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STUDENT LOGBOOK AND PORTFOLIO

As per the revised Competency based Medical Education Curriculum by NMC and GMER 2024

ATTITUDE | ETHICS | COMMUNICATION | PROFESSIONALISM | MEDICAL HUMANITIES | LEADERSHIP | REFLECTION

ATTITUDE, ETHICS, COMMUNICATION, PROFESSIONALISM AND MEDICAL HUMANITIES



Name of the Student: _____

Institution: _____

Batch Year: _____

University Reg No: _____

Yogesh D

JAYPEE

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Section 1

Foundations of Medical Ethics

Section Outline

- The Indian Medical Graduate
- Foundations of Ethics
- Evolution of Medical Ethics
- Philosophy for Medical Students
- Socrates: The Father of Ethical Inquiry
- Hippocrates: The Father of Medicine

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THE INDIAN MEDICAL GRADUATE

Learning Outcomes:
Upon completion of this chapter the learner will be able to:
- ❖ Explain the vision of the Indian Medical Graduate
- ❖ Describe professional responsibilities
- ❖ Demonstrate alignment with IMG roles
- ❖ Develop a personal professional mission statement

Role 1: Clinician

A clinician combines scientific knowledge with compassionate care.

Reflection:

What qualities distinguish an excellent clinician from a technically competent clinician?
Space for Reflection:

Role 2: Communicator

Effective communication is therapeutic.

Reflection:

Describe a healthcare encounter where communication changed the outcome.

Role 3: Leader

Leadership is influence exercised for patient welfare.

Reflection:

What leadership qualities do you currently possess?

Role 4: Professional

Professionalism consists of:
Integrity
Accountability
Respect
Compassion
Ethical conduct

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Reflection:
What professional values are most important to you?

Role 5: Lifelong Learner
Medicine changes continuously.

Reflection:
How will you remain current 20 years after graduation?

Role 6: Critical Thinker
Evidence-based practice requires intellectual humility.

Reflection:
Describe a situation where assumptions may lead to medical errors.

Role 7: Researcher
Research improves patient care.

Reflection:
How can undergraduate students contribute to scientific advancement?

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PROFESSIONAL DEVELOPMENT ROADMAP

Year 1: Self-awareness
Year 2: Ethical awareness
Year 3: Clinical professionalism
Year 4: Professional leadership
Internship: Independent professional practice

PERSONAL PROFESSIONAL MISSION STATEMENT

I aspire to become a physician who:

Student Signature: _____

Date: _____

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FOUNDATIONS OF ETHICS

Learning Outcomes:
At the completion of this section, the learner shall be able to:
- ❖ Explain the evolutionary origins of moral behavior.
- ❖ Describe how cooperation emerged in biological systems.
- ❖ Discuss altruism, reciprocity and social contracts.
- ❖ Understand how morality evolved before formal religion and law.
- ❖ Relate evolutionary principles to professional medical ethics.
- ❖ Apply biological and cultural perspectives to ethical dilemmas.

WHAT IS ETHICS?

Ethics is the systematic study of right and wrong conduct.
Ethics helps answer:
- ❖ What ought I to do?
- ❖ What is a good life?
- ❖ What obligations do I owe others?
- ❖ What makes an action morally acceptable?

Medicine is fundamentally an ethical profession because patients entrust physicians with their lives, dignity, privacy, and wellbeing.

Reflection Exercise

Describe a situation in which you had to choose between two competing values.

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THE EVOLUTION OF MORALITY

From Biology to Ethics

Human morality did not emerge suddenly.
It evolved gradually over millions of years.

Stage 1
Primates: Observations in chimpanzees and bonobos reveal:
Empathy, Cooperation, Reciprocity, Fairness, Reconciliation
These behaviors represent proto-moral systems.

Frans de Waal

Key Concept:

Empathy existed before humanity.

Implications:

The roots of compassion are biological.

Clinical Relevance:

Empathy is not merely a professional skill. It is part of human evolutionary heritage.

Reflection

Have you ever helped someone without expecting a reward?
Why?

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DARWIN AND MORAL EVOLUTION

Charles Darwin proposed that morality evolved because cooperative groups survived better than purely selfish groups.
Key Ideas:

- ❖ Social instincts
- ❖ Group living
- ❖ Cooperation
- ❖ Reputation
- ❖ Sympathy

Clinical Correlation

Why do physicians feel distress when patients suffer?

Darwinian explanation:

Empathy evolved because caring for others improved survival of social groups.

RICHARD DAWKINS

THE SELFISH GENE

Genes promote survival. However: Cooperation may improve genetic success.

Kin Selection

Individuals protect relatives because relatives share genes.

Examples:

Parents, Siblings, Family caregiving

Reciprocal Altruism

"I help you today; you help me tomorrow." This principle forms the foundation of trust.

