Ethics in Optometric Practice- the Obligations that Define a Profession

Dear Editor:

THE DEFINING FEATURE OF A PROFESSION

The use of the word ‘profession’ has expanded so far beyond its original meaning that a clear definition has become obscured and marred by colloquial usage. It is not uncommon to find the term ‘professional’ misused to describe sportsmen, tradesmen and even politicians. Yet, when we speak about a ‘professional’ there is a tacit understanding that only individuals engaged in certain occupations belong to that category: doctors, lawyers, teachers. A fundamental distinction between a profession and any other occupation, is that individuals engaged in a profession have an ethical obligation to whomever they offer their services. In other words, a profession is required to have a Code of Ethics.

THE ORIGIN OF ETHICAL CODES

Optometry ranks amongst the leading healthcare professions and various national Codes of Ethics for Optometry exist. These can all be traced back to one of the original sources of medical ethics in the Western world: the famous oath of Hippocrates. Hippocrates lived around 460-380 BC and was believed to be part of a physician’s cult in ancient Greece who were faithful to Asclepius, the god of medicine and healing. Indeed, the memory of the worship of Asclepius lives on in modern medicine: the snake around the physician’s staff is attributed to this god as snakes were part of the ancient healing ritual. Whilst reptilian remedies do not form part of medicine and healthcare today and Hippocrates original oath (as we understand it through modern translations) includes statements that would not concord with modern practice: e.g. a pledge to remain chaste and religious and never to procure abortion, the essence of the Hippocratic oath endures in current principles of medical and healthcare ethics.

The oath has been transposed through history and more recently was incorporated into the Declaration of Geneva (1948) that followed the aftermath of the Second World War. The following year, in response to Nazi War Crimes, the World Medical Association adopted The International Code of Medical Ethics. This has formed the basis of the codes of ethics of a number of healthcare professions.

ETHICAL PRINCIPLES

The ethical codes contain guiding principles. These serve to help practitioners in their decisions and in practic-
Collegiality calls for support of colleagues and fellow practitioners and professionals. This is the only ethical principle that does not apply to patients but to the way practitioners treat one another. Collegiality means mutual respect and understanding for fellow optometrists, for other professionals and for their respective roles in the health care team.

**The Problem with Absolute Application**

Each of these principles would appear to be sound and simple to follow, almost too obvious to need stating. Yet, for each one of them situations that may render that principle limiting or difficult to apply will arise. This illustrates the paradox that whilst these principles are essential tools for ethical practice, if applied too rigidly, they can be problematic. No principle can be applied absolutely. Take the example of beneficence. It is easy to say that a practitioner should at all times do his/her best for a patient but it is not so simple to define how good is good enough? Should a practitioner become so completely selfless that (s)he commits his entire life and all available time to helping patients at the expense of a private life and duties to family? The difficulty with beneficence is that it is limitless and every practitioner needs to decide how far (s)he wants to take this principle.

Non-maleficence may not be limitless but it may be limiting. No practitioner will ever set out to harm a patient, yet certain practice methods will incur a risk of harm: contact tonometry or the prescription of a contact lens can result in unwanted side effects. To apply non-maleficence rigidly would require a practitioner to abandon all practice methods with the potential of harm, no matter how minimal the harm or how small the risk. This would limit the practitioner to such an extent that optometric practice may not be feasible.

Respecting the autonomy of a patient who refuses to wear a prescription without which (s)he is below the legal standard for driving, can pose difficulties. Can the optometrist always respect the choice of a patient whose behaviour may be unreasonable and potentially dangerous? More poignant illustrations of limits on autonomy are seen in cases of patients who are suffering from debilitating and painful conditions and wish to die. In many countries, where euthanasia is illegal, such patients’ wishes cannot be respected.

Justice means being fair to all patients but that involves the complexity of deciding the basis of this fairness and how time and resources should be distributed. It would be easiest to say that all patients should be given half an hour of an optometrist’s time but this may prove to be too inflexible: some patients may need less time and some considerably more. Similarly, it may sound just to declare that the same treatment should be given to patients with the same condition. How is this to be reconciled in the case of a ninety year old lady with cataracts that leave her with visual acuity of 6/18 and the forty year old long distance driver with the same type of cataract and same visual acuity? Should both necessarily be referred for cataract surgery?

Confidentiality may be compromised when a patient discloses to a practitioner something that may have serious ramifications for the patient and potentially for others. It can be very difficult for an optometrist to decide whether or not to keep confidential the details of a patient who admits to having AIDS but asks the optometrist to keep this secret from his (the patient’s) wife.

Protecting the vulnerable may require deciding how far this protection can extend. Should the parent of a child patient who appears with multiple bruising be reported even though the matter has nothing to do with eye care? Reporting such a matter to social services may result in innocent parents having to defend themselves against charges of child abuse. Not reporting, may leave a vulnerable child open to further risk of harm.

Collegiality is easy to practice with those who have similar interests and outlooks. It can be more difficult when working with a fellow optometrist who has different perspectives, opinions, attitudes and behaviour. If the colleague is practicing ethically, personal differences should be put aside. Collegiality also has no place for prejudice or professional jealousy. If a colleague is behaving in a manner that may be inappropriate for a professional, collegiality cannot be used as an excuse to protect what is wrong. Help should be offered but in some cases a colleague may need to be reported.

**Ethical Dilemmas**

In addition to situations that complicate the application of each principle, there will be circumstances that cause principles to conflict: applying one will almost certainly require disregarding another. In such cases, the practitioner is confronted with an ethical dilemma.

This is obvious in the case of an overweight diabetic who presents to the optometrist with early signs of retinopathy. The patient is a smoker and is reluctant to stop this habit claiming that he needs to smoke to try to reduce his weight. Beneficence requires the practitioner to do his/her best for the patient. The best is clearly to do whatever is possible to alter the lifestyle of the patient. Yet, the patient insists that he will continue to smoke and the practitioner is also obliged to respect the patient’s choices. The conflict between beneficence and respect for autonomy is clear. It is also clear that in such a case a practitioner cannot enforce smoking cessation on the patient. The best that can be offered is advice. The autonomy of the patient and respect for his choices presides over a more active application of beneficence.

A less obvious dilemma arises in the case of a patient requesting treatment about which the practitioner has reservations. How does a practitioner, who is concerned about the risks of orthokeratology in young patients, respond to the parents of a young myope who have heard about the alleged beneficial effects of orthokeratology in retarding the progression of myopia and insist on this method of correction being prescribed for their child? The dilemma between non-maleficence, respect for autonomy and protection of the vulnerable is evident. What may be
less evident is the dilemma that a practitioner faces when research about a method is conflicting and, therefore, presenting patients with reliable information is, not possible.

**Conclusions**

Unlike laws and regulations, which are prescriptive and rigid, the principles of ethics are flexible and how they are applied depends on the individual practitioner. This places on each optometrist: a) the responsibility of developing personal ethical standards and b) the expectation of possessing the requisite self-discipline to practice in accordance with these standards. It is these responsibilities and expectations that are the hallmarks of a profession.

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**References**