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WHAT ARE ETHICS AND DEONTOLOGY IN MEDICAL PRACTICE?

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Abstract. In this article, the author examines medical ethics and medical deontology, the moral, cultural, and spiritual potential of a physician, and also focuses on examples of communication between a doctor and others, including the patient and their relatives.

Keywords: medical ethics, moral, cultural and spiritual potential, communication, medical deontology.

TIBBIY FAOLIYATDA ETIKA VA DEONTOLOGIYAYA NIMA?

Annotatsiya. Mazkur maqolada tibbiyotning bugungi kundagi holati, bemorning shifokorga e'tiqodi, bir shifokor faoliyatida kuzatilgan bemor va shifokor muloqoti, anamnez to'plash vaqtida bemor holati, shifokorga bo'lgan ishonch, ko'ruv usullari to'g'risida ma'lumot berilgan.

Kalit so'zlar: e'tiqod, ishonch, muloqot, anamnez, shifokor, faoliyat, ma'lumot.

ЧТО ТАКОЕ ЭТИКА И ДЕОНТОЛОГИЯ В МЕДИЦИНСКОЙ ДЕЯТЕЛЬНОСТИ?

Аннотация: В данной статье представлена информация о современном состоянии медицины, доверии пациента к врачу, особенностях общения между пациентом и врачом, наблюдавшихся в профессиональной деятельности одного из врачей, состоянии пациента во время сбора анамнеза, доверии к врачу, а также о методах обследования пациентов.

Ключевые слова: убеждённость, доверие, общение, анамнез, врач, деятельность, информация.

Medical Ethics is a branch of general ethics that examines the moral aspects of a physician's professional activity. It encompasses a set of ethical norms and rules of conduct, as well as a sense of duty, honor, conscience, and dignity that guide healthcare professionals. A physician's ethical conduct is reflected not only in the clinical or academic environment but also in everyday life, demonstrating the physician's culture, humaneness, and moral integrity. Its essence lies in the fact that it represents the external expression of a person's inner moral world.

Medical deontology describes the principles of conduct that guide healthcare professionals in reducing the consequences of inadequate medical care and achieving the maximum possible benefit from treatment.

Medical ethics (from the Greek *ethos*—custom, behavior, character), as a component of general ethics, examines a physician's conduct, professional culture, spiritual and moral qualities, professional responsibilities, and sense of conscience.

Compliance with the general principles of medical ethics and deontology should be integrated with the specific responsibilities associated with a physician's position. The medical profession is inherently based on teamwork. Effective healthcare delivery involves the interaction and interdependence of physicians from different specialties, as they share common goals and responsibilities. The primary objectives of any medical group, team, or healthcare institution are to preserve human life, prevent disease, restore health, and alleviate suffering in cases of incurable illness. Every physician should systematically perform their professional duties, understand patients, and devote their knowledge, skills, and professional competence to their treatment.

Deontology is an integral component of medical ethics and morality. It encompasses not only the actions of a physician during treatment but also the physician's attitude toward patients, the obligation to maintain professional confidentiality, the preservation of a high level of professional competence, and the continuous improvement and application of professional knowledge and skills.

Principles of Medical Ethics

Ethical principles form the foundation of medical practice. They establish the standards and norms governing the professional conduct of healthcare workers.

- **Provision of medical care.** A physician is obliged to provide medical assistance to anyone who needs it, regardless of social origin, race, religion, or other personal characteristics. Refusal to provide emergency medical assistance is unacceptable and is contrary to professional ethics.
- **Professional competence.** Healthcare professionals must continuously develop and apply their knowledge and skills, maintain competence within their field, and comply with the legal and regulatory requirements of the healthcare system.
- **Discipline and professional hierarchy.** Healthcare workers in subordinate positions should respect the authority of senior personnel, while all employees are required to follow established rules, procedures, and professional protocols.
- **The principle of "do no harm."** Medical interventions should be directed toward the patient's benefit, and the risks associated with treatment should not exceed the expected therapeutic benefits. Physicians should avoid actions that may unnecessarily harm the patient's physical or psychological well-being.
- **Respect for the patient.** Rudeness, inhumane treatment, and an attitude of superiority toward patients are unacceptable. The individual characteristics of each patient should be taken into account, and patients should be treated with understanding, empathy, and respect.
- **Selflessness and dedication.** This principle implies that healthcare professionals should place the patient's health and life above their own personal interests.
- **Respect for colleagues.** Joint discussion of difficult clinical situations, consultation with colleagues, and collective decision-making can improve the quality of diagnosis and treatment.
- **Medical confidentiality.** Healthcare professionals are obliged to maintain the confidentiality of information obtained from patients.

Compliance with these fundamental ethical principles, which constitute an essential part of a physician's professional practice, contributes to the development of a trusting relationship between the physician and the patient. The relationship between healthcare professionals and patients should be based on trust, respect, and mutual responsibility. Adherence to ethical and deontological principles provides the foundation for maintaining such relationships.

Principles of the Physician–Patient Relationship

The following principles are particularly important in the relationship between physicians and patients:

- **Provision of information.** Patients have the right to receive complete and reliable information about their health condition, the suspected or established diagnosis, prognosis, and available treatment options. Such information should be communicated clearly and understandably, avoiding unnecessarily complex medical terminology.
- **Participation in treatment planning.** Patients should participate in decisions concerning their treatment. Their opinions, preferences, and expectations are important, even when they differ from those of the physician. The patient's right to refuse treatment should also be respected.
- **Relief of pain and suffering.** Respecting the patient's right to relief from pain and discomfort is a professional duty of the physician. Healthcare professionals should use available modern medical methods and resources to alleviate the patient's suffering.
- **Non-discrimination.** Discrimination in the provision of medical care on the basis of race, age, sex, religious beliefs, social origin, or other characteristics is unacceptable.

