# Textbook of

# NURSING

# FOUNDATION

## for Post Basic BSc Nursing Students

*(As per the Syllabus of Indian Nursing Council)*

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# 3

# Code of Ethics and Professional Conduct for Nurses

## LEARNING OBJECTIVES

*After the completion of the chapter, the readers will be able to:*
- Discuss the types, purposes and uses of ethics.
- Understand the INC code of professional conduct for nurses.
- Understand the ICN code of ethics.

## CHAPTER OUTLINE

- Introduction
- Types of Ethics
- Ethics in Nursing
- INC Code of Ethics
- INC Code of Professional Conduct for Nurses
- International Council for Nurses (ICN) Code of Ethics

## KEY TERMS

**Basic nursing education:** A formally recognized program of study providing a broad and sound foundation in the behavioral, life and nursing sciences for the general practice of nursing, for a leadership role, and for post-basic education for specialty or advanced nursing practice.

**Code:** A code may be defined as conventionalized set of rules or expectations devised for a specific purpose.

**Competence:** The integrated knowledge, skills, judgment and attributes required from a nurse to practice safely and ethically in a designated role and setting.

**Confidentiality:** Refers to the duty of the nurse to refrain from sharing patient information with third parties unrelated to the patient's care.

**Conscientious objection:** Refusing to participate in required action or seeking exemption from participation in classes of interventions (e.g., abortion, gender reassignment surgery, organ transplantation) that threaten a person's sense of moral integrity.

**Coworkers:** Nurses and other health and nonhealth related workers and professionals.

**Environmental justice:** It includes sustainability, representative participation, and the avoidance of environmental discrimination.

**Equity:** An aspect of social justice.

**Ethics:** The branch of philosophy that examines the difference between right and wrong.

**Evidence-informed practice:** A process for making informed clinical decisions. Research evidence is integrated with clinical experience, patient values, preferences and circumstances.

**Family:** A social unit composed of members connected through blood, kinship, emotional or legal relationships.

**Fitness to practice:** Having the skills, knowledge, health and character to do one's job safely and effectively.

**Human rights:** The rights that are fundamental in nature irrespective of race, ethnicity, sex, nationality, language, religion or any other status.

**National Nurses Associations (NNAs):** Any professional national nursing group that clarifies, researches, educates and promotes the continued development of nurses and nursing.

**Nurse:** The nurse is a person who has completed a program of basic, generalized nursing education and is authorized by the appropriate regulatory authority to practice nursing in his/her country.

**Personal information:** The information obtained during professional contact that is private to an individual or family, and which, when disclosed, may violate the right to privacy, cause inconvenience, embarrassment or harm to the individual or family.

**Primary healthcare:** A whole-of-society approach to health and well-being centered on the needs and preferences of individuals, families and communities.

**Privacy:** The right to freedom from intrusion into one's personal matters, information or one's body.

**Professional relationship:** An ongoing interaction between two people that observes a set of established boundaries or limits that is deemed appropriate under governing ethical standards.

**Social determinants of health:** The conditions in which people are born, grow, live, work and age.

**Social media:** An umbrella term to describe social interaction through technology-based tools, many of which are online like Facebook, Twitter, Instagram and LinkedIn.

**Sustainable development goals:** The blueprint to achieve a better and more sustainable future for all people.

**Values:** Sought by both the profession and in nurse-patient relationships such as dignity, respect, compassion, equity.

## INTRODUCTION

The code of ethics for nurses was developed as a guide for carrying out nursing responsibilities in a manner consistent with quality in nursing care and the ethical obligations of the profession.

Code of ethics is a specific set of professional behaviors and values the professional interpreter must know and must abide by, including confidentiality, accuracy, privacy and integrity. The ethical code is adopted by an organization in an attempt to assist those in the organization called upon to make a decision, understand the difference between right and wrong; and to apply this understanding to their decisions.

## TYPES OF ETHICS

There are two types of ethics: (i) Employee ethics (ii) Professional Ethics.

## Employee Ethics

- A code of conduct is a document designed to influence the behavior of employees. The code of conduct sets out the procedure to be used in specific ethical situations.
- The effectiveness of such code of ethics depends on the extent to which management supports them with sanctions and rewards.
- Violations of a code of conduct may subject the violator to the organization's remedies which can, under particular circumstances, result in the termination of employment.

## Professional Ethics

- A code of practice is adopted by a profession or governmental or nongovernmental organization to regulate that profession.
- A code of practice can be styled as a code of professional responsibility, which will discuss difficult issues, difficult decisions that will often need to be made and provide a clear account of what behavior is considered "ethical" or "correct" or "right" in the circumstances.
- Ethics gives the professionals various guidelines that how they should behave with each other, with public and with governments. It refers to guidelines which the professionals should follow when they are dealing with their clients.
- Ethics tells the public what they can expect from a professional; and tells the professionals what the public expects from them.

## ETHICS IN NURSING

- Nursing ethics refers to ethical issues that occur in nursing practice. The code of professional conduct for nurses is critical for building professionalism and accountability.
- Ethical considerations are vital in any area dealing with human beings because they represent values, rights and relationships. A nurse must have professional competence, responsibility and accountability with moral obligations. A nurse is obliged to provide services even if they are in conflict with his/her personal beliefs and values.

