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## THE CONCEPTS AND PRINCIPLE OF PATIENT- PHYSICIAN RELATION

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### **ABSTRACT**

*To achieve the dream of a proper health care system in a country, it is very much necessary to have the strong relationship between doctor and patient. Without this the health Care system cannot reach its main goal. A patient with physical and mental problems which are very much personal comes to a doctor that means he or she has faith in the doctor. That's why they believe with their life to the doctors. So a doctor whenever treats a patient cures him or her, then the patient's family will also be healed by the doctor. During an ideal patient care and treatment a doctor becomes a family member so much near to the heart that anyone can believe him without any doubt.*

*With good collaborations, communication and trust in a doctor - Patient relationship, a safe and effective care and treatment is achieved. The doctors are always responsible for all the processes done with the patient and these responsibilities are based on some ethical and logical principles. First of them is the obligation to diagnose and treat patients. The doctors have the responsibility of doing the best for his or her patient. They have to give treatment with up-to-date scientific information and their treatment should be recognized in the right way. The main goal should be, giving the patient the best care and in case of any doubt he or she can consult with the patient's family or other knowledgeable person, but they can never do it by risking the patient's life only on the basis of guessing. So in a proper treatment a doctor and his staffs have the duty to treat patients with the factors mentioned below.*

*Doctors should tell the patient the advantages, disadvantages and all risks side effects after treatment in case of a huge operation and inform them properly about his or her condition of health.*

*Proper diagnosis of the disease should be done with scientific procedure.*

*Taking care of the patient before and after the treatment and give him or her proper curing time limit as the patient then can be hopeful.*

**KEYWORDS:** *Responsibilities of doctor, ethical principles, proper treatment, moral principles*

## INTRODUCTION

To achieve the dream of a proper health care system in a country, it is very much necessary to have the strong relationship between doctor and patient. Without this the health Care system cannot reach its main goal. A patient with physical and mental problems which are very much personal comes to a doctor that means he or she has faith or the doctor. That's why they believe with their life to the doctors. So a doctor whenever treats a patient a cures him or her, then the patient's family will also be healed by the doctor. During an ideal patient care and treatment a doctor becomes a family member so much near to the heart that anyone can believe him without any doubt. On the other hand the doctor also has the responsibility to take care of his patient just like a family member. He should be concerned about the patient's health and determined to give the patient the best treatment and care that the patient deserves. In Nigeria the health care system suffered a lot due to the poor relationship between the doctor and the patient. There the healthcare system has recorded unsatisfactory performance in health treatments. When a doctor takes the responsibility of a patient he gets the other responsibilities than the treatment as well. The doctor should give the patient proper idea of the treatment and his consequences, after effects. The doctor should be the support system of the patient whenever the patient feels low. Before get into the treatment a good discussion should be done between the doctor and the patient. The doctor should make sure the patient about the decision related to further actions like huge operations or strong medicines. In case of patient, he or she should have the trust on his or her doctor. Trust is the foundation of every relationship and it is not different in case of doctor- patient Relationship also. If the patient the trust can doctors like a family member then during the treatments and feel light and confident about the fact that his or her doctor will do everything best for him or her, which will be fruitful in case of curing the patient properly.

## MAIN IDEA

With good collaborations, communication and trust in a doctor -

Patient relationship, a safe and effective care and treatment is achieved. The doctors are always responsible for all the process done with the patient and these responsibilities are based on some ethical and logical principles. First of them is the obligation to diagnose and treat patients. The doctors have the responsibility of doing the best to his or her patient. They have to give treatment with up-to-date scientific information and their treatment should be recognized in the right way. The main should be, giving the patient the best care and in case of any doubt he or she can consult with the patient's family or other knowledgeable person, but they can never do it by risking patient's life only on the basis of guessing. So in a proper treatment a doctor and his staffs have the duty to treat patients with the factors mention below.

1. Doctor should tell the patient the advantages, disadvantages and all risks side effects after treatment in case of huge operation and informs them properly about his or her condition of health.
2. Proper diagnosis of the disease should be done with scientific procedure.
3. Taking care of the patient before and after the treatment and give he or she proper curing time limit as the patient then can be hopeful.

The next vital point or duty of doctor is to provide proper information to the patients and his or her family. To make a free and informed decision it is necessary to know all the details of diagnosis, prognosis and risks of therapy, other treatment options available if any and the nature, goal and seriousness of the treatment. This care of

giving information includes answering all the questions of patient. Keeping in mind the condition of the patient the doctor should makes him or her understand all the risk, success or failure tendency of the treatment, also the negative effects of the treatment must be informed. The doctor while informing about the risk should have the balance of what to say or what to not. He cannot reveal all the risks except the most common ones. The limit of the information is depends on the situation of the patient and circum stagnancies at that time.

