Title

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**Outcomes of Patient Empowerment**

 While treating patients if there is some conflict between the interest of the nurse and the patient then it is the responsibility of the nurse to set aside the interest of his own for the benefit of the patient, but the nurse should make sure that the interests of the patients are not illegal and harmful for the patient. If the nurse has different values than the patient, then ethically they must respect the wishes of the patient. Nurses are committed to their patients and the concerns that they have. Nurses have the moral responsibility of enhancing the dignity and respect of every patient that they serve. They always try to respect the beliefs and opinions of patients even if they differ from their values and the healthcare department policy in such a way that they serve the interest of all but while doing so it should be kept in mind that the patients must not feel attacked that you are going against their values.

 There are many situations where patient empowerment creates an ethical dilemma for the healthcare provider. For example, if a patient has severe asthma then it is the nurse duty to tell him about the disadvantages of smoking on his health and also to encourage him about the benefits of healthy eating and healthy lifestyle but even if the patient is not ready to give up on his smoking habit then it can create problems for his health and at such times it is difficult to take care of the patient’s interest so it becomes tough to choose a middle way in such a way that the patient will not feel attacked (McAllister, Dunn, Payne, Davies, & Todd, 2012).

 Although it is important that patients must receive the required care to improve their health and should have the freedom to make their personal choices if those are not harmful for others so there is an ethical consensus that capable individuals can accept or refuse treatment. However, for incompetent patients who refuse to get treatment, interventions must be made based on their previous listed wishes, for instance, their help for a proxy and on their real best wishes or even the combination of both. Therefore, in such situation capacity assessment plays an important role because by using this the nurses will be able to evaluate the competency of the patient and to decide that what they should do when a patient refuses any positive treatment (Hurst, 2004).

 Patient empowerment is not always the answer, and sometimes it creates hurdles in the treatment when the patient unnecessarily refuses to get treatment at that time just because of not offending the patient the healthcare providers are bound to whatever the patient says, and it becomes difficult to provide the required care. So there must be a limit to patient empowerment because in the state of disease they cannot make wise decisions so by limiting it the doctors can treat them efficiently.

**References**

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