

# Nursing Ethics

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**INTRODUCTION**

Since 1989, our entire society has undergone a number of changes in private and public life. The health sector has not been spared extensive changes either. This is closely related to medical progress, which is moving forward literally by leaps and bounds. In connection with the transformation of the Czech health care system the emergence of private health care providers, the view of the patient as such has also changed. It is no longer just a medical object, but it is necessary to look at it as a whole, the question of access to the patient comes to the fore much more. The issue of ethics in healthcare and adherence to an ethical approach to patients is also coming to the fore.

## 1 NURSING ETHICS

As a completely independent field, nursing has its own theoretical and clinical base. In part of its mission, it is independent of other medical fields. However, it is an integral part of the health and social care system. The largest professional part of the nursing field consists of general nurses. Nursing ethics focuses primarily on the nursing profession, which over many years of development has achieved an independent position alongside the medical profession.

### 1.1 Focus of Nursing Ethics and Nurse Position

Nursing ethics is focused on the nurse's relationship and attitude to the patient. It manifests itself in all professional performances, both verbally and non-verbally. It is very closely related to the moral aspects of behavior, important are manifestations of interpersonal patience, sympathy, empathy, kindness, and other positive emotions. An equally important part of nursing ethics are collegial relationships. On the one hand, the behavior of nurses among themselves, but also towards other health professions, including doctors. It is precisely interpersonal relationships that shape the working atmosphere and thus increase the motivation and, above all, the performance of healthcare workers. The most important role of a nurse is that of nursing. To properly educate patients, they must also be able to communicate well. Communication is an important aspect in the formation of relationships in the workplace and also towards other health professions. (KUTNOHORSKÁ, 2007)

### 1.2 Tasks and objectives of nursing ethics

Nursing ethics has a variety of tasks. The most important ones that nursing ethics solves:

- a) It formulates the responsibilities and duties of a nurse, establishes the moral forms of the process. One of the objectives is to set legal norms.
- b) It explores aspects of the diverse relationships between nurses and patients. It formulates desirable interpersonal relationships.
- c) It analyzes situations complicated from the point of view of ethics, for which there is no unequivocal solution. He tries to find ways to approach them and looks for ways out.

These and other tasks of nursing ethics are very closely related to the goals. The goals of nursing ethics include:

- a) Striving to satisfy needs and thus ensure certain values. Nursing goals can only be achieved through systematic care. This care is carried out by qualified workers in the environment of a medical facility.
- b) Humanization of interpersonal relationships. In particular, the relationships between the nurse, the patient and his family. Relationships between nurses and other health professionals and doctors are also important.
- c) Understanding a person, understanding his fears and apprehensions. Directing actions and behavior in performances. (BUŽGOVÁ, 2008)

### **1.3 Communication and its ethical aspects**

A fundamental and fundamental ethical requirement for nurses and other healthcare professionals is to maintain respect and respect for the human dignity of the patient. It is necessary to respect the autonomy of the patient, in the activities that nurse performs, consider the patient's opinions and interests.

Listening to the patient is an important aspect of the ethical communication of the healthcare professional with the patient and vice versa. An essential element in communication with the patient is to have enough time for him. If the nurse does not have this time to communicate with the patient, the patient will sense a lack of interest on the part of the staff from the nursing activity. Thus, in nursing activities, communication has found its place and gained an important position. This is mainly because communication, by its very nature, is actually a constant exchange of information. Being able to communicate is a sign of professionalism of the staff, it greatly facilitates establishing contact with the patient, gaining his trust. When communicating, it is important to remember that each patient is different, whether in character, character, behavior and communication are great differences. It is necessary and for a professional it should not be a problem to be able to tune in to communication with these patients, not to underestimate or downplay his difficulties. It is important for a healthcare professional or doctor to be able to prevent conflicts. If a conflict has already occurred, it is necessary to be able to find a solution quickly, a consensus. Patients are varied, from non-conflicting to very conflictual.

An important element in the behavior of a health professional should be impartiality and the ability to find a fair solution. A healthcare professional should not only be responsible, able to bear the consequences for their decisions, but also be considerate of others, be kind or even friendly. (PTÁČEK, 2011)

## **1.4 Code of Ethics for Health Services**

The Code of Ethics for Nurses is a kind of standard for a nurse's dealings with patients, his family, a certain community or the general public. We consider the need for health care to be universal. The nurse takes professional responsibility for disease prevention, health care, improving the health of the sick and relieving pain. Values such as respect for human rights, preservation of dignity and respect for human life are inextricably linked to the nursing process.

A nurse does not provide care only to the individual, but often to whole families, society, and in doing so cooperates with other disciplines.

Healthcare needs to be provided regardless of skin colour, race, nationality, faith, age, gender, social status, or political attitudes. (BUŽGOVÁ, 2008)

### **1.4.1 Nurse and Nursing Practice**

The nurse assesses not only her qualifications, but also assesses the qualifications of the persons to whom she assigns tasks. She is responsible for the level of care provided and for improving her knowledge through lifelong learning. It is its duty to respect patient safety, human rights, and human dignity.

### **1.4.2 Nurse and her profession**

Only a small example of the duties of a nurse in this area is participation in education, implementation of professional nursing, development of professional knowledge, or maintaining working conditions in nursing.

### **1.4.3 Nurse and citizen**

The nurse is primarily responsible for patients who need nursing care. When providing nursing care, it respects the patient's individuality, faith and personal values. They try

to create conditions that respect these aspects. She is responsible for the quality of care provided and its continuous improvement, maintaining expertise. He keeps the patient's information and information about his personal circumstances very confidential. (IVANOVÁ, ŠPIRUDOVÁ, KUTNOHORSKÁ, 2005)

#### **1.4.4 Nurse and her co-workers**

The nurse works closely with other healthcare professionals to ensure the best possible nursing care. She is obliged to intervene if the patient's care is compromised by one of the co-workers or someone else. However, none of the codes of ethics say what to do if the helper cannot meet a requirement. When a healthcare professional feels embarrassed when in contact, for example, with a disfigured patient, or after a series of negative experiences, he acquires an aversion to a certain ethnic group. The helping profession should be able to perceive and accept its imperfection and, through self-reflection and supervision, work to improve the condition. (KOPŘIVA, 2006)

## CONCLUSION

Patients come to the medical institution with all sorts of difficulties and health complications. However, they always expect adequate access and care. From the position of healthcare professionals, it is problematic that each patient has different demands. However, this fact needs to be accepted and adapted by the medical staff. Nowadays, the issues of ethical principles in health care are given a lot of attention. Health care does not consist only in professional treatment methods. An important role is also played by the approach of the medical staff, which has a large share in the overall well-being of the patient. We also know from practice that a patient in psychological well-being can overcome his health problems more easily and quickly.

The application of codes of ethics to the Czech healthcare system has significantly helped to raise the level of care provided to patients. This has created a kind of standards that can serve as one of the criteria for assessing the level of care provided. And that's another way to improve health care.



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