

What is bioethics?, its rise and its impact on human health today

¿Qué es la bioética?, su auge y su impacto en la salud humana en la actualidad

*Jesús Carlos Ruvalcaba Ledezma^a, Josefina Reynoso Vázquez^b, Sandra Yazmín Cortés Ascencio^c, Gabriela García Zapien^d, Juana Vanesa Escalante Arroyo^e,
María Guadalupe Beltrán Rodríguez^f, Lydia López Pontigo^g.*

Abstract:

Bioethics is defined as the study of human behavior in the area of life sciences and health care, in that such behavior is examined in the light of moral values and principles. The objective of this essay focused on analyzing the conceptual basis regarding bioethics from sources of information framed in scientific texts and articles, in order to make a proposal based on the professional practice of researchers who are experts in the medical-biological areas that allow the realization of a reflection and awareness; that causes the increase in the quality of the professional actions of those who are examined in the light of the values and moral principles, represented by professionals in the medical-biological and social sciences. Reinforcing its action with emphasis on the General Health Law, it also analyzes the meaning of plagiarism based on its concept and the general Mexican health law and provides elements for the professional practice of those involved in the exercise of power.

Keywords:

Bioethics, human behavior, values, moral principles, conduct professional.

Resumen:

La bioética se define como el estudio de la conducta humana en el área de las ciencias de la vida y del cuidado de la salud, en cuanto a que dicha conducta es examinada a luz de los valores y de los principios morales. El objetivo del presente ensayo se centró en analizar las bases conceptuales respecto a la bioética, a partir de fuentes de información enmarcadas en textos y artículos científicos, con la finalidad de realizar una propuesta fundamentada para el ejercicio profesional de investigadores expertos en las áreas médico-biológicas que permita la realización de una reflexión y toma de conciencia; que provoque el incremento de la calidad en el actuar profesional de aquellos que son examinados a la luz de los valores y de los principios morales, representados por los profesionales de las ciencias médico-biológicas y sociales. Reforzando su actuar con énfasis en la Ley General de Salud, se analiza además el significado de plagio fundamentado en su concepto y en la ley general de salud mexicana y aporta elementos para el ejercicio profesional de aquellos implicados en el ejercicio del poder.

Palabras Clave:

Bioética, conducta humana, valores, principios morales, conducta profesional.

^a Corresponding author, Área Académica de Medicina, Coordinador de la Maestría en Salud Pública (ICSa-UAEH) Instituto de Ciencias de la Salud, Universidad Autónoma del Estado de Hidalgo, <https://orcid.org/0000-0002-5593-3946>, E-mail: dcsjpcarlos@gmail.com.

^b Área académica de Farmacia y Maestría en Salud Pública (ICSa-UAEH), Instituto de Ciencias de la Salud, Universidad Autónoma del Estado de Hidalgo, <https://orcid.org/0000-0002-9943-0881>, Email: jreynosovazquez@hotmail.com.

^c Universidad Abierta y a Distancia de México (UNADM).

^d Colegio Francisco Febres Cordero-Guadalajara Jalisco, México.

^e Área Académica de Medicina, (ICSa-UAEH) Instituto de Ciencias de la Salud, Universidad Autónoma del Estado de Hidalgo.

^f Estudiante de la Maestría en Salud Pública (ICSa-UAEH) Instituto de Ciencias de la Salud, Universidad Autónoma del Estado de Hidalgo.

^g Área Académica de Gerontología, ICSa-UAEH, Instituto de Ciencias de la Salud, Universidad Autónoma del Estado de Hidalgo, <https://orcid.org/0000-0001-6901-7909>, Email: lydial@uaeh.edu.mx.

INTRODUCTION

Bioethics is a relatively recent discipline, involving a complexity as extensive as the areas in which it affects, its components and actors involved.

WHAT IS BIOETHICS?

