



Enhancing patient autonomy through informed consent in contemporary healthcare

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Background and objective

- The healthcare decision-making process is becoming increasingly important as medical technology advances rapidly and society places greater emphasis on personal autonomy and decision-making.
- The study investigates the use and challenges of informed consent in contemporary medical practice.
- The importance of respecting patients' autonomy cannot be overstated.
- This research aims to improve the implementation of informed consent processes to ensure that patients have well-informed medical decisions, foster a harmonious doctor-patient relationship, and protect patients' rights

Methods

- This research examines how informed consent is applied in clinical settings, using a comprehensive literature review and detailed clinical case studies.
- The literature review focuses on important legal frameworks, medical ethics, and the theoretical foundations of informed consent. Afterwards, clinical case studies were used to examine the emotional reactions and perceptions of patients and their families regarding the informed consent process in healthcare decision-making.
- This study emphasizes the vital importance of healthcare professionals' effective communication and emotional support in reducing psychological stress faced by patients, which in turn enhances their understanding and involvement. The study's objective is to identify and propose strategies that improve the informed consent process, improving patients' comprehension and decision-making abilities

Results

- Despite the efforts of healthcare professionals to give complete medical information, patients and their families can experience significant psychological stress when discussing treatment options, especially in the context of critical medical decisions, according to research findings
- This stress has the potential to negatively affect the patients' ability to make informed decisions. The importance of improving emotional support, ensuring effective professional communication, and strengthening the trusting relationship between patients and doctors is essential.
- By using these measures, patients and their families can reduce anxiety and make well-informed decisions based on a comprehensive understanding of the relevant information.

Conclusions

- The importance of informed consent in healthcare practice lies in safeguarding patients' rights and improving the doctor-patient relationship.
- Healthcare professionals are responsible for providing comprehensive medical information while also taking care of their patients' emotional needs.
- Through effective communication and emotional support, professionals can improve patients' understanding of medical procedures and actively involve them in decision-making. This method ensures that patients are fully informed about the implications of their treatment choices before making well-informed decisions about their healthcare options.