## Code of Ethics

### *Meaning*

Code of ethics refers to a set of guiding principles for professional conduct and behavior. It is a guide for carrying out nursing responsibilities in a manner, consistent with quality in nursing care and the ethical obligations of the profession.

These are set of rules or guidelines that people agree to follow to be fair, honest and good in a certain area of life at work.

### *Definition*

A code of ethics is a form of standardization at work place behavior, hence it is a more detailed general behavioral guidelines set by law (Bracknell & Cohen, 2005).

## *Purposes*

Purposes of code of ethics are as follows:

- To inform both the nurse and the society of the minimum standards for professional conduct.
- To provide regulatory bodies a basis for decisions regarding standards of professional conduct.
- To protect the rights of individuals, families and community and also the rights of the nurse.

## *Uses of Codes of Ethics*

Uses of codes of ethics are as follows:

- Acknowledge the rightful place of individuals in healthcare delivery system.
- Contribute toward empowerment of individuals to become responsible for their health and well-being.
- Contribute to quality care.
- Identify obligations in practice, research and relationships.
- Inform the individuals, families, community and other professionals about expectations from a nurse.

## INC CODE OF ETHICS

1. **The nurse respects the uniqueness of individual in provision of care.**
   **Nurse:**
   1.1 Provides care for individuals without consideration of caste, creed, religion, culture, ethnicity, gender, socioeconomic and political status, personal attributes or any other grounds.
   1.2 Individualizes the care, considering the care, considering the beliefs, values and cultural sensitivities.
   1.3 Appreciates the place of the individual in family and community and facilitates participation of significant others in the care.
   1.4 Develops and promotes trustful relationship with individuals.
   1.5 Recognizes uniqueness of response of individuals to interactions and adapts accordingly.

2. **The nurse respects the rights of individuals as partners in care and helps in making informed choices.**
   **Nurse:**
   2.1 Appreciates individual's right to make decisions about their care and therefore, gives adequate and accurate information for enabling them to make informed choices.
   2.2 Respects the decisions made by individual(s) regarding their care.
   2.3 Protects public from misinformation and misinterpretation.
   2.4 Advocates special provisions to protect vulnerable individuals/groups.

3. **The nurse respects individual's right to privacy, maintains confidentiality and shares information judiciously.**
   **Nurse:**
   3.1 Respects the individual's right to privacy of their personal information.
   3.2 Maintains confidentiality of privileged information except in life-threatening situations and uses discretion in sharing information.
   3.3 Takes informed consent and maintains anonymity when information is required for quality assurance/academic/legal reasons.

3.4. Limits the access to all personal records, written and computerized, to authorized persons only.

4. **Nurse maintains competence in order to render quality nursing care.**
   4.1 Nursing care must be provided only by a registered nurse.
   4.2 Nurse strives to maintain quality nursing care and upholds the standards of core.
   4.3 Nurse values continuing education, initiates and utilizes all opportunities for self-development.
   4.4 Nurse values research as a means of development of nursing profession and participates in nursing research adhering to ethical principles.

5. **The nurse is obliged to practice within the framework of ethical, professional and legal boundaries.**
   **Nurse:**
   5.1 Adheres to code of ethics and code of professional conduct for nurses in India developed by Indian Nursing Council.
   5.2 Familiarizes himself/herself with relevant laws and practices in accordance with the law of the state.

6. **Nurse is obliged to work harmoniously with the members of the health team.**
   6.1 Appreciates the team efforts in rendering care.
   6.2 Cooperates, coordinates and collaborates with the members of the health team to meet the needs of the people.

7. **Nurse commits to reciprocate the trust invested in nursing profession by society.**
   7.1 Demonstrates personal etiquettes in all dealings.
   7.1 Demonstrates professional attributes in all dealings.

## INC CODE OF PROFESSIONAL CONDUCT FOR NURSES

1. **Professional Responsibility and Accountability**
   **Nurse:**
   1.1 Appreciates sense of self-worth and nurtures it.
   1.2 Maintains standards of professional conduct reflecting credit upon the profession.
   1.3 Carries out responsibilities within the framework of the professional boundaries.
   1.4 Is accountable for maintaining practice standards set by the Indian Nursing Council.
   1.5 Is accountable for own decisions and actions.
   1.6 Is compassionate.
   1.7 Is responsible for continuous improvement of current practices.
   1.8 Provides adequate information to individuals that allows them to make informed choices.
   1.9 Practices healthful behavior.

2. **Nursing Practice**
   **Nurse:**
   2.1 Provides care in accordance with set standards of practice.
   2.2 Treats all individuals and families with human dignity in providing physical, psychological, emotional, social and spiritual aspects of care.
   2.3 Respects individuals and families in the context of traditional and cultural practices and discourages harmful practices.
   2.4 Presents realistic picture truthfully in all situations for facilitating autonomous decision-making by individuals and families.

2.5   Promotes participation of individuals and significant others in the care.

2.6   Ensures safe practices.

2.7   Consults, coordinates, collaborates and follows up appropriately when individual care needs exceed the nurse's competence.