As is known, "ethics" is the branch of philosophy that is responsible for reflecting on the moral part of human behavior and its construction, throughout the existence of the individual, so that ethics in its character of science "Regulates the activity of man in the precept to the good, which is based on the rational and whose precept is the elaboration of a reference system that allows defining a moral code that studies human behavior" (Cantú, 2015).

On the other hand, the prefix of Greek origin "bio" generally refers to "life" (Arrollo, 1980). Therefore, according to the dictionary of the real Spanish language, biology is "a science that studies living organisms or beings (Raluy, 1994).

In this way, bioethics, according to the Encyclopedia of Bioethics is defined as:

The study of human behavior in the area of life sciences and health care, in that such behavior is examined in light of moral values and principles (Bonnin, 2007). Whose term was coined by Potter in 1970 (Reich, 1994); which has its own roots, which means life, and ethos, custom, so it translates as "the ethics of life."

Thus, the characteristics of bioethics are (Blázquez, 1996):

- Human. It directly concerns the life and health of man and, indirectly, the environment in which he lives.
- Rational. Regulates interventions according to moral values founded on the dignity of the human person.
- Universal. Valid for all men without distinction of culture or religion.

Interdisciplinary. It uses all the disciplines involved, such as biology, medicine, law, philosophy, etc.

In the same way, bioethics is configured by four principles that integrate it as autonomy, non-maleficency, beneficence and justice, which must be considered in the professional development of experts in the health sciences. In other words (Hottois, 2007):

- Respect for autonomy. It refers to respect in people's decision-making, that is, that they should not be influenced or pressured by other third parties.
- No maleficency. The approach is made that none of the actions carried out by the health professional are hampered by negative thoughts that lead health professionals to act under impulse and generate malicious damage.
- Benefit. This principle is closely linked to the previous one, which is why it suggests that you should contribute to benefit and support people in a positive way.

- Justice. It seeks that people act in solidarity to establish equitable relationships, not marked by inequality.

Then, bioethics is formed, from its origin, by a set of sciences such as biology, medicine, anthropology and social sciences, among others, using an interdisciplinary methodology. Thus, although its origin is from biology, it has an emphasis on health care and makes bioethics directly interrelated, as well as rooted, with a scientific approach to medicine (Bonnin, 2007). Based on the field of study in which bioethics is applied, it can be divided into the following categories:

- Theoretical (general) bioethics. Referred to norms and virtues, based on the value of life and dignity, as components of behavior (Garza, 2000; Farcapani de Cuitiño, 1999; Reich, 1994).
- Practical (applied) bioethics. Understood as human behavior carried out based on its reflection and its ends (Garza, 2000; Farcapani de Cuitiño, 1999; Lucas, 2003).

To which, according to Farcapani de Cuitiño (1999), could be added:

- Normative and policy bioethics. Relating to the creation of legal and clinical norms that regulate professional work, which is why they derive from a constant interaction between theoretical bioethics and practical bioethics.
- Cultural bioethics. Focused on the influence of the sociocultural and historical context on the development and practice of bioethics.

Thus, in general, the center of action of bioethics refers to human behavior examined in the light of values, such as responsibility, honesty, dignity, punctuality and others. That is to say, that person who exercises a profession, practically whatever it may be, must possess these attributes in their professional actions, in their daily work when seeking to serve, which is another added value to the action of their professional work.

On the other hand, moral principles in the same way provide a distinctive to any professional who executes actions on the eve of achieving the common good, particularly the health professional who cares for his patient, socially represents in that person with moral principles. Hence, specifically, each professional has the commitment to work honestly, with respect, be punctual and become a bearer of good treatment, that is, "treat the other as you want to be treated".

Thus, there is great importance of the incidence of moral duties and norms in professional practice, that is, the implication of "deontology" or a set of patterns of behavior and intent in professional work based on ethics, both from the speculative order or moral and social principles of behavior, as in the practical one referring to the benefits obtained by individuals through professional relationships (Cantú, 2015).

