

Exploring the Ethics and Responsibilities of Internship Medical Students in the Doctor-Patient Relationship



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Abstract: As the complexity of medical services and the diversity of patients' needs increase, the doctor-patient relationship is facing unprecedented challenges. As an important part of healthcare delivery, the behavior of medical students-in-training directly affects the quality of the doctor-patient relationship and the effectiveness of healthcare delivery. However, medical students-in-training may feel confused and stressed when faced with ethical challenges and professional responsibilities. This has triggered the need for in-depth research on the professional ethics and responsibilities of medical students-in-training in the doctor-patient relationship. This paper proposes several strategies to improve the professional ethics of medical students in internship, including enhancing professional ethics education, training in communication skills, ethics training through simulation and scenario-based teaching, establishing and adhering to clinical practice guidelines, and mentoring and reflection in practice, to promote the growth of medical students in internship, improve the quality of healthcare services, and maintain a good doctor-patient relationship.

Keywords: internship medical students; professional ethics; doctor-patient relationship

Introduction

In the modern medical system, intern medical students, as recruits about to enter the medical field, have an important influence on the doctor-patient relationship through their behaviors and attitudes. In recent years, the conflicts and contradictions in the doctor-patient relationship have attracted the attention of all sectors of society, and the roles and responsibilities of medical students as important participants in the doctor-patient relationship are worth exploring in depth. The doctor-patient relationship is a relationship based on trust and respect, and as new entrants to the profession, the professional ethics and sense of responsibility of medical interns have a profound impact on the doctor-patient relationship in their future work. The behaviors and attitudes of medical interns will have a direct impact

on the quality of the doctor-patient relationship, which in turn will affect patient outcomes and satisfaction, and even the reputation of the entire healthcare system.

1. Roles and Responsibilities of Internship Medical Students

The medical internship is a key part of medical education, which provides medical students with the opportunity to apply their theoretical knowledge to practice. The goal of the internship is to prepare students to enter the medical profession by gaining a deeper understanding of medical theory, mastering a variety of clinical skills, and gaining an awareness of the issues and challenges of medical practice through practice. Medical interns play a unique and critical role in the healthcare environment, as they are required to absorb and master a wide range of medical knowledge and skills while actively participating in

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the actual delivery of healthcare. The responsibilities of medical students in this process are significant. They must abide by medical ethics and take responsibility for the lives and health of their patients and their learning. They need to approach each case, large or small, with the highest professional standards. They need to operate under the supervision of a supervising physician to ensure safety and gain experience.

2. Professional ethics and responsibilities of medical students in the doctor-patient relationship

Medical ethics is a set of principles that guide the behavior of medical personnel and requires them to adhere to a code of honesty, respect, fairness, and responsible behavior at all times in their practice. In the doctor-patient relationship, the ethics and responsibilities of medical students in residency are critical. They must respect the person and rights of the patient, which includes respecting the patient's choices, protecting the patient's privacy, and minimizing the patient's suffering. At the same time, they need to engage in open, honest communication with patients, provide them with the information they need, listen to their concerns and questions, and do their best to answer them. They need to take responsibility for protecting and improving patients' health, which includes providing scientifically sound, effective medical care and participating in preventive and health education activities. In addition, they should be actively involved in improving the quality and safety of care, which includes not only their learning and practice but also the improvement of the healthcare system. Finally, the ethics and responsibilities of medical interns in the doctor-patient relationship also include maintaining a good doctor-patient relationship and building a doctor-patient relationship based on trust and respect, which can play an important role in increasing patient satisfaction, improving health outcomes, and preventing doctor-patient conflicts.

