In the ancient Indian and Greek philosophical inquiry of moral life, ethics has been an integral part. Ethics is the deals with dynamics of decision making concerning what is right and wrong. All scientific research work, is monitored by various individuals and ethical values. Ethics of research carry mainly three responsibilities- requirements of daily works, conservation of right of the subjects and publication of information. Till 18th century, human experiments have been conducted probably without taking consideration of ethical issues, but after 1940, ethical principles are being applied in true sense. Nuremberg code [1947], the main code subsequent codes till protecting all human rights in the process of research. Nuremberg code gives priority to informed written consent, liberty of withdrawal from research, protection from physical as well as mental harm/suffering and death. It has also given the risk-benefit balance. The only lacuna the code is having that researcher’s self-regulation and also there was no place for therapeutic research.

In 1964, for the first time, the Helsinki declaration stressed on therapeutic research. The declaration strongly proclaimed that well-being of the subject has the prime importance than anything. Followings are the basic ethics to be considered in medical research- Informed consent- it is the first and foremost ethical issue in conducting any type of research. It means that a person consciously, knowingly, voluntarily gives his consent. It protects patient’s right to autonomy. It seeks to incorporate the rights of autonomous individuals through self-determination. It gives knowledge to the individuals about possible risks and benefits of the research. Informed consent should give all ins and outs about the study. It must provide a “noncorrosive disclaimer” which states that participation is voluntary and there is no penalty if refused the same. Informed consent should be in simple language in order to easily understand by the participant. At any stage of research, the subject can withdraw in process of research. Also, it should not affect the personal relationship, because the willingness of the subject has the prime importance than validity and result of the study.

Interest participating subject i.e. volunteer is more necessary than the objectives and targets of community and science. Essential component of consent to hide identity of volunteers and to protect their basic rights. A researcher should consider all possible consequence of the research and balance the risk with proportionate benefit. In all dimensions risk must be assessed. The risk-benefit ratio should be achieved so that risks outweigh the benefit. Subjects should be comfortable in all sense. If the subjects experience any discomfort, they should be intervened professionally. Anonymity and confidentiality should be respected, as they are closely connected with right of beneficence, dignity and fidelity. Anyhow anonymity should be protected. Confidentiality means that volunteers can give or hide information as they wish disclose. It is responsibility of researcher that confidentiality of volunteers should not be disclosed at any cost. Another issue which investigator may report confidential information to judicial authorities which can lead to moral dilemmas. In such cases, it can be argued that ethical consideration is stronger than medicolegal requirement. The researchers must always bear in mind all psychological and social implications that a violation of confidentiality may have on subjects. In order to protect participants, they have to inform them on their rights, and use all possible coding systems that they regard appropriate in each case.

Respect for privacy which is freedom of an individual. He/she is free to decide the time, extent, and circumstances as per which he/she...
will share or withheld personal information from others. An encroachment of privacy happens when private information such as beliefs, attitudes, opinions and records, is shared with others, without the patients’ knowledge or consent. All aims, objects, methodology, instruments should be discussed in detail prior to the study. Whenever subjects refuse to report personal information, researcher should respect their views. Researchers/Investigators should aware that encroachment of privacy may loss of dignity, friendship, employment. In short, strict measures must have to be taken to protect subjects from potential physical, psychological or social damage during the research. In case of mentally ill patients, it is important to measure comprehension and develop valid tools for it before taking informed consent for the study. Skills of the researcher- three very important features that a researcher should have- competency, the careful design and worthwhile expected outcomes. The Royal College declares that researchers should have the necessary skills and knowledge for the specific investigation to be carried out and be careful of the limits of personal competence in research. Any lack of knowledge in the area under research must be clearly stated. Inexperienced researcher should work under supervision of qualified researcher and it must have been revived by committee of ethics. What is suitable, careful way for collecting the data, to ensure validity and reliability, are two main requirements that must be met in all kinds of research. The way depends on the object of the study. When human participants are included, all ethical issues must be considered. The primary aim of nursing to help person to accommodate in different stages of illness which is rather task orientated and behavioristic approach. However, most researchers reflect on caring as the most important part of nursing. Nursing/care should be as an interaction. It offers growth in personal relationship between both the cares and the cared. The prime important factors of caring are; knowledge, changes in the reactions to others, patience, honesty, trusts, humility, hope and courage. Care is the basis and precondition of all cures. Swanson has led a model for caring which includes maintaining belief in persons, knowing the other person, being with, doing for, and enabling. Because of lack of clarity in ethical standards, researchers must develop an awareness of these issues and an effective framework to deal with problems involving human rights. This is necessary for researcher's values relative to the individual's rights versus the interests of society. Despite of professional codes, laws, regulations guidance provided by ethical committee, the end result of research depends on the researcher’s moral values.

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