One of the outstanding aspects of those who are not testimony to the above, is the manifestation of power before the other,

the exercise of power to dominate the other, where their values and moral principles are exposed, with their possible lack or misrepresentation.

The life sciences and those dedicated to health care are part of this multidisciplinary approach to bioethics; so, with particular emphasis, bioethics is the result of a set of sciences that strengthen their professional field of application, such as the biological sciences, the health sciences, and the social sciences, which provide conceptual bases for the support of this. The above allows us to understand that man is a biopsychosocial being, who must be studied, and understood, from the biological point of view simply because he is a set of cells and systems that give life, as well as a body, to the human structure. Similarly, the psychological reference that deals with emotions, behavior, as well as the mechanisms that structure the cognitive process are integrated. While the social is manifested in how it is inserted into a society and relationships, roles that it acquires. In this way, man is approached in an integral, non-segmented way, as a unit.

The health professional cannot and should not be an abuser of their degree, however, there are those who profit from health-disease, get rich regardless of being socially observed, and then their professional actions become spurious, false, socially unnecessary. Therefore, the health professional must and must raise awareness of the impact of the way they carry out their practice for the benefit of the individuals involved, the surrounding context and science.

But, what have been the reasons why bioethics has increased in popularity? We could say that the rise of bioethics is immersed in scientific and technological development, for example:

Genetic engineering applied to human biology seeks to cure diseases, but as a consequence of this purpose, manipulation of the human species and other species of living beings is generated.

Within human reproduction techniques are inserted, such as (Bonnin, 2007):

- Artificial insemination.
- Storage, classification and distribution of semen.
- Embryo implantation.
- The uterus rent.
- Gene therapy.
- Cloning.
- Culture of stem cells.

Although it is true that while some people might think that it is fabulous that the films of the 90's are already a reality, that there is a possibility and alternatives to solve their problems, for other people it could represent an outrage, both for the species human like other living beings. However, it is true that bioethics involves professional action, the values of the professional and its moral principles, the possibility of manipulation in human reproduction unleashes a series of debates, based on a changing perspective of reality, where

what yesterday it was true then it turns out to be false, as manifested by Dolly the sheep's experiments.

Respect for living beings includes the human being, since life is a gift and living is the desire of each individual, including those who suffer from some pathology and, even, has been on the verge of death, so they are trusted the state of health to the doctor. Among his attributes, in addition to the academic, he will seek the common good; its values, respect for life and its moral principles, give it a profile where humanity, as a person in its professional act as a scientist, sociologist or any professional, must present the badge or the label of doing things with quality, based on strict values and virtues (Bonnin, 2007).

On the other hand, other fundamental aspects that have caused greater importance to bioethics every day are:

- The possibilities of organ transplantation, intersex and transsexuality.
- Euthanasia and dysthanasia.
- Sterilization and contraception.
- The use of microorganisms for "Biological Warfare" and other aspects such as the use of chemical substances, the hunger strike, or religions, could represent increased risks and even loss of life.

These and other events, even proposed for debate, finally present ethical challenges that the moralist cannot ignore.

Thus, the right to life could be confronted or discussed rather from different perspectives with tolerance and respect, considering declarations of human rights, of the poor or from the Catholic religion, for example, where biblical doctrine is expressed on the right to life using messages like God gives life and he takes it away, God is the source of life, life is a gift, that is, life is a *kairos*, a time of grace, we will be asked to account for what was done during this life, in addition to "the image of God in the human being demands that his life be respected" (González, 2010).

On the other hand, some aspects that intervene as fundamental principles from bioethics are:

- It is bioethically correct to act by doing good to others.
- Respect for freedom.
- Behave fairly with others.

Which, together with other principles, are parts of the universal cultural heritage.