3. **Communication and Interpersonal Relationships**

   **Nurse:**

   3.1   Establishes and maintains effective interpersonal relationship with individuals, families and communities.

   3.2   Upholds the dignity of team members and maintains effective interpersonal relationship with them.

   3.3   Appreciates and nurtures professional role of team members.

   3.4   Cooperates with other health professionals to meet the needs of the individuals, families and communities.

4. **Valuing Human Being**

   **Nurse:**

   4.1   Takes appropriates action to protect individuals from harmful ethical practice.

   4.2   Considers relevant facts while taking conscience decisions in the best interest of individuals.

   4.3   Encourages and supports individuals in their right to speak for themselves and issues affecting their health and welfare.

   4.4   Respects and supports choices made by individuals.

5. **Management**

   **Nurse:**

   5.1   Ensures appropriate allocation and utilization of available resources.

   5.2   Participates in supervision and education of students and other formal care providers.

   5.3   Uses judgment in relation to individual competence while accepting and delegating responsibility.

   5.4   Facilitates conducive work culture in order to achieve institutional objectives.

   5.5   Communicates effectively following appropriate channels of communication.

   5.6   Participates in performance appraisal.

   5.7   Participates in evaluation of nursing services.

   5.8   Participates in policy decisions, following the principles of equity and accessibility of services.

   5.9   Works with individuals to identify their needs and sensitizes policy makers and funding agencies for resource allocation.

6. **Professional Advancement**

   **Nurse:**

   6.1   Ensures the protection of the human rights while pursuing the advancement of knowledge.

   6.2   Contributes to the development.

   6.3   Participates in determining and implementing quality care.

   6.4   Takes responsibility for updating own knowledge and competencies.

   6.5   Contributes to the care of professional knowledge by conducting and participating in research.

## INTERNATIONAL COUNCIL FOR NURSES (ICN) CODE OF ETHICS

An international code of ethics for nurses was first adopted by the International Council for Nurses (ICN) in 1953. It has been revised and reaffirmed from time to time. It has been revised and reaffirmed at various times since, most recently with this review and revision were completed in 2021 (Fig. 3.1).
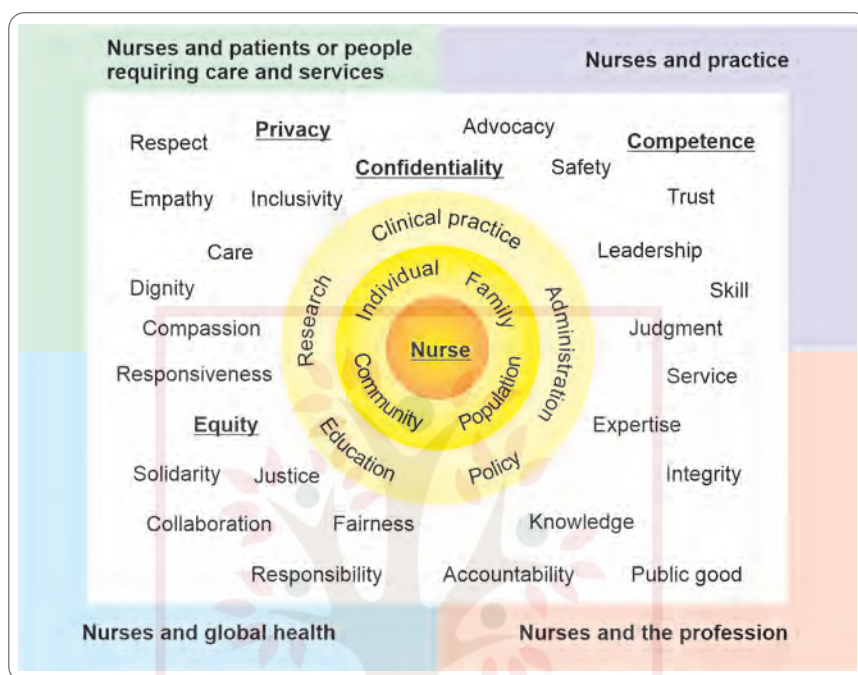
**Figure 3.1:** ICN code of ethics for nurses—Professional values 2021

The ICN code of ethics for nurses has four principal elements that outline the standards of ethical conduct.

## Elements ICN Code of Ethics

### Nurses and People

- The nurse's primary professional responsibility is toward people requiring nursing care.
- While providing care, the nurse promotes an environment in which the human rights, values, customs and spiritual beliefs of the individual, family and community are respected.
- The nurse ensures that the individual receives accurate, sufficient and timely information in a culturally appropriate manner on which to base consent for care and related treatment.
- The nurse holds in confidence personal information and uses judgment while sharing patient's information.
- The nurse shares with society the responsibility for initiating and supporting action to meet the health and social needs of the public, in particular those of vulnerable populations.
- The nurse advocates for equity and social justice in resource allocation, access to healthcare and other social and economic services.
- The nurse demonstrates professional values such as respectfulness, responsiveness, compassion, trustworthiness and integrity.

### Nurses and Practice

- The nurse carries personal responsibility and accountability for nursing practice and for maintaining competence by continual learning.