Another important factor is to make sure the patient gives informed and free consent. The patient has to give his or her consent after knowing everything about the treatment and after having full knowledge of what is going to happen. This is continuous process decrease every time when a new information is occmed about his or her state of health, that should be known by the patient.

The duty to respect confidentiality is one of the most important Points of a doctor and patient relationship and trust. Doctor should respect his patient's confidentiality. This is a duty of professional secrecy. He cannot reveal anything about his patient without patient permission or without the permission of law. The duty covers both the facts information of both sides. The patient with huge respect and trust reveals his or her personal mental and physical problem to the doctor. So the doctor has to keep it secret from any third party. Because no one wants to show their problems to everybody. The family and relatives are also included in the third party except the very close one like parents or partners. But sometime when there is a exception of a criminal case where keeping secret will hamper the justice process then doctor can reveal the information and test reports. Then if a person some has some spreadable disease which can harm a large amount of mass, or a person with genetic disorder where the disease can be spread to his children ,so that should be known by his or her partner before marriage, or sometimes a person wants to hide his or her disease only because of he or she does not want to disturb his or her family or simple the desire of life is ended then the doctor cannot support his patient's to keeping secret his or wish as the life of the patient will be in danger then. So in the above mention cases the doctor has to break the rule of confidentiality to save his or her patient life or to help in a justice Process.

The partnership of doctor and patient can be successful if the patient and his or her family participate in the process. Patient's duties and responsibilities are also there and if maintain properly then it results an effective treatment. The duty of patients includes.

- The responsibility of him of hers to provide proper information about his or her past medications, illness, hospitalizations and other health related matters. They also have the duty to ask for further information with full explanation from the doctor in case the patient fails to understand the process of his or her treatment. This is because I the decision making process the patient should give his or her consent only after knowing all the details.
- The responsibility of patient also includes the ensurety of written copy of advance directive, by the health care institution.
- The patient should ask his doctor and health care providers if they expect any difficulties in the treatment process.
- The hospital's rules and regulations are intended to help the hospital meet the responsibility of impartiality. In this case the patient also has the duty to be aware of the duty of the medical institution, showing fairs impartial care and treatment to all the patients. So no patient should ask for unethical privileges different from others patients.

The patient should give all the required information regarding insurance. Claims and help in payment management.

While attending healthcare institution patient should have the duty to be courteous and tolerant, if the treatment process is time consuming and in case of any huge accident case or emergency situation the patient should have the patience for waiting for his or her teams treatment and care.

These above mention factors are expressing the idea of co-operation of doctor and patient for a successful treatment. The doctor has the duty to give his or her patient the standard care treatment and the also the patient should have frank enough in the treatment process.

To make this doctor-patient bond strong and trustful, the hospitals or medical institutions should be aware of some point. They should employ the doctors with standard, scientific and skillful knowledge. The qualification of the practitioner should not be compromised. The instructions of employees should be supervised. There should be proper provisions of proper facilities and equipment. The most important part is there should be establishment of systems necessary to safe operation of the hospital.

A contractual of approach to forming a partnership between doctors patient is presented in both theoretical and practical terms. These contracts involved with moray exchange between doctor and the patient. If the patient or any third person on behalf of him or her is agreed to pay the amount then the doctor can make a contract with him or her. A patient can sue a doctor for their breach of contract. Basic contractual assumptions of doctor patient relationships are.

- Both the doctor and the patient have unique responsibilities.
- Each must gain something in the encounters.
- This relationship is not obligatory, it is consensual.
- Both sides must be willing to negotiate.

The final decision in case of contractual relationship of doctor and patient is depended or patient, if he or she feels anything wrong and recognizes the reason then the patient can refuse the further treatment process.

There are four models for approaching doctors - patient's relationship.

The first one is paternalistic approach. From the name we can guess the nature of the approach. Here the doctor dominates are with care as a parent. Patient's consent is not necessary here and the doctor can independently treat the patient and promotes the patient's health condition. This paternalistic approach is usually advocated in emergency situation where taking patient's consent is not possible and also not good for this or her health.

The second one is informative model which is also called consumer model. This kind of model is justified in patient-centered medical location where the patient is informed by the doctor about the details of the treatment and he or she has the right of giving consent.

The next one is interpretive model, there the doctors plays the role of an advisor by interpreting medical situation of the patient and acquires the consent from patient.

Another model is deliberative model. In this process the doctor convinces the patient for the better treatment option just like a friend, because agreement of patient is also important.

The impact of doctor patient relationship in medical specialty is very important. -

The doctor who communicate well with the patient and treat their chronic, illness, improve the patient's ability to their disease with the advice of doctors.

In the field of psychiatry the doctor patient relationship helps in

Good therapeutic outcomes. When a patient has HIV or serious disease like cancer, before the treatment starts the patient used to lose hope on life. This type of patient feels depressed and lonely; A Responsible doctor then comes to help his or her patient. The doctor can give adequate data regarding the disease and treatment and let him or her understand that it is not impossible to handle the situation.