THE IMPACT ON HUMAN HEALTH

If the health professional or other field of specialization executes his professional act away from values, such as, responsibility, respect, honesty, punctuality, tolerance, as well as the principles that shape bioethics and about all far from seeking the common good, then we could say that it is a professional that the society where he lives and develops does not need it. On the contrary, it requires someone else, human, willing to be treated as he treats others, if his conscience does not move him internally to serve others, since "society will

demand it", since society will baptize him with unpleasant words in such a way that his professional actions in the same way could be questioned.

The committed professional prepares to face health problems or their work, "specialty" in which they were trained, otherwise this is far from what society requires, very far from the bioethics applied in their professional life.

This is reflected in the breach of regulations regarding caesarean sections, people who underwent surgery without pathological reason: "The appendix does not work", it may well serve to give money to those who under oath have promised to ensure the health of his patient, or the one who sells himself to achieve his mission, even if his client has to change his lifestyle when imprisoned, or the one who uses the economic and material resources of others obstructing the company's results and productivity, recalls that bioethics it requires values and moral principles.

CRITICAL ANALYSIS OF THE "BIOETHICAL" REALITY

We have recently learned of events where the credibility of the professional ethics of people who at one time exercised power at the government level is at stake, in addition to those who evidently participated in administering bi-distilled water instead of medicines for its use. chemotherapy of children with leukemia-cancer, this action has the opposite effect of what it should be in terms of what by definition is bioethics. "The study of human behavior in the area of life sciences and health care, in that such behavior is examined in light of moral values and principles" is also no different than leaving drugs without Only these children, but people who require medical attention and who do not provide medical care for lack of supplies.

The foregoing allows at this time to reflect and become aware of how the professional act is exercised, be it in the field of medicine or in any area of knowledge, it seems that due to economic interests and power the quality of medical care is forgotten Forgets what it means to feel pain, as if we had never felt pain, of any kind, as if things had to be done on a whim or tantrum without being previously analyzed, or as if the analysis was biased before what the control of power.

The significance of this document goes beyond promoting the definition of bioethics, it is intended to provoke a deep analysis in the thinking of all those involved in generating well-being, a common good that for the moment knows where it is, it will generate profound reflection so that in turn it generates an awareness and retakes a commitment that from the definition of what is bioethics "The study of human behavior in the area of life sciences and health care, as to said conduct is examined in light of moral values and principles "allows teaching to live, understanding that the Mexican population requires knowing how to live, respect and care for life, to commit to being a better person, to grow as a person in all Possible directions, to be purposeful and to know how to think in the face of the adversity of the problems that currently

plague the Mexican population, to question themselves and seek thoughtful solutions.

CONCLUSION

Each person regardless of the power they exercise or the professional specialty that has the commitment to analyze what bioethics is, but more those who are involved in safeguarding, promoting health, in restoring health not only to learn the definition, but to exercise with a transforming commitment in the search for the common well-being of each and every one of the Mexicans, to learn to be, to learn to live and above all to learn to be responsible and exercise with values such as respect, punctuality, responsibility among others.

Respect for life undoubtedly implies the execution of thought-out strategies, where these are the ones that the human population requires at that time, the kit cannot be kept to save medications, if this occurs when people require them, no They will be available and when people want to administer them, they will not be there either, the point here is that we hope that our loved ones are not those who are already there when we want to give them their aspirin or chemotherapy. Hence, acting from the field of bioethics should not be from yesterday, but always.

From these references, talking about bioethics not only implies that health professionals understand, know the principles and regulations under which their professional practice is sustained, but it is imperative that they incorporate it into their daily practice in order to comply with the principles that They must develop by responding to the demands of each person served.

In this way, bioethics also incorporates each of the parts that make up society, such as communities, families and individuals, standing out in the center of attention, linked to the relationship between respect for life and the events that in their environment happens in order to generate democratic relationships, with greater equity in the exercise of values and general ethical principles applied to specific issues from biological references, framed in a regulatory context that guides the relationships of health professionals with their environment.

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