

The code of ethics is based on six principles, autonomy, beneficence, nonmaleficence, fidelity, justice and veracity. These principles ensure patients rights. Autonomy allows for patients to have the right to make their own choices based on their health and healthcare treatments. Beneficence is doing right by a patient and what has the best interest in a patient. Nonmaleficence is the duty to “prevent or avoid doing harm whether it is intentional or unintentional” (Zerwekh & Zerwekh-Garneau, 2022). The next principle is fidelity, which is to stick to what you say or promises. Next is justice, this is the duty to “treat all patients fairly, regarding age, socioeconomic status or other variable” (Zerwekh & Zerwekh-Garneau, 2022). Lastly is veracity, which is to always tell the truth (Zerwekh & Zerwekh-Garneau, 2022).

Out of all the code of ethics and the principles, autonomy really sticks out to me. I have personally experienced many times where this line has been blurred, mostly by family and friends of the patient, but it is our job as nurses and healthcare workers to promote autonomy and make sure we are doing what the patient wants and is asking. This line can also be blurred by the condition of a patient, are they alert and oriented to be able to make their own decisions of their healthcare, and are we able to promote independence in ADL and plan of care for the patient. When it comes to autonomy, it is definitely important to evaluate the situation, discuss the care with patients and loved ones, talk about expectations, code status, personal decisions and patient wishes (Zerwekh & Zerwekh-Garneau, 2022). putting all the personal morals aside and allow the patient to make their own decisions, even if it goes against something you may believe in.

Two of the most controversial and talked about topics that fall under autonomy and maybe even a few other of the code of ethic principles is abortion and assisted suicide. Both of these topics have been voted on, talked about, pushed for, and even pushed against. In the state of Ohio we constantly hear opinions about abortion. This topic is actually personal to me. I can

take a step back and understand both sides of the argument. However, we are all human and have our own opinions, and that's absolutely fine. In my personal opinion abortion is all about autonomy and the personal choice for each woman to have. No one should tell you can or cannot do something with your body. It's important to me for the option to be out there for women. Would I personally have one, no, but doesn't mean the woman next to me shouldn't have their own choice to do so. But this topic shows the beauty of autonomy and as an ethical right to do what you want with your body, and healthcare choices. There is an EBP on abortion, human rights and evidence that shows a better outcome by having an medical abortion rather than women who do not have that access to a medical abortion and doing it at home when they feel like that's the only option they have. Medical abortions decrease mortality rates, and even infections that could be caused by at home abortions (Berro Pizzarossa & Skuster, 2021). Medical abortions are not just the DNIC's that we always hear about in the media when this topic is brought up, most abortions that are medically performed are done by medications to help rid of the cells in the womens uterus (Berro Pizzarossa & Skuster, 2021).

Citations:

- Berro Pizzarossa, L., & Skuster, P. (2021, June). *Toward human rights and evidence-based legal frameworks for (self-managed) abortion: A review of the last decade of legal reform.* Health and human rights. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8233026/>
- Zerwekh, J., & Zerwekh-Garneau, A. (2022). *Nursing today transition and Trends* (11th ed.). ELSEVIER.

