

BIOETHICS & HUMANITIES NEWSLETTER



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WELCOME...

Welcome to the monthly Bioethics and Humanities Newsletter provided by the Program in Bioethics and Humanities at the University of Iowa Carver College of Medicine.

Program in Bioethics and Humanities: *Our Mission*

We are committed to helping healthcare professionals explore and understand the increasingly complex ethical questions that have been brought on by advances in medical technology and the health care system. We achieve this through education, research, and service within the Carver College of Medicine, University of Iowa Health Care, University of Iowa, and the wider Iowa community.

[More Details About
The Program](#)

PUBLICATION HIGHLIGHT

Medical Education and the Ethics of Self-Care: A Survey of Medical Students Regarding Professional Challenges and Expectations for Living Healthy Lifestyles

Anne M.L. Rempel, Patrick B. Barlow, Lauris C. Kaldjian
[Southern Medical Journal](#) (2021)

OBJECTIVES: Little is known about medical students' attitudes regarding the healthy lifestyle habits they are taught to recommend to patients and whether they believe they have a professional responsibility to live a healthy lifestyle. Understanding students' attitudes and practices regarding healthy lifestyles may provide insights into the personal and professional challenges that students face as they navigate the ethical tension between obligations to care for others (altruism) and for themselves (self-care).

METHODS: The authors conducted a cross-sectional, anonymous, online survey of all medical students at the University of Iowa Carver College of Medicine in fall 2019, using descriptive statistics for analysis.

RESULTS: A total of 351 students participated (response rate, 52.0%). Most agreed that physicians (85.5%) and medical students (77.8%) have a responsibility to try to live a healthy lifestyle; that physicians who practice healthy behaviors are more confident in counseling patients (94.0%), more likely to counsel patients (88.3%), and more likely to have their advice followed (86.9%); that as students they are more likely to counsel patients if they practice the healthy behavior (90.0%); and that their medical school workload resulted in exercise (69.7%), sleeping (69.4%), and eating (60.2%) practices that were less healthy than they should be.

CONCLUSIONS: Most medical students support the professional responsibility to live a healthy lifestyle and believe doing so increases their effectiveness in counseling patients about healthy lifestyle habits. The medical school workload may limit some students' ability to live healthy lifestyles, however. Medical students need educational opportunities in ethics and professionalism to discuss challenges and expectations for living healthy lifestyles, with an eye toward practical approaches to living the life of a medical student that are professionally responsible and personally realistic.



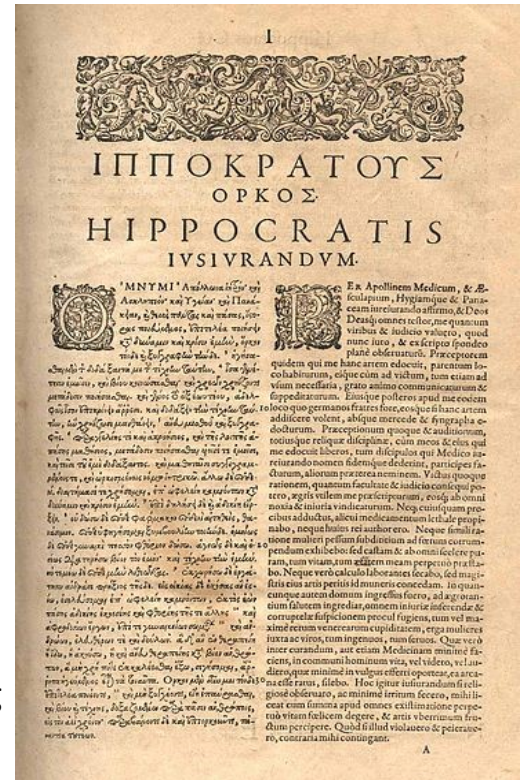
Photo Credit: <https://healthyhenrycounty.org/living-your-best-life-7-must-know-benefits-of-a-healthy-lifestyle/>

OATHS AND ETHICS

AN ADVANCED ELECTIVE FOR CCOM STUDENTS
(FEB. 7-MAR. 4, 2022)

Oaths and Ethics (MED:8413) is an Advanced Elective directed by Dr. Kaldjian. It is a course for CCOM students who are in the last phase of the CCOM curriculum. It aims to help students gain a deeper appreciation for the meaning and significance of a medical oath, both for themselves, and for their profession and society. In this four-week elective, students will have the opportunity to discuss the history and purpose of medical oaths, examine the content of medical oaths in terms of ethical values and obligations, reflect on ethical principles and virtues communicated in ethics-related seminars at UIHC, and write a medical oath that crystalizes their own most important professional commitments.

