**Review of Ethical Standards and** **Regulations**

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**Summary**

There are many health regulations such as the Health Insurance Portability and Accountability Act (HIPAA) that are used in the medical field to help improved patient care and support patient privacy. HIPPA is a set of nationally standard rules to protect the security of health information of patients. These rules were established to improve individual medical records and to protect patient safety. Many health document transactions are made electronically so this protection is needed. Another benefit of these rules is that they protect a patient’s right is to obtain a copy of their record.

HIPAA is one of the most important acts that the Missouri Baptist hospital emphasizes. During my rotation I had to keep HIPAA a main focus at all times. I would not print or share personal information and I would only take notes from patient charts that I needed for some of my assignments without the including the personal information on the documents. One of the practices that they used in Missouri Baptist Medical practice is discarding the daily schedules and other documents that include personal information. In the end of the day, I would go to the dietetic office to discard all the documents before leaving. I would never leave any document that have patients’ personal information in plain view when I am making the rounds on floor.

There are many other regulations that are very important to consider even if I did not deal with them during my rotation[.](https://www.healthit.gov/sites/default/files/hitech_act_excerpt_from_arra_with_index.pdf) One of these regulation is the Health Information Technology for Economic and Clinical Health (HITECH) act. This act is considered to be related to HIPAA to improve health care quality, safety, and efficiency through the promotion of health IT. With COVID the telehealth usage increased drastically and that requires proper rules to ensure the patient safety and privacy. HIPAA and HITECH both were proven to be needed and are important especially during the time of the COVID-19 epidemic. All these regulations are needed now more than ever with most of our meetings and document sharing being done virtually.

During the COVID-19 epidemic, CDC regulations affected all health facilities’ procedures. Many new regulations and rules were applied such as wearing masks and screening employees every day by the hospital entrance. One of the requirements that I practiced in the hospital other that wearing masks was wearing goggles when we see patients, especially if the patients are not wearing their masks. COVID patients were only consulted through the phone which makes them hard to reach in many cases. This definitely had affected the quality of patient care. For example, there was a patient who was at risk for malnutrition, but I could not make the physical assessment on the patient and we just treated the patient based on what they said. Even many patients who were not COVID positive but were COVID suspicious could not bee seen just to be safe. This resulted in a large amount of patients not be properly or efficiently evaluated.

One of the other regulations that all health care providers need to understand and consider is the Affordable Care Act. The Affordable Care Act (ACA) which includes Medicaid and Medicare are insurance related regulations. It has the biggest impact on the health care system. All health care provider needs to have a good understanding of its rules and polices, because it affects what patient treatment option. Despite its importance, I personally did not have to deal with it too often in my position. Although I have the act in mind and consider it for treatment options, I do not have a lot of interaction with it during my experience in the hospital to reflect on.

Medication and supplements are frequently distributed to patients in the hospital, which are usually regulated by the FDA. I prescribed medical supplement during my rotation which is all have to be FDA-approved. All other medication and parental feeding products that may needed to be FDA approved as well. All the products and substances allowed by the hospital are already FDA approved.

Ethical responsibility requires us to follow all the hospital regulations. This includes helping patient find the best insurance to help with treatment cost through some the facility service or providing proper medication approved by the FDA. The HIPAA guildlines if followed correct helps build trust between patients and medical care providers. Following the CDC during COVID0-19 provides ethical practice as well because we are protecting the health care providers as well as the patients from harm. We must strive to continue to improve and follow these guidelines and procedures to we need to improve patient care and protection.

<https://www.hhs.gov/regulations/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/us-healthcare-facilities.html>