

## Good Medical Practice (Duties of a Registered Doctor)

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Good Medical Practice describes what is expected of all doctors registered to practice of medicine. It sets out the principles and values on which good practice is founded. Patients need good doctors. Good doctors make the care of their patients their first concern: they are competent, keep their knowledge and skills up to date, establish and maintain good relationships with patients and colleagues, are honest and trustworthy, and act with integrity.

The components of Good Medical Practice are:

### 1. Good clinical care:

1. Good clinical care must include:

- adequately assessing the patient's condition's. (history, examination and patient views.)
- Providing advice, investigations or treatment where necessary.
- Referring a patient to another practitioner, when this is in the patient's best interest.

While doing this keep clear, accurate and eligible records regarding clinical findings, decisions/diagnosis, information and suggestions given to patients and all the drugs provided and investigations suggested and cause of referral.

- Supporting self-care: advising patient on the effects of their life choices on their health and well-being and the possible outcome of their treatments.
- Raising concerns about patient safety: If you have good reason to think that patient safety is or maybe seriously compromised by inadequate premises, equipment, or other resources, policies or systems, you should put the matter right if that is possible.
- You must explain to patients any situation if there is a conflict with your religious or moral beliefs while carrying out a procedure or giving advice and tell them about the right to see another doctor.

- Treatment in emergencies: In an emergency, wherever it arises, you must offer assistance, taking account of your own safety, your competence, and the availability of other options for care.

### 2. Maintaining Good Medical Practice

- Keeping up to date: knowledge, skills, guidelines for treatment, educational activities, relevant laws and codes of practice must be up to date.
- Maintaining and improving your performance: you must work with colleagues and patients to maintain and improve the quality of your work and promote patient safety. In particular, one must participate in medical audit, quality assurance, further training, confidential inquiries, recognition of adverse event,

### 3. Teaching and Training

- For care of the patients, teaching, training, appraising and assessing doctors and students are important nowadays.
- Must be honest, and objective when appraising or assessing the performance of colleagues, including locums and students.
- must provide only honest, justifiable, and accurate comments when giving references for, or writing reports for colleagues.

### 4. Relationships with patients

- The doctor- patient partnership: for this you must be polite, considerate, and honest.
- Treat each patient as individual and with dignity.
- Respect patient privacy and right to confidentiality, and encouraging the patients who have knowledge about their condition for making decisions about their care.
- Good communication: listening to patient, their views about their health, responding to their concerns, transferring the information to patient about their condition and its likely progression, treatment options available to them, including associated risks and uncertainties.

5. Relatives, carers and partners: be considerate to relatives, carers, partners and others close to the patient, and be sensitive and responsive in providing information and support, including after a patient has died.
6. Being open and honest with patients if things go wrong- explain fully about the fact.
7. Maintaining trust in the profession.
8. Consent: you must be satisfied that you have consent or other valid authority before you undertake any examination, or investigation, provide treatment or involve patients in teaching or research.
9. Confidentiality: Patients have a right to expect that information about them will be held in confidence by their doctors.

### 5. Working with Colleagues

1. Working in teams with colleagues from other profession. When working in a team you should act as a positive role model and try to motivate and inspire your colleagues.
2. Conduct and performance of colleagues: In this respect safety of the patients must come first at all times. You must protect patients from risk of harm posed by another colleague's conduct.
3. Respect for colleagues: you must treat your colleagues fairly and with respect.
4. Arranging cover: you must be satisfied that, when you are off duty, suitable arrangements have been made for your patient's medical care.
5. Sharing information with colleagues: for safe and effective care.
6. Delegation and referral: delegation involves asking a colleague to provide treatment or care on your behalf. Referral involves transferring some or all of the responsibility for the patient's care.

### 6. Probity

1. Being honest and trust worthy: Probity means being honest and trustworthy, and acting with integrity, this is at the heart of medical professionalism. You must make sure that your conduct at all time justifies your patients' trust in you and the public's trust in the profession.
2. Providing and publishing information about your services: if you publish information about your medical services, you must make sure the information is factual and verifiable.

3. Writing reports and CVs, giving evidence and signing documents: you must be honest and trustworthy when writing reports, completing or signing forms, reports and other documents, about your experience and qualifications and position, particularly when applying for post.
4. Financial and commercial dealings:
  - a) Must inform patient about fees and charges.
  - b) Must not put pressure on patient for private treatment.
  - c) Must not exploit patient vulnerability or lack of medical knowledge when making charges for treatment or services.
5. Conflicts of interest: if you have financial or commercial interests in organizations providing healthcare or in pharmaceutical or other biomedical companies, these interests must not affect the way you prescribe for, treat or refer patients.

### 7. Health

1. You should be registered with a general practitioner outside your family to ensure that you have access to independent and objective medical care. You should not treat yourself.
2. If you know that you have, or think you might have, a serious condition that you could pass on to patients, or if your judgement or performance could be affected by a condition or its treatment, you must consult a suitably qualified colleague.

### Conclusion

Most of the countries have their own guideline for Good Medical Practice which is endorsed by their own medical council. It is time for Bangladesh especially Bangladesh Medical Council and Bangladesh Medical Association to have their own guideline on Good Medical Practice for registered doctors of Bangladesh.

### Reference

1. Good Medical Practice (The duties of a doctor registered with the General Medical Council)- General Medical Council of Great Britain.
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3. Good practice in prescribing Medicine-General Medical Council of Great Britain (September 2008).
4. Raising concerns about patient safety- General Medical Council of Great Britain. (November 2006).
5. Consent: patients and doctors making decisions together- General Medical Council of Great Britain. (June 2008).