- The nurse maintains a standard of personal health such that the ability to provide care is not compromised.
- The nurse uses judgment regarding individual competence while accepting and delegating responsibility.
- The nurse maintains standards of personal conduct at all times, which reflect well on the profession and enhance its image and public confidence.
- While providing care, the nurse must ensure that the use of technology and scientific advances is compatible with the safety, dignity and rights of people.
- The nurse strives to foster and maintain a practice culture promoting ethical behavior and open dialogue.

## Nurses and the Profession

- The nurse assumes a major role in determining and implementing acceptable standards of clinical nursing practice, management, research and education.
- The nurse is active in developing a core of research-based professional knowledge that supports evidence-based practice.
- The nurse is active in developing and sustaining a core of professional values.
- The nurse, acting through the professional organization, participates in creating a positive practice environment and maintaining safe, equitable social and economic working conditions in nursing.
- The nurse practices to sustain and protect the natural environment and is aware of its consequences on health.
- The nurse contributes to an ethical organizational environment and challenges unethical practices and setting.

## Nurses and Coworkers

- The nurse sustains a collaborative and respectful relationship with coworkers in nursing and other fields.
- The nurse takes appropriate actions to safeguard individuals, families and communities when their health is endangered by a coworker and any other person.
- The nurse takes appropriate actions to support and guide coworkers to advance ethical conduct.

## Revised ICN Code of Ethics

Revised ICN code of ethics in 2021 is as follows:

1. **Nurses and Patients or other People Requiring Care or Services**
   1.1 Primary professional responsibility of nurses is toward people requiring nursing care and services now or in the future, whether individuals, families, communities or populations (hereinafter referred to as either 'patients' or 'people requiring care').
   1.2 Nurses promote an environment in which the human rights, values, customs, religious and spiritual beliefs of the individual, families and communities are acknowledged and respected by everyone. Nurses' rights are included under human rights and should be upheld and protected.
   1.3 Nurses ensure that the individual and family receive understandable, accurate, sufficient and timely information in a manner appropriate to the patient's culture, linguistic, cognitive and physical needs, and psychological state on which to base consent for care and related treatment.

1.4 Nurses hold in confidence personal information and respect the privacy, confidentiality and interests of patients in the lawful collection, use, access, transmission, storage and disclosure of personal information.

1.5 Nurses respect the privacy and confidentiality of colleagues and people requiring care and uphold the integrity of the nursing profession in person and in all media, including social media.

1.6 Nurses share with society the responsibility for initiating and supporting action to meet the health and social needs of all people.

1.7 Nurses advocate for equity and social justice in resource allocation, access to healthcare and other social and economic services.

1.8 Nurses demonstrate professional values such as respect, justice, responsiveness, care, compassion, empathy, trustworthiness and integrity. They support and respect the dignity and universal rights of all people, including patients, colleagues and families.

1.9 Nurses facilitate a culture of safety in healthcare environments, recognizing and addressing threats to people and safe care in health practices, services and settings.

1.10 Nurses provide evidence-informed, person-centered care, recognizing and using the values and principles of primary healthcare and health promotion across the lifespan.

1.11 Nurses ensure that the use of technology and scientific advances is compatible with the safety, dignity and rights of people. In the case of artificial intelligence or devices, such as care robots or drones, nurses ensure that care remains person-centered and that such devices support and do not replace human relationships.

| Applying the Elements of the Code #1: Nurses and Patients or People Requiring Care or Services | | |
|---|---|---|
| **Nurses, nurse leaders and nurse managers** | **Educators and researchers** | **National nurses' associations** |
| Provide people-focused, culturally appropriate care that respects human rights and is sensitive to the values, customs and beliefs of people without prejudice or unjust discrimination. | In curricula, include content on cultural norms, safety and competence, ethics, human rights, equity, human dignity, justice, disparities and solidarity as the basis for access to healthcare. Design studies to explore human rights issues. | Develop position statements, standards of practice and guidelines that support human rights and ethical standards. |
| Participate in continuing education on ethical issues, ethical reasoning and ethical conduct. Encourage open dialogue among all stakeholders. | Design curricula to encompass currently peer reviewed and published approaches to nursing ethics. Provide teaching and learning opportunities for ethical issues, ethical principles and reasoning, and ethical decision-making. This includes respect for autonomy, nonmaleficence, beneficence and justice. | Establish standards for ethics education and provide continuing ethics education for nurses. |
| Ensure informed consent for nursing and/or medical care. This includes the right to choose or refuse treatments. | Educate about respect for autonomy, informed consent, privacy and confidentiality. Respect research participants' right to refuse to participate in or withdraw from studies without prejudice. | Provide guidelines for human participants in research, position statements, relevant documentation and continuing education related to informed consent for nursing and medical care. |