Internship medical students occupy a unique and important position in the physician-patient relationship. While they may not have the extensive experience and expertise of senior physicians, their fresh perspectives and proactive attitudes can help the

healthcare team better understand and meet the needs of patients. Their clinical practice also allows them to understand and implement medical ethics, which is critical to building and maintaining a good doctor-patient relationship. At the same time, because medical students-in-training often have direct contact with patients, their behaviors and attitudes have a significant impact on patient perception and satisfaction. Therefore, the role of medical student interns is not only crucial to their professional growth but also plays an important role in the establishment and maintenance of the healthcare system in general and the doctor-patient relationship in particular (Yan, 2016).

3. Ethical challenges faced by medical students-in-training

Internship medical students face a variety of ethical challenges in medical practice. First, they must master and apply the complexities of medical ethics while learning new knowledge and skills quickly. They may encounter a variety of situations involving ethical issues, such as patient privacy protection, informed consent, and medical decision-making, that require thoughtful consideration and judgment. Another challenge comes from how to handle doctor-patient conflicts. As society's expectations for medical services are increasing, the incidence of doctor-patient conflicts is also increasing (Cao, et al., 2015). How to maintain professional medical standards while safeguarding the interests of patients is a major challenge for medical students in residency. Finally, how to respect patient autonomy is also an important ethical challenge. In the modern healthcare environment, patient autonomy is increasingly valued. Medical students in training need to learn to find a balance between providing necessary medical advice and respecting patients' autonomous decisions. These ethical challenges require interns to continuously reflect on them in their theoretical studies and practice so that they can become physicians with high medical ethics.

4. Strategies for improving the professional ethics of medical students in internship

4.1 Enhance professional ethics education

Enhancing professional ethics education is the basis for improving the professional ethics of internship medical students. By providing rich ethics theory courses and practical case studies, medical students can deepen their understanding of medical ethical principles and clarify the standards and norms they should follow in medical practice. Professional ethics education not only enables internship medical students to understand how to properly deal with various ethical issues involved in medical activities but also helps to develop their moral judgment and sense of moral responsibility (Luo, 2015). In addition, directing their attention to ethical issues in the doctor-patient relationship, makes them realize the importance of respecting patients, protecting their rights, and providing medical services in a just and fair manner. More critically, professional ethics education should focus on cultivating the moral emotions and moral will of internship medical students so that they not only know what they should do but also have the will and determination to practice according to the principles of medical ethics, which is the key to their growth into a medical practitioner with high physician character.

4.2 Strengthening the training of communication skills

Strengthening training in communication skills is crucial to enhancing the professional ethical qualities of medical students in the internship. Excellent communication skills not only help interns understand and answer patients' needs more accurately but also help build a doctor-patient relationship based on trust and respect. Training should include how to communicate information effectively, including listening to patients' requests and addressing their concerns and worries. For example, a medical student intern is responsible for the follow-up of a patient with chronic pain during her daily clinical practice. The patient felt anxious and helpless about the persistent pain and repeatedly complained about the lack of pain relief. Instead of rushing to give medical advice, the intern doctor chose to listen patiently, trying to understand the patient's feelings and giving full attention to the patient's emotions and needs. By

listening carefully, the intern doctor not only learned about the patient's description of pain but also discovered the patient's psychological stress and concerns about the future. With this insightful understanding, the intern physician provides a fuller picture of the patient's condition when reporting back to the supervising physician, providing important information for developing an individualized treatment plan. This example demonstrates the patience, compassion, and listening skills required for interns to understand and handle patient complaints, which are key skills interns must learn and master in improving their professional ethics.

It should also include how to maintain good communication when dealing with sensitive and difficult situations, such as notification of illness, handling medical disputes, etc. At a deeper level, interns should be trained to demonstrate empathy and understanding in communication and how to communicate effectively when dealing with different cultures, beliefs, and values (Ai, et al., 2015). Only with these communication skills can internists truly respect and take responsibility for each patient in their daily medical practice, thus improving their professional ethics.

