

# *Principles of Professionalism in Health Care: A Guide to Building Relationships of Trust, 2nd Edition*

*F. Stuart Kinsinger*

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At the outset of this review, I need to make a disclosure. Dr. Kinsinger and I are both graduates of the Bioethics and Health Policy master's degree (MA) program at Loyola University of Chicago. My area of interest and expertise is in research bioethics, while Stu's focus has always been on professional ethics. He and I have collaborated in the past in presenting workshops at the Association of Chiropractic Colleges Research Agenda Conference (ACCRAC) and we also worked together to organize that very conference. Professional ethics has been an area of interest that Stu has worked hard on within the chiropractic profession, and this volume is a final expansion of his thoughts and writings on this subject. As a result I will limit my comments to description of the text alone.

This is the second edition of this book. It updates and adds significantly to the first edition, and focuses very clearly on what it means to be a professional and to act professionally. It contains six chapters that cover the gamut of topics related to being a member of a profession and act ethically within it. It begins, in its first chapter, by defining what a professional is, what professionals profess, and what settings do professional operate within. One of the unique things about this book, which begins in this first chapter, is that it offers scenarios for the reader to apply the knowledge from that chapter. Each chapter has such scenarios, none of which have easy or obvious answers but all of which require deeper thought and application.

The second chapter deals with the larger world of ethics. There are really two parts to this chapter. The first section introduces basic elements of ethics, including autonomy, beneficence and non-maleficence, justice, veracity and confidentiality. That is, professionals limit harm

while enhancing benefit, keep information confidential, tell the truth and provide care across the spectrum of people. In the second part, the text turns toward the professional setting, and includes information about accountability, empathy, excellence, fortitude, integrity, prudence and fidelity.

The third chapter focuses on boundaries and professional behavior. In an era of @MeToo, this is especially valuable information. This is an area that Dr. Kinsinger has discussed and presented on for many years and the depth of coverage in this section is detailed and comprehensive. It is a reminder that we should never cross those boundaries.

As the text moves on, it shifts its focus to conflict of interest, in which the potential for conflict is identified in many different areas of the professional's life, including finance, leisure time, personal and professional gratification, and more. It is all too easy to justify to ourselves the "need" to offer a supplement to a patient, yet we need to be careful and always put that patient first.

The fifth chapter examines professional responsibilities. One of the more prominent and significant sections in this chapter is information provided on how one might resolve a professional ethical dilemma. A 3-step process is identified for the reader. A latter part of the chapter looks at how a professional can demonstrate leadership- by listening, demonstrating empathy, helping the healing process, and a number of other components one might bring to bear. Leadership also relates not just to the patient, but to the community, the profession, and to regulators.

The final chapter dives into the actual challenges of being a professional- its effects on family, on burnout, potential impairment or addiction, and more. It offers guid-

ance to the reader on how and where one might seek help when needed. Life does occur while we are off doing other things. This is a stark but needed reminder that it is okay to seek that help.

The text runs to a concise 107 pages, but is replete with good information. It covers an area that is discussed mainly in the business courses within the profession but lays out a framework that may be beneficial for the reader. It may offer benefit to practitioners as well, as a reminder of what it means to be a professional offering help to hurting humanity.

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