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| Applying the Elements of the Code #1: Nurses and Patients or People Requiring Care or Services | | |
|---|---|---|
| **Nurses, nurse leaders and nurse managers** | **Educators and researchers** | **National nurses' associations** |
| Exercise professional ethical judgment in the use of information, health records and reporting systems, whether electronic or paper-based, to ensure protection of human rights, confidentiality and privacy in accordance with patient preferences and community safety and in compliance with any relevant laws. | In curricula, include accuracy, confidentiality and privacy on the use of media, reporting and recording systems, whether images, recordings or comments. Be familiar with the use of required reporting for extreme emergencies. | Prepare guidelines and standards of practice on appropriate use of information and reporting systems that ensure protection of human rights, confidentiality, privacy, and mandated reporting mechanisms for public health outbreaks or extreme emergencies. |
| Communicate to appropriate supervisors and/or authorities any risks, inappropriate behaviors or misuse of technologies that threaten people's safety, and provide facts supporting this. Nurses need to be involved when technology is developed, and observe and report risks with technology and scientific advancements. | Include in curriculum and conduct research on what constitutes safe care that respects dignity and rights and considers new technology. | Lobby governments, health organizations, medical device and pharmaceutical companies to include nurses during research and development of technology for patient use. |
| Meet nurses' ethical obligations and responsibilities and actively affirm the values and ideals of the profession. | In curricula, include professional values and ideals, ethical responsibilities and obligations, and ethical frameworks with worldviews. Contribute to and disseminate emphasis on ethical research guidelines. Design studies to explore human rights issues. | Express the values and ideals of nursing in their foundational documents and incorporate into national codes of ethics for nurses. |
| Develop and monitor safety at the workplace. | Teach and facilitate learning about attributes, risk factors and skills to ensure practice environments that are healthy, safe and sustainable for everyone in the healthcare setting. | Influence employers to promote healthy and safe workplaces for nurses and other healthcare workers. Provide guidelines that assure a safe environment and healthy communities. Advocate for clear, accessible, transparent and effective reporting procedures to protect health and safety. |

2. **Nurses and Practice**
   2.1 Nurses carry personal responsibility and accountability for ethical nursing practice, and for maintaining competence by engaging in continuous professional development and lifelong learning.
   2.2 Nurses maintain fitness to practice so as not to compromise their ability to provide quality and safe care.

2.3  Nurses practice within the limits of their individual competence and regulated or authorized scope of practice and use professional judgment while accepting and delegating responsibility.

2.4  Nurses value their own dignity, well-being and health. To achieve this requires positive practice environments, characterized by professional recognition, education, reflection, support structures, adequate resourcing, sound management practices and occupational health and safety.

2.5  Nurses maintain standards of personal conduct at all times, which reflect well on the profession and enhance its image and public confidence. In their professional role, nurses recognize and maintain personal relationship boundaries.

2.6  Nurses share their knowledge and expertise and provide feedback, mentoring and support the professional development of student nurses, novice nurses, colleagues and other healthcare providers.

2.7  Nurses are patient advocates, and they maintain a practice culture that promotes ethical behavior and open dialogue.

2.8  Nurses may conscientiously object to participate in particular procedures or nursing or health-related research but must facilitate respectful and timely action to ensure that people receive care appropriate to their individual needs.

2.9  Nurses maintain a person's right to give and withdraw consent to access their personal, health and genetic information. They protect the use of genetic information, and maintain the privacy and confidentiality of genetic information and human genome technologies.

2.10  Nurses take appropriate actions to safeguard individuals, families, communities and populations when their health is endangered by a coworker, any other person, policy, practice or the misuse of technology.

2.11  Nurses are active participants in the promotion of patient safety. They promote ethical conduct when errors or near misses occur, speak up when patient safety is threatened, advocate for transparency, and work with others to reduce the potential of errors.

2.12  Nurses are accountable for data integrity to support and facilitate ethical standards of care.

| Applying the Elements of the Code #2: Nurses and Practice | | |
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| **Nurses, nurse leaders and nurse managers** | **Educators and researchers** | **National nurses' associations** |
| Pursue professional development through reading and study. Request and participate in continuing education to enhance knowledge and skills. | Teach and facilitate learning the value and obligation of lifelong learning and competence to practice. Explore current concepts and innovative teaching methods for theory and practice. | Develop a range of continuing education opportunities, through journals, media, conferences and distance education, that reflect advances in nursing theory and practice. |
| Initiate continuing education and participate in workplace governance, systems for professional performance, appraisal and systematic renewal of licensure to practice. Monitor, promote and evaluate fitness to practice in nursing staff. | Conduct and disseminate research that explores links between continual learning and competence to practice. | Promote national policies for high-quality nurse education and educational requirements for continued authorization to practice. |

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| Applying the Elements of the Code #2: Nurses and Practice | | |
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| Nurses, nurse leaders and nurse managers | Educators and researchers | National nurses' associations |
| Seek a work-life balance, ongoing personal growth, and maintain a healthy lifestyle. | Teach obligations to self as well as obligations to patients, the importance of fitness to practice, and using evidence-informed care. In curricula, include promoting resilience at the workplace. | Lobby for working environments that promote healthy lifestyle standards for nurses. Provide guidelines on safe and decent work conditions for nurses. |
| Foster interprofessional collaboration for managing conflict and tensions. Promote an environment of shared ethical values. To improve quality of care and safety, fear of reprisal must be extinguished. This will create a more open, transparent culture that embraces crucial conversations for advancing health for all. | Teach methods and skills of situational assessment and conflict management as well as the roles and values of other healthcare disciplines. | Inform other disciplines and the public about the roles of nurses and the values of the nursing profession. Promote a positive image of nursing. Champion work environments and conditions that are free from abuse, harassment and violence. |
| Develop appropriate professional relationships with patients and colleagues; exercise professional judgment and decline gifts or bribes and avoid conflicts of interest. | Maintain and teach professional boundaries and skills to safeguard them. Teach identification of and methods to avoid conflicts of interest. | Set standards for professional boundaries and establish processes for the expression of recognition and gratitude. |
| Assure continuity of care for the patient when exercising conscientious objection, where an action may cause harm or is morally objectionable to the nurse. | Encourage self-reflection and teach frameworks and processes of conscientious objection. | Develop standards and guidelines for refusal of participation in specific medical procedures. Include guidance on conscientious objection in national codes of ethics. |

