Ethics in Health Care

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Ethics is based on the established standards of right and wrong which set that what humans need to do regarding rights, responsibilities, wellbeing of other human beings, impartiality or other certain features. Moreover, it gives guidelines to live properly. Likewise, ethics also play an essential role in the medical field. Ethics in healthcare deals with issues regarding research, resource distribution, treatment, and patient rights. Similarly, ethics secure human life and lay foundations that push people to behave well (Holmes, 2016).

Ethics is a requirement for human beings. It is a means to direct human action, and without ethics, actions would be unplanned and lost. It helps to properly organize goals and actions to accomplish the most preferred standards. At the same time, "Ethical Fitness" means the responsiveness, development, and behavior of a person which assists to do the "harder right" even under enormous pressure (Dyson, 2002). Being ethically fit means to never violate the ethical standards at difficult times in any field and ethical fitness keeps a person aware of ethical problems.

Moreover, the article also informs about few of the ethical theories like utilitarian theories, natural law, and Kant's Deontological theory. Every theory has its own perspective regarding the concept of ethics. However, Utilitarianism has a goal of greatest happiness, and it justifies any action to achieve this goal. Somehow, it violates the moralities defined by the religion, and it brings biases. After going through all those theories, Kent' Deontological seems relevant to me. It is because it seems realistic that there are some acts which are even if they are achieving admirable goals. There are possibilities that an act can be morally bad regardless of the favorable outcomes. Therefore, it is important for individuals to follow the rules which are already defining rights and wrongs.

Kant's theory informs about the reasonable rules which guide and prevent specific actions which are morally undesirable. At the same time, all those reasonable rules are independent of personal desires and intentions. Hence, all my moral decisions are based on all those rules and laws which are already set.

**References**

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