

Medical Professionalism**Ibrahim A Ali^{*1}, Mazin. S. Abdalla², Ahmed T. Abdalla³, Omnia T. Abdalla⁴**¹Department of Physiology, Faculty of Medicine, The National Ribat University, Khartoum, Sudan²Department of Physiology, Faculty of Medicine, Napata College, Khartoum, Sudan³Medical Practitioner, Khartoum, Sudan⁴Dentistry Medical Practitioner, Khartoum, Sudan***Corresponding author***Dr. Ibrahim Abdelrhim Ali***Article History***Received: 16.11.2017**Accepted: 23.11.2017**Published: 30.11.2017***DOI:**

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Abstract: Medical professionals around the world are facing new challenges day in and day out. With the ever-growing advances, the ever-expanding populations and ever complicating life issues, doctors are expected to in their best order and shape at every snap shut of time. This review highlights the principles of medical professionalism. Literature search strategy included electronic database searches, internet searches, hand searching, ancestry searching and networking. The new aspects of medical professionalism are providing a framework within which doctor duties towards the patients are being met with the enhancement with doctor qualities. So much accentuation nowadays is made on patient's autonomy and confidentiality. In this review, these aspects of the professionalism are being discussed.

Keywords: Professionalism, Confidentiality, Autonomy

INTRODUCTION

American board of medical specialties defines the Medical professionalism as a set of convictions, the members of which (medical professionals) declare to each other and the community the shared competency standards and ethical values they disclose their commitment to keep them while performing their duties. They also keep with the expectations of the public and the patients [1].

Matveevskii *et al.* defines professionalism as ‘competencies in addition to the specific behaviors required to successfully performing in a certain specialty’ [2].

As professionals, health care providers are committed to improving the health and well-being of individuals and society through ethical base practice, and high personal standards of medical ethics and behavior [3].

Professionalism is essential at both the undergraduate and postgraduate levels of training. As a part of this, doctors, registrars and medical students have been suggested as being the ideal candidates for developing professionalism – forming the key teachers for medical students, role models, and being the process of becoming socialized as doctors [4].

The principles of good medical practice and the standards of competence care are expected of the medical workers in all aspects of their professional work.

It goes without saying that patients should be able to entrust their physicians to make decisions in their best interest when it comes to well-being. The medical professionals should strive to keep an elevated level of standard in the medical practice. This is accompanied by care and respect for the gift of life.

The candidate must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles and sensitivity to a diverse patient population. Candidates are expected to show the following:

1. Respect for others
2. Autonomy
3. Honesty and Integrity
4. Confidentiality
5. Justice
6. Compassion and Empathy

7. Responsibility and Duty
8. Reliability
9. Competence
10. Organizational Skills
11. Responsibility and Accountability
12. Patient-Centered medicine
13. Obligations to workplace and society
14. Leadership and teamwork
15. Communication and Collaboration
16. Quality Improvement and Continuing Education
17. Adaptability and improvisation
18. Self-care and self-awareness
19. Demonstrate respect, compassion, and integrity; a responsiveness to the needs of patients and society
20. Accountability to patients and society (Social Accountability)
21. Demonstrate a commitment to principles of medical ethics pertaining like confidentiality of patient information, informed consent, and autonomy
22. Demonstrate sensitivity and responsiveness to patients' culture, age, gender, and Disabilities

Respect for others

- Accept all people equally regardless of age, race, nationality, and place of origin, ethnicity, beliefs, religion, religious creed, and marital status, and family status, physical or mental disability.
- Treat every patient politely; regardless of nationality, religion, ethnic origin, gender or age.
- Respect patient's dignity and privacy.
- Never discriminate unfairly against your patients or colleagues and always be prepared to justify your action or otherwise admit your fault.

Autonomy

- Accept and promote patient autonomy in decision-making, and when the patient lacks capacity, consult with and appropriately take direction from designated surrogate decision-makers.
- Respect the patient's right to be fully involved in decisions about their care.
- The patient has the right to refuse or choose their treatment even lifesaving treatment. Components of the Autonomy are:
 - A. Competency for making decision about their selves.
 - B. Ability to make informed decisions about personal matters.
 - C. Freedom to make individual choices

Honesty and Integrity

Professionals demonstrate adherence to the highest standards of personal, professional and academic honesty and integrity

Confidentiality

Respect and protect confidential information.

Justice

Concerns with the fair distribution of health resources, and the decision of who gets what treatment (fairness and equality).

The profession in the medical field is obliged to encourage justice in the health care system, this includes, but not limited to, fairness in allocating health care resources. Physicians bear the ethical obligation to stand up to discrimination and prejudice in its different flavors (racial, gender discrimination, based_socioeconomic status, ethnicity, and religious) or any other social category.

Compassion and Empathy

Professionals demonstrate compassion and empathy for others and especially for patients, their families and support persons.

Demonstrate effective use of communication skills method like active listening, paraphrasing and clarification.

Responsibility and Duty

The medical professionals should acknowledge their duties to their patients, their obligation to the profession and society and more, they should accept the responsibilities that ensue from these duties.

Reliability

A burden rests on the shoulders of a professional, to seek and find a way to get the task done. Reliability is shown by the way a professional respond to people around him/her in a prompt fashion, keeping with made promises in a timely manner is not of lesser importance.

Competence

Medical professionals strive to become experts in their specialty, which makes distinguishable from others. This can be achieved through different means, taking courses, attending seminars and attaining any related medical professional designations.

Organizational Skills

A professional can quickly and easily find what is needed. Needless to say, that the work place should clean as well as organized, and carried briefcase should only be equipped for the professional activity.

Responsibility and Accountability

Professionals are accountable for their actions always. If you make a mistake, own up to it and try to fix it if possible. Don't try to place the blame on a colleague. If your company made the mistake, take responsibility and work to resolve the issue.

Patient-centered medicine

Patient-centered care incorporates being 'respectful and sensitive to a patient's culture, age, gender and disabilities [5].

Obligations to workplace and society

Professionalism has been described as 'medicine's contract with society' [6]. Where doctors are accountable not only to their patients and colleagues, but greater society [5]

As a part of this, doctors are called upon to 'participate in activities contributing to an improved community' [7].

Leadership and teamwork

Doctors must have trained their self in how they are working to get her in one team and accept, respect their colleagues

Communication and Collaboration

Communication for doctors may include appropriate patient-based referrals, effective communication with patients, patients' families and active listening

Quality Improvement and Continuing Education

In day-to-day work, quality improvement includes vigilance, maintaining complete medical records and practice with 'cognitive apprenticeship' – that is, deep learning with a problem-solving approach [5, 8].

Keep your professional knowledge and skills up to date.

Doctors are expected to be devoted a lifelong improvement in the quality of health care'. In keeping with this, doctors are expected to aim at expertise, with a mindset on 'lifelong dedication to learning and continuing professional improvement'. Taking into consideration the constantly expanding venue of medical knowledge, it is now pivotal for doctors to commit themselves the evidence-based medicine to reach decisions based on science, in order to improve the outcome for patients. One of vital obligations, which lie on doctors, is create venues for research and pave the way for novel knowledge

Self-care and self-awareness

The wellbeing of doctors not only benefits doctors but also their patients. Markakis refers to a study of second year medical students which concluded that 'students who had their psychological needs for learning met was in turn more supportive of their patients' psychological needs [9]. Indeed, studies have shown that the wellbeing of a doctor correlates to other professional attributes such as altruism [10].

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