3. **Nurses and the Profession**
    3.1  Nurses assume major leadership role in determining and implementing evidence-informed, acceptable standards of clinical nursing practice, management, research and education.
    3.2  Nurses and nursing scholars are active in expanding research-based, current professional knowledge that supports evidence-informed practice.
    3.3  Nurses are active in developing and sustaining the core of professional values.
    3.4  Nurses, through their professional organizations, participate in creating a positive and constructive practice environment where practice encompasses clinical care, education, research, management and leadership. This includes environments which facilitate a nurse's ability to practice to their optimal scope of practice and to deliver safe, effective and timely healthcare, in working conditions which are safe as well as socially and economically equitable for nurses.
    3.5  Nurses contribute to positive and ethical organizational environments and challenge unethical practices and settings. Nurses collaborate with nursing colleagues, other (health)

disciplines and relevant communities to engage in the ethical creation, conduct and dissemination of peer reviewed and ethically responsible research and practice development as they relate to patient care, nursing and health.

3.6 Nurses engage in the creation, dissemination and application of research that improves outcomes for individuals, families and communities.

3.7 Nurses prepare for and respond to emergencies, disasters, conflicts, epidemics, pandemics, social crises and conditions of scarce resources. The safety of those who receive care and services is a responsibility shared by individual nurses and the leaders of health systems and organizations. This involves assessing risks and developing, implementing and resourcing plans to mitigate these.

| Applying the Elements of the Code #3: Nurses and the Profession | | |
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| **Nurses, nurse leaders and nurse managers** | **Educators and researchers** | **National nurses associations** |
| Collaborate with colleagues to support the conduct, dissemination and use of research related to patient care, nursing and health. | Teach research methodology, ethics and evaluation. Conduct, disseminate, utilize and evaluate research to study and advance nursing knowledge. | Develop position statements, guidelines, policy and standards informed by nursing research and scholarly inquiry. |
| Promote participation in national nurses' associations to create solidarity and cooperation to promote favorable socioeconomic and working conditions for nurses. | Emphasize to learners the nature, function and importance of professional nursing associations and international nursing collaboration. | Communicate the importance of membership in professional nursing organizations and promote participation in national nurses' associations. |
| Practice ethical behaviors and develop strategies to deal with moral distress during emergent crises, such as pandemics or conflicts. | Prepare students for local response to global issues with a broader vision of solidarity and the common good. Include health disparities, particularly for infants, frail elderly, prisoners, economically disadvantaged, trafficked, displaced persons and refugees. | Collaborate with global organizations to address current and emergent social justice issues. |
| Develop guidelines for workplace issues, such as bullying, violence, sexual harassment, fatigue, safety, and local incident management. Participate in studies regarding ethics and ethical workplace issues in every setting. | Teach identification of unhealthy work environments and skills to develop resilient and healthy workplace communities. Conduct research on ethical workplace issues across the profession. | Influence, pressure and negotiate for fair and decent working conditions. Develop position statements and guidelines to address workplace issues. |
| Prepare for and respond to emergencies, disasters, conflicts, epidemics, pandemics and conditions of scarce resources. | Ensure that curricula include essential elements of caring for people and populations in high-risk, challenging environments. | Advocate and lobby governments and health organizations to prioritize; and protect the health, safety and well-being of healthcare workers while responding to health emergencies. |

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| Applying the Elements of the Code #3: Nurses and the Profession | | |
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| **Nurses, nurse leaders and nurse managers** | **Educators and researchers** | **National nurses associations** |
| Practice nondiscrimination against colleagues from other cultures and countries regardless of nationality, race, ethnicity or language. | Teach the principles of the WHO Code of Practice on International Recruitment of Health Personnel to support the ethical recruitment of nurses. | Promote the ethical recruitment of nurses and work with government and licensing boards to reduce barriers to employment for migrant nurses. |

4. **Nurses and Global Health**
   4.1 Nurses value healthcare as a human right, affirming the right to universal access to healthcare for all.
   4.2 Nurses uphold the dignity, freedom and worth of all human beings and oppose all forms of exploitation, such as human trafficking and child labor.
   4.3 Nurses lead or contribute to sound health policy development.
   4.4 Nurses contribute to population health and work toward the achievement of the United Nations Sustainable Development Goals (UNSDGs).
   4.5 Nurses recognize the significance of the social determinants of health. They contribute to, and advocate for, policies and programs that address them.
   4.6 Nurses collaborate and practice to preserve, sustain and protect the natural environment and are aware of the health consequences of environmental degradation, e.g., climate change. They advocate for initiatives that reduce environmentally harmful practices to promote health and well-being.
   4.7 Nurses collaborate with other health and social care professions and the public to uphold principles of justice by promoting responsibility in human rights, equity and fairness and by promoting the public good and a healthy planet.
   4.8 Nurses collaborate across countries to develop and maintain global health and to ensure policies and principles for this.