4.3 Ethical training through simulation and scenario-based teaching

Ethics training through simulation and scenario-based teaching is an effective means to enhance the professional ethics of internship medical students. This type of training allows students to experience and deal with complex situations involving ethical issues by simulating real medical situations in a safe environment (Gu, et al., 2012). For example, scenarios such as simulating interactions with patients' families, the informed consent process for patients, or dealing with medical disputes can help students preview the difficulties they may encounter in real healthcare settings and practice their decision-making and communication skills. For example, a simulation of an interaction with a patient's family could be set up in which the student intern explains a complex surgical procedure and its possible risks to the patient's family. In this simulation, the student needs to use his medical knowledge to clearly and accurately

explain the details and necessity of the procedure, and he also needs to use good communication skills to enable the family to understand the complexity of the procedure and to accept and deal with the possible consequences of the procedure. During this process, the medical student intern must demonstrate compassion and understanding, respect the family's feelings and decisions, and be patient and attentive while conveying complex medical information. Such simulations help medical students-in-training experience and understand in advance the situations they may encounter in real medical settings, develop their decision-making and communication skills, and gain a deeper understanding and practice of medical ethical principles. During this process, experienced physicians and faculty can provide timely feedback to guide students on how to make decisions that are consistent with ethical principles in healthcare when they encounter ethical issues, improving their critical thinking and problem-solving skills. This type of training through simulation and scenario-based teaching helps internship medical students to better understand and apply professional ethics so that they can make informed decisions when faced with complex ethical issues in their future medical practice (He, & Wang, 2010).

4.4 Establishment and Adherence to clinical internship guidelines

Establishing and adhering to clinical internship guidelines is an important strategy to ensure that medical students in internships improve their professional ethics. First, these principles should clarify the roles and responsibilities of medical students in internships so that they are clear about their place in the healthcare team and the tasks they should undertake (Zhu, 2006). Second, the guiding principles of clinical practice should include respect for patient rights, such as maintaining patient privacy and respecting patient autonomy, to make the medical student intern understand that the well-being of the patient should always be at the center of the practice. In addition, the guidelines should encourage self-reflection and evaluation by the internship students to increase their self-awareness of their behavior to continuously improve their professional

ethics. At the same time, teachers and supervising physicians should also follow these principles as good role models to guide medical students in their internship to practice medical ethics properly and to build a noble physician character.

4.5 Guidance and Reflection in practice

In-practice mentoring and reflection are important steps in enhancing the professional ethics of internship medical students. Mentoring in practice involves learning from experienced physicians in a medical setting to deepen theoretical knowledge, develop skills, and understand and adapt to the realities of medical practice. In addition, the mentoring process includes face-to-face feedback, which is an extremely valuable learning opportunity for practicing medical students to help them identify and correct their own mistakes, as well as help them understand their strengths and progress. Reflection is another key method for improving professional ethics. By thinking deeply about their actions and decisions, medical students in residency can gain a deeper understanding of their ethical understanding and practice to make more appropriate and ethical decisions in their future work (Gong, 2014). Mentoring and reflection go hand in hand so that medical student interns can continue to improve their professional ethics in practice, better serve their patients, and become excellent healthcare professionals.

Conclusion

In summary, this paper has explored the professional ethics and responsibilities of medical students-in-training in the doctor-patient relationship, elucidating their critical role in healthcare delivery while revealing the ethical challenges they face. We found that the professional ethics of internship medical students can be effectively enhanced by strengthening professional ethics education, providing guidance and reflection in practice, and conducting simulations and scenario-based teaching. Also, establishing and adhering to clinical internship guidelines has proven to be a successful strategy. In the future, we expect medical education and medical institutions to further strengthen the professional

ethics training of medical students in internships and provide more opportunities for practice and learning to help them better understand and practice professional ethics in clinical internships and lay a solid foundation for becoming good healthcare workers. At the same time, we also call for more research to explore this topic to deepen our understanding of professional ethics education for internship medical students and to provide more effective educational strategies. This has far-reaching implications not only for the growth of internship medical students, but also for improving the quality of medical services, protecting patients' rights, and maintaining a good doctor-patient relationship.

Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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