

## **Topic: Ethical Dilemma in End-of-Life Care**

Nurses frequently encounter ethical dilemmas, particularly in end-of-life care. One common issue involves respecting patient autonomy while balancing family wishes and medical recommendations.

Consider a patient with a terminal illness who refuses life-prolonging treatment. The nurse's responsibility includes advocating for the patient's autonomy while ensuring informed decision-making. Ethical frameworks such as deontology emphasize the duty to respect individual rights, while utilitarian perspectives focus on overall outcomes.

In such situations, clear communication is critical. Nurses must ensure that patients fully understand their options and consequences. Simultaneously, families require emotional support and education to accept the patient's decision.

Ethical nursing practice demands adherence to professional codes and compassionate advocacy. By upholding autonomy and promoting open dialogue, nurses maintain both ethical integrity and patient dignity.