| Applying the Elements of the Code #4: Nurses and Global Health | | |
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| **Nurses, nurse leaders and nurse managers** | **Educators and researchers** | **National nurses' associations** |
| Participate in human rights efforts, such as detecting and preventing trafficking, helping vulnerable populations, providing universal education, and mitigating hunger and poverty. | Ensure that curricula include human rights, SDGs, universal access to care, culturally appropriate care, civic responsibility, equity, and social and environmental justice. | Collaborate with nursing regulatory bodies, voluntary organizations, and global agencies to develop position statements and guidelines that support human rights, environmental justice and international peace. |
| Educate oneself and colleagues about global health, including current and emergent technologies. Advocate for the ethical use of technology and scientific advances compatible with safety, dignity, privacy, confidentiality and human rights. | Seek opportunities to evaluate the short and long-term ethical consequences of the use of diverse technologies and emerging practices, including innovative equipment, robotics, genetics and genomics, stem cell technologies and organ donation. | Contribute to legislation and policies on the ethical use of technology and scientific advances adapted to the health and social norms and context of the country. |

| Applying the Elements of the Code #4: Nurses and Global Health | | |
| --- | --- | --- |
| Nurses, nurse leaders and nurse managers | Educators and researchers | National nurses' associations |
| Acquire and disseminate knowledge about the negative effects of climate change on people's health and on the planet. | Teach about the facts and consequences of climate change on health and the many opportunities to support climate health at policy and institutional levels. | Participate in the development of legislation to reduce the impact of hospitals and the healthcare industry on the environment and address climate changes that negatively affect the health of populations. |
| Support the ethical and proficient use of social media and technologies to improve population health consistent with the values of the nursing profession. | Participate in developing, implementing and evaluating new and emerging technologies, including social media, for prevention initiatives, public health education, and the health and well-being of populations. Prepare curricula and engage in research in support of the UN SDGs. | Update knowledge and increase awareness about the UN SDGs for population health and actively strategize nursing participation in achieving these goals. |
| Act on local and global issues that affect health, such as poverty, food security, shelter, immigration, gender, class, ethnicity, race, environmental health, dignified work, and education. | Educate about sociopolitical and economic issues that affect health, including gender, ethnicity, race, culture, inequality and discrimination. Research sociopolitical factors that contribute to individual and population health and illness. | Collaborate with other national and international nursing organizations to formulate policies and legislations that address the socioeconomic determinants of health. |
| Embed the concepts of peace, peace diplomacy and peace building into everyday practice. | Educate and research for peace diplomacy and peace building in communities and globally. | Collaborate globally, nationally and regionally with governments and nursing agencies to further the ends of global peace and justice and ameliorate the causes of illness. |

## FURTHER READINGS

- Code of Ethics for Nurses in India; Code of Professional Conduct for Nurses in India [online] Available from https://hmis.ap.nic.in/APNMC/pdfs/ethics.pdf [Last accessed August, 2023].
- International Council of Nurses (2002). Nursing definitions. [online] Available from https://www.icn.ch/nursing-policy/nursing-definitions [Last accessed August, 2023].
- World Health Organization (2020). Social determinants of health. [online] Available from https://www.who.int/gender-equity-rights/understanding/sdh-definition/ [Last accessed August, 2023].
- World Health Organization (2021). Primary healthcare: key facts. [online] Available from https://www.who.int/news-room/fact-sheets/detail/primary-health-care [Last accessed August, 2023].

# STUDENT ASSIGNMENT

## LONG ANSWER QUESTIONS

1. Explain different types of code of ethics.
2. Describe the main purposes of code of ethics.
3. Explain the principal elements of the ICN code of ethics.

## SHORT ANSWER QUESTIONS

1. What are the uses of code of ethics?
2. Define the following:
   - i. INC code of ethics
   - ii. Ethics
   - iii. Coworkers
   - iv. Confidentiality
   - v. Values
   - vi. Personal information

## MULTIPLE CHOICE QUESTIONS

1. **Which of the following is an ethical principle that guides nursing practice?**
   - a. Autonomy
   - b. Utilitarianism
   - c. Virtue
   - d. Care
2. **What is the ANA code of ethics for nurses?**
   - a. A set of legal rules that nurses must follow.
   - b. A set of moral values that nurses must uphold.
   - c. A set of professional standards that nurses must adhere to.
   - d. A set of ethical frameworks that nurses must apply.
3. **What is informed consent in nursing practice?**
   - a. The process of obtaining permission from a patient to perform a specific procedure or treatment.
   - b. The process of providing information to a patient about the risks and benefits of a specific procedure or treatment.
   - c. The process of ensuring that a patient understands and agrees to a specific procedure or treatment.
   - d. The process of respecting a patient's right to refuse or withdraw from a specific procedure or treatment.
4. **Nursing ethics is defined by:**
   - a. Moral principles and values
   - b. Written rules
   - c. Policy and procedures
   - d. Standards of care
5. **Which of the following options defines the standards of care?**
   - a. How the patient prefers to be taken care of.
   - b. What an ordinary, prudent nurse with similar education and nursing experience would do in similar circumstances.
   - c. The hospital's policy and procedures.
   - d. The expectations of the medical director.

