionals need to be given ample amount of rest period so as to relax their body and mind through strategic approach. Along with this, proper government rules should be passed in order to stop such deceitful practices with no loopholes available. The management of stress shall drastically decrease with the above two measure along with which good leadership skills and strategic interventions are needed for the same. The managerial tools shall be taken into consideration by various doctors and thereby channelize them into making good. This review mainly focuses on the effectiveness of measures implemented to reduce tension and how to endure it.

Key words: Tension, doctors, ethics, institutional demands

Introduction

Practice of medicine is something which requires skill and knowledge. Medicine is a field where there should be no bias based on the treatment given to a patient with respect to political, legal or materialistic influence.⁽¹⁾ The Hippocratic Oath, which goes by to do no harm to the patient at any stage from in-utero to natural death has now become irrelevant as the profession itself has lost its nobility and thus proves to be an utter business. The practice of medicine and how it is perceived by different strata of societies have procreated into a significant literature discussion where it has been portrayed as a professional cohesion [rather] than for its content.⁽²⁾

The Legal Contract, Competence, and Clinical Practice

Medical profession is wholly patient centered which takes into consideration the patient's welfare and autonomy and social justice which are a set of three principles put forth by a collection of American and European physicians and internists. The values that establish a liege doctor incorporate integrity, compassion, altruism, continuous improvement, excellence and working in partnership with wider healthcare teams. But these values are to be masked when working in a corporate hospital as these systems are money centered and focus only on high revenue generation rather than patient

comfort and medical ethics. The irregularity in medical and paramedical professionalism are on an upsurge with India having doctor to patient ratio in India being 1:25.⁽³⁾

Proper treatment methodology can be achieved only through proper infrastructure with desired instruments, water supply, electricity, and adequate staff to keep it going. Government or Public hospitals face this challenge of inadequate foundation where the doctors and paramedics work round the clock and achieve nothing but back aches, anxiety and mental stress. The state of Indian hospitals is far from satisfactory when it comes to Primary Health Centers where not just quality is compromised, increased patient load makes it look more like a marketplace than a hospital.⁽⁴⁾

Medical inspection by administrative organisations promising license permits puts the hospitals and its authorities in a difficult situation like the "Damocles' sword." For such inspection to happen satisfactorily, the teachers and other staffs are asked to do administrative jobs including misstating the entries, showing an increased workload etc.⁽⁵⁾

Effects of stress on productivity and health

The risk and stress faced by the doctors while working on a human body cannot be compared to none. This in turn, affects

the performance by the doctor and can lead to medical errors. Stress has been associated with high triglycerides, uric acid and lipid profile levels and are also a contributing factor towards insomnia, tiredness. Thus, physician wellness should be an indicator towards the patient treatment outcomes and thereby conducive to customary functioning of health care systems. ⁽⁶⁾ Medical profession faces a leadership crisis which is governed by lack of management skills during the training program during the course of study. ⁽⁷⁾

Discussion

Coping strategies for healthcare professionals

Coping up with tension can be ameliorated by a multi dimensional approach called as psychological resilience wherein the physicians have the ability to come back to the pre-crisis state quickly. Health professionals having the ability to resort to physical fitness measures, practicing yoga and meditation thereby enhancing the resilience are shown to have less health hazards. In a study conducted by Patrick et al. a holistic approach should be considered in reducing physician burnout. ^(8,9)

Compliance problems at the institutional level and therefore lowering physician stress

For rural areas, accessibility to the health care centers should be increased followed by the fulfillment of staff vacancies. For Public hospitals, government doctors who are practising after their routine hours at the hospitals (private practice) should be banned to ensure full dedication and devotion towards their profession. Appropriate infrastructure installation which includes increasing the no. of beds, proper water supply and electricity, adequate staff, ensuring hygiene etc. should be taken care of. ⁽⁴⁾

Conclusion

Physicians have been trained through thick and thin to meet the patient's needs sacrificing their leisure time, their health etc. But, doing so, will not improve the efficacy, but will cause burnout in them and thereby causing emotional distress. Thus all doctors should chart a proper career pathway keeping up the integrity, dignity, professionalism and gratitude.

There is no such shortcut formula for a happy life. All of us have to deal with stressful life situations in one or the other way. Being doctors we have an additional responsibility in providing proper care and safety to the patients, setting an example by cultivating habits like rejuvenation, self-contemplation and by sharing a good patient- doctor relationship.

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