

Öğrencinin Sesi

A New Day on the Horizon

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Hippocratic Oath is an important step to become a doctor. It contains one of the most important promises within *primum non nocere* meaning first do no harm. (1) From the first day of studenthood to the end of career, every doctor's vow to do no harm and help patients with best of their abilities. Yet recent research of World Health Organization (WHO) shows that *primum non nocere* is unfortunately not adapted all the time. According to WHO every year 134 million adverse events occur causing 2.6 million deaths, moreover 4 out of 10 patients are harmed in the primary and ambulatory settings eventhough 80% of those can be avoided. On top of these, 15% of hospital expenses can be attributed to compensations of patient safety failures. (2)

Primum non nocere is an important principle of medicine, in the absence of this principle, foundation of medicine can change. Hospitals are places where patients who trust doctors at all costs can be harmed or, worst of all, die, and the relationship between doctor and patient can be damaged.

In order to prevent any harm, not only doctors' but also everyone's help is needed. Yet creating a safe place where everyone can talk about mistakes and learn from those is no easy task. In order to achieve safe place goals, we must first create an environment where mistakes and failures can be talked safely. However, it will not be enough, encouraging people to question and speak up is also quite important. On top of these we must make sure generations are educated about patient safety and everyone including patients know about safety in hospitals which could be achieved via raising awareness.

In order to make hospitals patient-safe places more, WHO has some suggestions, first being double checking identity of every patients before every operation and checking in between processes. It will eliminate harm done by identity confusion. Furthermore, making sure

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everyone washes their hand before and after touching patients or their surroundings to prevent contamination. In addition, accommodating hospitals for patients' needs might help to reduce the number of accidents. Last but not least, educating next generations is at utmost importance.

In the light of all these, we can infer that raising awareness and educating people about patient safety as the key outcomes of the principle *primum non nocere* can prevent a lot of patient being harmed, reduce the expenses of hospitals and better the relationship between patients and doctors. WHO recognizes the importance of patient safety and catastrophic effects in the absence of it. In respect, WHO launched a global campaign to create awareness of patient safety and urge people to show their commitment to making healthcare safer. (2) First ever World Patient Safety Day was celebrated on 17th of September 2019. Hopefully 17th of September will be symbol of a future with safer healthcare. World Patience Day shows us a new day is on the horizon.

References

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2. World Health Organization. World patient safety day 2019. World Health Organization. Retrieved November 29, 2021, from <https://www.who.int/campaigns/world-patient-safety-day/2019>.