*ANSWER KEY*

**1.** a     **2.** a     **3.** c     **4.** a     **5.** b

# Textbook of
# NURSING FOUNDATION
## for Post Basic BSc Nursing Students

## Salient Features

- This textbook has been designed for undergraduate nursing students, especially for the students of Post Basic BSc in Nursing programs
- All the recent updates have been covered extensively

- Text is supplemented with relevant pedagogical features for clear and better understanding of the concepts
- Nursing Consideration boxes are covered throughout the book for implementation of better clinical practices.

**Learning Objectives** of every chapter are highlighted in the beginning to help readers understand the purpose of the chapter.

**LEARNING OBJECTIVES**
- Understand the development of nursing as a profession.
- Discuss the development of nursing education in India and trends in nursing education.

**Chapter Outline** is given in the beginning of every chapter to provide the reader a glimpse of entire chapter.

**CHAPTER OUTLINE**
- Introduction
- Nursing as a Profession
- Development of Nursing Education in India
- Responsibilities of a Graduate Nurse

Important **Key Terms** used in the chapter are presented to familiarize the readers with the important terminologies.

**KEY TERMS**
**Dignity:** The right of a person to be valued and respected for their own sake, and to be treated ethically.
**Ethical:** Connected with beliefs of what is right or wrong.
**Motivation:** Changing one's mind about doing something.
**Occupation:** A way to earn where the values, beliefs and ethics are not prominent features.

**Mnemonics** work wonders for students as far as memorizing important facts is concerned.

**Mnemonics**
To abide by a good nursing practice with ethics, you can remember the mnemonic **"CODE".**
**C:** Courage to be moral requires
**O:** Obligations to honor (what is right)
**D:** Danger to manage
**E:** Expression and action

**Must Know** boxes prove highly beneficial in memorizing the vital facts.

**Must Know**

The term healthcare is not synonymous with medicine or nursing but includes many professional disciplines, each of these has its own definite characteristic and independent but overlapping functions. The fields of nursing and medicine are closely related. The relationship includes the exchange of data, the sharing of ideas and the development of a plan of care. The plan of care may be recorded on a single page or in a multiple page format.

Studded with 100+ fully **Colored Images and Illustrations** for easy grasp of the relevant topic.
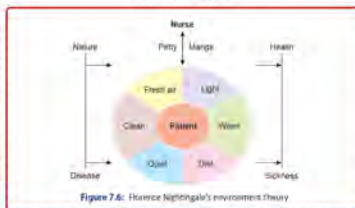

**Figure 7.6:** Florence Nightingale's environment theory

Numerous **Tables** are used to clarify the concepts and make the reading enjoyable and informative.

**TABLE 8.1:** Types of nursing diagnoses with examples

| Type of nursing diagnoses | Examples |
|---|---|
| Actual nursing diagnosis | Imbalanced nutrition related to nausea, disturbed sleep pattern related to cough and pain |
| Potential nursing diagnosis | Possible nutrition deficit leads to possible low self-esteem (related to job) |

**Nursing Consideration** boxes throughout the book will help nurses in implementing better clinical practices.

**Nursing Consideration**
Nursing practice falls under both public and civil law. In all states, nurses are bound by rules and regulations stipulated by the law as determined by the legislature. Public laws are designed to protect the public, when these laws are broken. A nurse can be punished by paying a fine or losing her/his license.

**Further Readings** are covered to provide students with more study-related sources.

**FURTHER READINGS**
- Berman A, Snyder S, Frandsen G. Kozier and Erb's Fundamentals of Nursing: Concepts, Process, and Practice, 10th edition. Upper Saddle River, NJ: Pearson Prentice Hall; 2015.
- Chhugani M, James MM. Challenges faced by nurses in India—the major workforce of the healthcare system. Nurse Care Open Access J. 2017;2(4):112-4.

Detailed **Student Assignment** in the form of exercises in each and every chapter will facilitate structured learning and revision of the material provided in the respective chapters.

**STUDENT ASSIGNMENT**

**LONG ANSWER QUESTIONS**
1. What do you understand by the term nursing process? What are its components? What are the benefits of applying nursing process?
2. What is data collection? Discuss the types of data along with their sources.
3. What is documentation? Explain.

## About the Author

**Samta Soni** *PhD, MSc (N), BSc (N)*, is presently working as a Lecturer in Government College of Nursing, Jaipur, Rajasthan. She is a dedicated, creative and innovative personality in the nursing profession. She has a wide experience and knowledge in theoretical and practical aspects of nursing. She has organized a number of conferences, workshops, and seminars and also presented various scientific papers and presentations on National and State levels. She is founder of SPHERE (Society of Public Health Education, Research and Empowerment). She also holds the membership and positions in various societies, like Society of Community Health Nurses in India (SOCHN – Vice President North Region), Society of Midwifery of India (SOMI – Chapter Secretary, Rajasthan), Trained Nurses Association of India (TNAI – Life Member) and Safety Professionals Association of India (SPAI – Life Member).