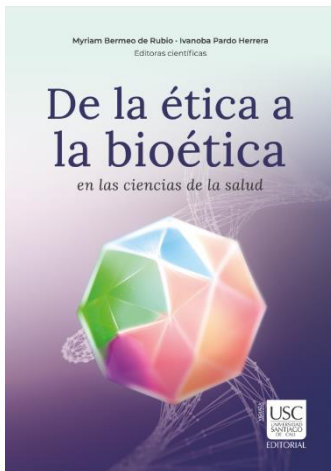


From ethics to bioethics in the health sciences

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The book *From Ethics to Bioethics in the Health Sciences* presents a comprehensive analysis of the evolution of ethical thought toward bioethics, highlighting its relevance across the various disciplines within the health sciences. The work emerges from interdisciplinary research aimed at reflecting on the importance of moral conduct, professional responsibility, and human dignity in the practice of health-related professions.

First, the text establishes a clear distinction between ethics and morality. Ethics is conceived as a philosophical discipline that examines human actions in relation to good and evil, whereas morality refers to the norms, values, and customs that guide individual behaviour within a given society. Ethics, therefore, analyses and reflects upon morality, allowing for the evaluation of whether actions are right or wrong. This distinction is fundamental for understanding the subsequent development of bioethics.

Bioethics is presented as an extension of ethics applied to the life and health sciences, particularly in response to scientific and technological advances that have generated new moral dilemmas. It is defined as a discipline that studies the ethical implications of medicine, biology, and healthcare practices, with the aim of protecting life and ensuring respect for human dignity. Unlike traditional ethics, bioethics adopts a more practical and interdisciplinary approach, as it integrates legal, social, cultural, and scientific dimensions.

The text emphasises that the professional practice of healthcare providers requires not only technical expertise but also a solid ethical foundation. From academic training to professional practice, ethics and bioethics should function as transversal pillars guiding decision-making processes. This is especially relevant in complex situations involving life, death, suffering, and patients' rights.

One of the key elements addressed in the work is the principle of autonomy, which recognises patients' right to make informed decisions about their health. This principle is closely linked to informed consent, understood not merely as a legal document but as a process of communication between the healthcare professional and the patient. Through this process, the aim is to ensure that patients are fully informed about the risks, benefits, and alternatives associated with medical procedures.

Likewise, the book highlights other fundamental principles of bioethics, such as beneficence (acting in the patient's best interest), non-maleficence (avoiding harm), and justice (the equitable distribution of healthcare resources and services). These principles serve as a guide for ethical professional conduct and contribute to improving the quality of healthcare delivery.

The work also addresses the issue of human error in healthcare services, noting that it is multifactorial and may be influenced by the complexity of healthcare systems, working conditions, and the use of technology. In this context, ethics and bioethics play a crucial role in error prevention and in promoting patient safety. The implementation of protocols and good clinical practices is presented as a key strategy to reduce risks and ensure safe care.

Another relevant aspect discussed is the need for deontological codes within each health discipline. These codes establish norms and principles that regulate professional behaviour, fostering responsibility, respect, and ethical commitment. However, the book reveals that not all disciplines possess well-structured or up-to-date codes, which represents a significant challenge for strengthening professional ethics.

Throughout the different chapters, the application of ethics and bioethics is analysed in fields such as medicine, nursing, dentistry, physiotherapy, psychology, among others. In each case, advances, limitations, and recommendations are identified in order to improve professional practice from an ethical perspective. The work concludes that bioethics must adapt to social and technological changes, while always maintaining human dignity as its central axis.

Finally, the book underscores that the current crisis of values in society makes ethical training for healthcare professionals more necessary than ever. Bioethics is presented as a fundamental tool for addressing contemporary challenges, promoting humanised, responsible, and patient-centred care. In this regard, the text calls for the strengthening of ethical education and the promotion of interdisciplinary dialogue as means to enhance quality of life and societal well-being.