Students who are interested can email [Dr. Kaldjian](mailto:Dr.Kaldjian) for more information or register for the elective by contacting the CCOM Registrar's Office.



EDITORIAL WRITING FOR MEDICAL STUDENTS

AN ADVANCED ELECTIVE FOR CCOM STUDENTS
(FEB. 7-MAR. 4, 2022)

Editorial Writing for Medical Students (IM:8449) is an Advanced Elective directed by Dr. Brittany Bettendorf. This four-week elective will allow students to understand and practice the skill of writing Opinion Editorials aimed at improving the public's understanding of health and healthcare. Students will learn how to effectively engage a broad, non-medical audience through their writing, with the goal of producing an Opinion Editorial piece that could be submitted for publication to a local or national newspaper.

Learning Objectives

By the end of this course, students will:

- Describe what an Op-Ed is and how this format can be a valuable tool for a physician to engage the general public with issues in healthcare.
- Critically read and discuss published Opinion Editorials, mining the work for tools that can be used in their own piece of persuasive writing.
- Gain experience writing, editing, and providing and receiving feedback on an Op-Ed piece.
- Pursue publication of an original Op-Ed piece that serves to educate a general or medical audience. The rotation director will be available outside of the duration of the elective if needed to mentor individuals on the logistics of publishing.

Students who are interested can email [Dr. Bettendorf](mailto:Dr.Bettendorf) for more information or can register by contacting the CCOM Registrar's Office.



Photo Credit: <https://www.desmoinesregister.com/story/opinion/2018/09/13/oped-editorial-opinion-section-journalism-terms-defined-des-moines-register/1224898002/>

BIOETHICS IN THE LITERATURE

- ⇒ Brenner MJ, Boothman RC, Rushton CH, et al. Honesty and transparency, indispensable to the clinical mission-part I: How tiered professionalism interventions support teamwork and prevent adverse events. [Otolaryngol Clin North Am](#). 2022 Feb; 55: 43-61.
- ⇒ Brown JEH, Koenig BA. Ethical, legal, and social implications of fetal gene therapy. [Clin Obstet Gynecol](#). 2021 Dec 1; 64: 933-940.
- ⇒ Dinallo R. A code of medical ethics' opinions related to implantable devices. [AMA J Ethics](#). 2021 Sep 1; 23: E702-704.
- ⇒ Farrell CM, Hayward BJ. Ethical dilemmas, moral distress, and the risk of moral injury: Experiences of residents and fellows during the covid-19 pandemic in the united states. [Acad Med](#). 2021 Nov 23. [Epub ahead of print]
- ⇒ Fox E, Danis M, Tarzian AJ, et al. Ethics consultation in u.S. Hospitals: New findings about consultation practices. [AJOB Empir Bioeth](#). 2021 Nov 17. [Epub ahead of print]
- ⇒ Frush BW. Remembering the art of dying: Lessons for medical trainees. [Perspect Biol Med](#). 2021; 64: 541-556.
- ⇒ Harris IA, Buchbinder R. How doctors are betraying the Hippocratic Oath. [BMJ](#). 2021 Nov 16; 375: n2807.
- ⇒ Hubbard D, Davis P, Willis T, et al., editors. Trauma-informed care and ethics consultation in the NICU. [Semin Perinatol](#); 2021 Nov 9. [Epub ahead of print]
- ⇒ Lantos JD. Ethical implications of the shifting borderline of viability. [Semin Perinatol](#). 2021 Nov 9. [Epub ahead of print]
- ⇒ Lynch HF, Caplan A, Furlong P, et al. Helpful lessons and cautionary tales: How should covid-19 drug development and access inform approaches to non-pandemic diseases? [Am J Bioeth](#). 2021 Dec; 21: 4-19.



