

VOLUME 41, NUMBER 6
June 2024

ISSN 0189 - 160X

WAJMJ

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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A Survey of What Healthcare Professionals Consider as Relevant for Decisional Autonomy in Health and Treatment in Nigeria

Une Enquête Sur Ce Que Les Professionnels De La Santé Considèrent Comme Pertinent Pour L'Autonomie Décisionnelle En Matière De Santé Et De Traitement Au Nigeria.

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ABSTRACT

BACKGROUND: Autonomy is one of the key ethical principles enshrined in Part II of the Nigerian National Health Act 2014. To ensure compliance with this principle, it is pertinent that Health Care Professionals (HCPs) understand and know what it entails to ensure that patients are empowered to pursue their decisional autonomy. This survey seeks to explore what HCPs consider as relevant for empowering patients to exercise decisional autonomy, in line with the Nigerian Health Act.

METHODS: An online survey, targeted at Nigerian HCPs, was conducted to explore what they consider as relevant in enabling an individual to make autonomous decisions about their health and treatment.

RESULTS: HCPs consider patients' soundness of mind as relevant in making autonomous decisions about their health and treatment. Factors such as patients' current health status, their understanding of treatment options, risks, benefits, and patients' ability to understand and retain information were considered relevant in making informed decisions about their health. Factor analysis of the study questionnaire revealed that the designed questionnaire can be used to audit how well HCPs empower their patients with their decisional autonomy. The reliability coefficient of the questionnaire was found at 0.718.

CONCLUSIONS: Our study found a convergence of views by HCPs and the Nigerian Health Act on enabling the decisional autonomy of patients regarding their health and treatment.

Competent patients should be given the necessary knowledge about their condition, available diagnosis, and available treatment as well as support to empower them to make truly autonomous decisions regarding their health and treatment.

WAJM 2024; 41 (6): 644 - 650

KEYWORDS: Decisional Autonomy, Healthcare Professionals, Relevant information, Health and Treatment, Professional ethics

RÉSUMÉ

CONTEXTE: L'autonomie est l'un des principes éthiques clés consacrés dans la partie II de la loi nationale nigérienne sur la santé de 2014. Pour garantir le respect de ce principe, il est pertinent que les professionnels de la santé (PS) comprennent et sachent ce que cela implique pour garantir que les patients soient habilités à poursuivre leur autonomie décisionnelle. Cette enquête vise à explorer ce que les professionnels de la santé considèrent comme pertinent pour permettre aux patients d'exercer leur autonomie décisionnelle, conformément à la loi nigérienne sur la santé.

METHODES: Une enquête en ligne, destinée aux professionnels de santé nigériens, a été menée pour explorer ce qu'ils considèrent comme pertinent pour permettre à un individu de prendre des décisions autonomes concernant leur santé et traitement.

RÉSULTATS: Les professionnels de la santé considèrent que la santé mentale des patients est importante pour prendre des décisions autonomes concernant leur santé et leur traitement. Les facteurs tels que l'état de santé actuel des patients, leur compréhension des options de traitement, des risques, des avantages, ainsi que leur capacité à comprendre et à retenir les informations ont été jugés pertinents pour prendre des décisions éclairées concernant leur santé. L'analyse factorielle du questionnaire de l'étude a révélé que le questionnaire conçu peut être utilisé pour vérifier dans quelle mesure les professionnels de la santé responsabilisent leurs patients grâce à leur autonomie décisionnelle. Le coefficient de fiabilité du questionnaire a été trouvé à 0,718.

CONCLUSION: Notre étude a révélé une convergence de points de vue entre les professionnels de la santé et la loi nigérienne sur la santé sur la manière de permettre l'autonomie décisionnelle des patients concernant leur santé et traitement.

Les patients compétents doivent recevoir les connaissances nécessaires sur leur état, le diagnostic disponible et le traitement disponible, ainsi qu'un soutien pour leur permettre de prendre des décisions véritablement autonomes concernant leur santé et leur traitement. WAJM 2024; 41 (6): 644 - 650

MOTS CLÉS: Autonomie décisionnelle, Professionnels de santé, Professionnels de santé, Santé et traitement, Éthique des professionnels.

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