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Ethical Reflection

The code of ethics I would like to address would be ethical code number 5. **The nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth.** An issue in the nursing world I would consider as relevant in the healthcare environment could be burnout, an issue that many nurses are facing internationally. “The hospital setting and working more than 20 hours per week were associated with greater odds of burnout” (NLM, 2021). Burnout is a state of mental, physical, or emotional exhaustion caused by prolonged stress. When nurses are burnt out, it can result in compassion fatigue, critical errors, and further things that can compromise competent care. This reality highlights the importance for nurses to take care of themselves as for they do their patients. Related to this code of ethics, we owe it to ourselves as nurses to preserve our character and engage in self care; ultimately so we can perform our best for our patients and provide the best, most compassionate, and competent care that we can give. The ethical principle I would like to address in relation to this would be **beneficence**. That is our duty to do good for our patients. If we are engaging in self care and professional growth and development continuously, we are able to fulfill the ethical duty of beneficence. If we do not do these things, or if we neglect self care and professional development, then our ability to provide competent and compassionate care can become compromised. In conclusion, the ethical obligation to care for ourselves as nurses is fundamental to being able to provide the highest quality of care to our patients.

Shah, M. K., Gandrakota, N., Cimiotti, J. P., Ghose, N., Moore, M., & Ali, M. K. (2021, February 1). *Prevalence of and factors associated with nurse burnout in the US*. JAMA network open. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7862989/>