BIOETHICS IN THE LITERATURE (CONTINUED)

- ⇒ Morrison RS, Meier DE, Arnold RM. What's wrong with advance care planning? [JAMA](#). 2021 Oct 26; 326: 1575-1576.
- ⇒ Nix HP, Weijer C, Brehaut JC, et al. Informed consent in cluster randomised trials: A guide for the perplexed. [BMJ Open](#). 2021 Sep 27; 11: e054213.
- ⇒ Sade RM, Carpenter AJ, D'Amico TA, et al. Unethical studies on transplantation in cardiothoracic surgery journals. [Ann Thorac Surg](#). 2021 Dec; 112: 1746-1752.

“Over the last 20 years, increasing attention has been paid to a troubling feature of transplantation in the People’s Republic of China (PRC): harvesting of a large number of organs from nonconsenting prisoners, mostly prisoners of conscience (based on race/ethnicity, sexual orientation, religion, or political views). Some observers have called for journals to reject all such papers on grounds that taking organs without consent is a severe violation of biomedical ethics and that studies resulting from them are unethical. The lack of transparency of transplant organ sources in the PRC has led to uncertainty about the severity of the problem, so only a few journals have acted on the recommendation to reject transplant papers from the PRC.”

(Sade et al.)

- ⇒ Sener U, Neil EC, Scharf A, et al. Ethics consultations in neuro-oncology. [Neurooncol Pract](#). 2021 Oct; 8: 539-549.
- ⇒ Serrano OK, Turka L, Axelrod DA. Challenging the notion of conflict of interest in transplantation: Barriers at the intersection between innovation and clinical advancement. [Am J Transplant](#). 2021 Nov; 21: 3812-3813.
- ⇒ Sullivan LS, Adler M, Arenth J, et al. Shared decision-making in palliative care: A maternalistic approach. [Narrat Inq Bioeth](#). 2021; 11: 211-220.
- ⇒ Tarzian A, Fox E, Danis M, et al. Ethics consultation in U.S. Hospitals: Adherence to national practice standards. [AJOB Empir Bioeth](#). 2021 Nov 18. [Epub ahead of print]
- ⇒ Trahan MJ, Cumyn A, Cheng MP, et al. Physician perspectives on including pregnant women in covid-19 clinical trials: Time for a paradigm change. [Ethics Hum Res](#). 2021 Nov; 43: 19-27.

BIOETHICS IN THE NEWS

- ⇒ We have enough Covid vaccines for most of the world. But rich countries are stockpiling more than they need for boosters. [STAT News](#), December 13, 2021.
- ⇒ A South Korean city will test facial recognition as a way to track the virus. [New York Times](#). December 13, 2021.
- ⇒ Directing human capabilities toward flourishing: A measurement framework for health services research. [Health Affairs Blog](#), December 8, 2021.
- ⇒ 'It's stressful to kill somebody:' the healthcare workers who support assisted dying. [The Conversation](#). December 8, 2021.
- ⇒ Company offers assisted-suicide pod in Switzerland that claims to offer 'painless death.' [USA Today](#). December 7, 2021.



BIOETHICS SERVICES AT THE UIHC

ETHICS CONSULT SERVICE

This service is a clinical resource for UI Health Care personnel who would like help addressing an ethical question or problem related to a patient's care. Consults can be ordered through EPIC or by paging the ethics consultant on call. For more information, [click here](#).



CLINICAL RESEARCH ETHICS SERVICE

We provide free consultation on ethical issues related to research design, tissue banking, genetic research results, informed consent, and working with vulnerable patient populations. In particular, we assist clinical investigators in identifying and addressing the ethical challenges that frequently arise when designing or conducting research with human subjects. These include ethical challenges in sampling design; randomized and placebo-controlled studies; participant recruitment and informed consent; return of individual-level research results; community engagement processes; and more. For more information, [click here](#).