311 W7 Discussion Response

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I am agreed to your opinion that the “seven alternatives” is kind of joke. It does not reflect professionalism from any angle. For instance, diffidence-based medicine alternative claims that the doctor should do something to save his pride. He should not feel guilty for doing nothing (Isaacs & Fitzgerald, 2001). It means that the doctor is giving priority to himself rather than his work where patients and their health should be the doctor's or nurse's first priority. In this field, numbers of occasions come when nurses have to control their personal thoughts or emotions for better decision. This is why I found your point correct that healthcare decisions should be based on evidence-based practice. It helps to learn different techniques and to experience different situations for decision making professionally (“Importance of Ethics in Nursing | LSUA Online,” n.d.). You are also right on the point that time changes practices but definitely, it does not affect our skills. New practice comes with more benefits but the old practices also help us on different occasions. Experience is the most important thing in our profession, therefore, every situation whether good or bad support us to learn something new which we can use in the future. The comparison with other professionals was significant to understand the seriousness of the work. We can make someone's life better by analyzing our decisions.

**References**

Importance of Ethics in Nursing | LSUA Online. (n.d.). Retrieved July 3, 2019, from Louisiana State University of Alexandria Online website: https://online.lsua.edu/articles/healthcare/importance-of-ethics-in-nursing.aspx

Isaacs, D., & Fitzgerald, D. (2001). Seven Alternatives to Evidence-Based Medicine. *The Oncologist*, *6*(4), 390–391. https://doi.org/10.1634/theoncologist.6-4-390