Relationship Between Healthcare Professionals and Patients' Relatives

The relationship between healthcare professionals and patients' relatives is an important factor in the process of treatment and care. Therefore, healthcare professionals should observe the following principles when communicating with patients' family members:

- **Self-control and emotional stability.** Healthcare professionals should remain calm, tactful, and avoid conflicts. Even when patients' relatives are highly emotional, physicians and other healthcare workers should maintain self-control and professional composure.
- **Communication within the scope of professional competence.** Healthcare professionals should not provide speculative diagnoses or recommend treatment options outside their professional responsibilities. Questions concerning the patient's health, diagnosis, and treatment should be referred to the attending physician.
- **Explanation of care procedures.** Healthcare professionals should clearly and understandably explain to patients' relatives the principles of patient care and, when necessary, demonstrate appropriate procedures and techniques.
- **Readiness to answer questions.** Patients' relatives often need information about the patient as well as emotional support. Therefore, healthcare professionals should allocate sufficient time to answer their questions and provide appropriate explanations.

Medical ethics and deontology are closely related concepts that establish the ethical framework for the professional activities of healthcare workers. Understanding and adhering to these principles is an important prerequisite for the provision of high-quality and safe medical care and contributes to the development of a positive image of physicians in society.

Professional Speech of the Physician

The primary form of a physician's professional oral communication is **dialogue**. A professional dialogue can be defined as a form of communication in which at least one participant uses language for professional purposes and which takes place in a formal professional environment. This distinguishes it from ordinary conversation and informal speech.

Professional dialogue differs from everyday conversational speech primarily in the selection of linguistic means. In addition, professional dialogue is generally characterized by a certain degree of preparation, including the subject matter, structure, and, in some cases, specific linguistic expressions.

The course of a dialogue is influenced by various situational factors, including the topic, the level of preparation, and the emotional state of the participants. Particular attention is given to professional precision and clarity of speech. At the same time, professional dialogue may contain spontaneous particles, incomplete word combinations, elliptical sentences, loosely coordinated constructions, and additional structures, which may bring it closer to conversational speech. However, the formal nature of communication, stability of the subject matter, standardized communication environment, and the professional competence of at least one participant distinguish professional dialogue from ordinary conversation.

Medical Deontology and Professional Responsibility

Medical deontology includes the physician's obligation to maintain confidentiality, responsibility for the patient's life and health, professional relationships among healthcare workers, and other aspects of professional conduct. In accordance with the principles of medical deontology, healthcare professionals should give patients adequate attention and devote their knowledge and professional abilities to restoring their health or alleviating their suffering. Physicians should provide patients with information about their health in a manner that is beneficial and psychologically appropriate and should establish a relationship of trust in which patients feel comfortable communicating openly with their physicians.

Discussing a patient's illness with colleagues in the patient's presence is inappropriate.

The proper implementation of medical deontology in clinical practice is closely associated with the physician's professional awareness, level of education, culture, worldview, knowledge, and the social environment in which they live and work. Deontological relationships have varied across different historical periods and have evolved in accordance with the requirements and values of each era.

The great physician and scholar **Avicenna (Ibn Sina)** is traditionally quoted as saying toward the end of his life: *"As I leave this life, I have become convinced that I have acquired very little knowledge in the field of science."* Today, there are physicians who claim, "I can cure this disease" or "I can eliminate that illness." A knowledgeable and competent physician does not need to seek patients; patients themselves seek out such a physician. A physician should never boast about their professional abilities in front of patients, as this may undermine their reputation. As the number of patients who recover under a physician's care increases, the physician's professional reputation naturally grows. This is particularly true when a physician successfully treats patients

who have previously consulted many doctors, received inpatient treatment, and yet failed to obtain satisfactory results.

The attending physician should not conceal their professional assessment of the possible course of a disease from the patient or the patient's relatives. At the same time, the physician should avoid making definitive statements about an unfavorable outcome. Patients and their relatives should be informed about the condition with the utmost respect, and the physician should explain the possible clinical scenarios and, when necessary, provide appropriate guidance and advice. At the same time, physicians should always strive to preserve and provide a sense of hope to patients and their relatives.

Ibn Sina and the Continuous Development of Medical Knowledge

Ibn Sina emphasized the importance of enriching theoretical knowledge through direct observation and treatment of patients. He wrote:

"While studying medicine, I continuously observed patients. As a result, I developed methods of treatment that had not yet been described in books and applied them in practice."

By the age of sixteen, Ibn Sina had acquired extensive knowledge of both theoretical and practical medicine and had become renowned not only in Bukhara but throughout the Eastern world. According to historical accounts, the fundamental reason for Ibn Sina's exceptional intellectual achievements was his continuous dedication to self-education and learning.

Ibn Sina wrote:

"At night, I remained awake, devoting myself entirely to the acquisition of knowledge. I studied dialectics, mathematics, and physics until I had mastered them to the extent accessible to human intellect. I then turned to Aristotle's work, ***Metaphysics****. Although I read it many times, I could not understand its essence. One day, while walking through the streets of Bukhara, I came across a commentary on this book written by Al-Farabi."*

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