# Self-Reflection Paper

#### Section One: Introduction

This course has been an eye-opener for me and has greatly influenced the manner in which I make ethical decisions. Working in the field of healthcare requires avoiding harm and providing proper care to patients. Such aspects of health care form the keystone of ethical practice. As a healthcare worker, I would want to do what is right for the persons under my care but situations are not always straightforward. Situations vary and there is no one size fits all solution. This course has provided me with a foundation for making ethical decisions that comes in the form of the utility decision-making model.

Before I learned about the utility decision-making model, I had a personal approach of promoting fairness. By using fairness as a decision-making model, I believed that all people should be given equal treatment regardless of factors like economic status, gender, and age. However, such an approach is vague with regards to specific actions to guide decision making. The utility model, which is what I prefer, views an action as being ethical if it results in the best possible outcomes (Hammaker & Knadig, 2017).

Because of this course, I have learned that the utility model has six steps that guide one's ethical decisions. First, one needs to evaluate the alternative options that are available to them to determine how they will affect the stakeholders (Hammaker & Knadig, 2017). The second step involves doing a cost-benefit analysis of the various options available with regards to the stakeholders (Hammaker & Knadig, 2017). For instance, what are the most urgent conditions? How can they be handled? What are the benefits or risks of each approach? The third step entails choosing the option with the highest utility value and least risk.



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**N Colangelo** 

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