## CONCLUSION

The medical profession is the noblest profession in the world. The profession where a man not only does a practical job but also a emotional one. The patient and his or her family trust the doctor with their life and this trust is the foundation of a doctor -patient relationship. The relationship of a doctor and patient should be like family members, where the emotional attachment is so strong that the doctor can feel the pain of his or her patient. In our country we have seen the love of the patient's family to the doctor when he get Success on the treatment. The doctor becomes the top most loving people in their life, but when the situation gets worse and if anything negative happened to the patient then the doctor faces lots of difficulties. Even in some case the families misbehave with the doctor, attack him disrespect fully. The patient family not even thinks twice that the work of a doctor is to treat and cure the disease; he does not have the power to give the patient a life. The family should also understand that when a doctor has taken the responsibility of a patient, he or she will want the cure of his or her patient more than anything else. But it's a matter of disappointment that the illiteracy amongst people lead them to do illegal things. We have examples of so many good doctors who had and have dedicated their life to cure other's pain to bring a smile on their faces. Some doctors do their job with too much dedication and love where they treat their patient like family, some of them do the treatment at free of cost, which is very much appreciable. Some leave their government high paid salary jobs and settle in villages to treat the poor. Which work can be more pure and perfect than to heal people and cure their pain? When a patient attach with his or her doctor frankly he or she can explain his or her problems without any hesitation. Now there are some information's which a patient are cannot share with anyone, not even with his or her parents, But for better treatment he or she revealed all of these to the doctor. This proves how trust and faith a patient must have on his doctor. The whole journey of his or her treatment the doctor should be a great supporter of the patients should give him or her courage to fight against the pain. This kind of situation we often see in case of cancer patients, where the patient was becomes devastated and depressed and losing hope then the doctor can encourage her and give him or her the strength of fighting by making the patient understand his Or her improvements in the treatment process.

Coming to the point of secret physical and mental information the doctor has the responsibility of hiding it but in any case it is necessary then the doctor should do it with all the mature decision and in a balanced way hare the dignity of the patient does not get harm.

In every job there are lots of scopes of illegal activities. The medical profession is not different from this. where we have examples of lots of good human beings practicing as a doctor and serving the people, we also have some of them who are doing illegal activities. The most common case of these illegal activities is treating a

patient with unethical terms. The doctors sometimes are taking charges out of limit, sometimes they are prescribing unnecessary test and medicine, only to get the profit that they are promised by the companies. Now-a day's unethical dealing of human organs are also done by the doctors. As a student where they are taught to treat the patient to cure pain, but when they deals with life of people they show the lack of ethical and moral values in their learning, Another vital objection has raised earlier, is the matter of sexual abuse, when a girl or child comes to get treatment, some of the doctors abuses them, in the name of treatment process. It is more dangerous than we think because the patient also get horrified and cannot decide whether she can make a complaint of the issue or not, in case of child they not even know what is happening to them and they become depressed with growing age, the bad and horrible memories hunt them for the rest of their life.

Now the fact is no relation can be judged by the negative sides only. It is true that illegal practice from both the doctor and patient side is happening. But we should focus on the profession of doctors cannot be objectified by any impurity of a particular section of people. All the patients are also not aggressive. In most of the cases they have shown belief and respect to the doctors.

The doctor should take their responsibility seriously because for them nothing should be more important than their patient health.

The awareness campaigns also can be done to make people conscious about the importance of medical department, the meetings the doctors of medical students that are would be doctors can interact with the people. In that way people will come more close to the doctors. They will feel comfortable to explain their problem in future without any hesitation.

À separate and special meetings can be arranged for women to make them feel safe and dignified during the treatment. In some villages even now the families are not allowing the females for treatment of their delivery or any other health concerns if there is no female protection is and available. So the doctors have the responsibility to ensure their families the respect will be provided to their ladies during the treatment. A doctor also has to interact with the patient and explain them about the results and effects of a negligence behavior during critical conditions. If a doctor can be succeed in making them realize that, he or she is none but a friend or family well wishers for their patient the it will be more easy for the families to get treatment from the doctors.

The doctor-patient relationship is till now more or less, following the parental approach, but it the time to make the patient empower. The empowerment of the patient can be fruitful in case of the progress of the treatment.

The relationship between a doctor and patient cannot be explained properly in a research paper with few words. But it can be said that like any other lovable bonding and relation, this doctor patient relationship is one of the most beautiful relation without any blood relation. When a person has cured from pain and starts living life freely without any health struggles, he or she becomes a big admirer of his or her doctor for the rest of his or her life. One the other hand the doctor who has build a emotional and sympathetic bond with the patient, becomes the happiest man or woman when he or she ensures that The treatment has been done successfully.



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