Application to Medicine

Doctor–patient relationships depend upon trust and reciprocity.

Professionalism institutionalizes reciprocal altruism.

DANIEL DENNETT

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THE EVOLUTION OF CONSCIOUSNESS

Human beings developed: Self-awareness, Reflection, Moral reasoning, Future planning
Ethics became possible because humans can evaluate actions before acting.

Reflection

How does self-awareness improve ethical decision-making?

ROBERT SAPOLSKY

THE BIOLOGY OF BEHAVIOR

Human behavior is influenced by:

- Genetics
- Hormones
- Culture
- Environment
- Stress
- Experience

Important Lesson
Understanding behavior does not eliminate responsibility. It improves compassion.

Clinical Example

Aggressive behavior in delirium.

Question:

Should the physician judge or understand?

Discussion: Understanding promotes better care.

JONATHAN HAIDT

MORAL FOUNDATIONS THEORY

Human moral reasoning often relies upon intuitive foundations:

Care/Harm

Fairness/Cheating

Loyalty/Betrayal

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Authority/Subversion

Sanctity/Degradation

Liberty/Oppression

Reflection

Which moral foundation influences your decisions most?

FROM MORALITY TO MEDICAL ETHICS

Biology provides: Empathy, Cooperation, Reciprocity

Culture provides: Norms, Rules, Professional standards

Medicine transforms these into:

Professional Ethics

Key Take Home Messages

✓ Morality predates civilization
✓ Empathy has biological roots
✓ Professional ethics extends natural morality
✓ Ethical practice protects vulnerable individuals
✓ Medicine is a moral profession

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EVOLUTION OF MEDICAL ETHICS

Learning Outcomes:
The learner shall be able to:
- ❖ Trace the historical evolution of medical ethics.
- ❖ Describe major ethical traditions.
- ❖ Explain modern bioethical principles.
- ❖ Understand global and Indian ethical frameworks.

TIMELINE OF MEDICAL ETHICS

3000 BCE Ancient Healing Traditions

1500 BCE Ayurveda
600 BCE Charaka

500 BCE Sushruta

400 BCE Hippocrates

1000 CE Islamic Medical Ethics

1947 Nuremberg Code

1964 Declaration of Helsinki

1979 Belmont Report

2005 UNESCO Universal Declaration on Bioethics

Present NMC Ethical Frameworks

CHARAKA

Key Principles
- ❖ Compassion
- ❖ Service
- ❖ Self-control
- ❖ Truthfulness
- ❖ Respect for patients

Reflection

How relevant are Charaka's teachings today?

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SUSHRUTA

Emphasized:

- ❖ Technical excellence
- ❖ Competence
- ❖ Training
- ❖ Patient welfare

HIPPOCRATES

Core values:

- ❖ Beneficence
- ❖ Non-maleficence
- ❖ Confidentiality

The Hippocratic Legacy

First systematic professional code.

NUREMBERG CODE

Developed after World War II.

Key Principle:

Voluntary informed consent.

DECLARATION OF HELSINKI

Ethics in human research.

Protection of participants.

Scientific validity.

Risk-benefit balance.

BELMONT REPORT

Three pillars:

Respect for Persons

Beneficence

Justice

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PHILOSOPHY FOR MEDICAL STUDENTS

UTILITARIANISM

Jeremy Bentham

John Stuart Mill

Question:

Which action produces the greatest benefit for the greatest number?

Medical Applications

- Triage
- ICU allocation
- Organ donation
- Pandemic resource management

Case

One ventilator.

Two patients.

How should allocation occur?

Reflection:

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DEONTOLOGY

Immanuel Kant

Respect autonomy.

Key Principle:

Humans must never be treated merely as means.

Applications:

Truth telling

Consent

Confidentiality

Respect

Clinical Example

Should a patient be deceived for his own benefit?

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VIRTUE ETHICS

Aristotle

Focus:

Character rather than rules.

Physician Virtues

Compassion

Honesty

Courage

Prudence

Humility

Integrity

Reflection

Which physician virtue do you most need to cultivate?

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SOCIAL CONTRACT THEORY

Hobbes

Locke

Rousseau

Healthcare Application

Vaccination

Public health laws

Disease reporting

Community welfare

NIETZSCHE AND MEDICINE

Themes:

Meaning

Suffering

Resilience

Responsibility

Discussion

How should physicians help patients find meaning during illness?

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SECULAR HUMANISM

Christopher Hitchens

Core Values

Human dignity

Freedom of inquiry

Reason

Compassion

Evidence

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SOCRATES THE FATHER OF ETHICAL INQUIRY

Learning Outcomes:
After completing this chapter, the learner should be able to:
- ❖ Explain the contribution of Socrates to ethical reasoning.
- ❖ Describe the Socratic Method and its application in medicine.
- ❖ Understand intellectual humility as a professional virtue.
- ❖ Apply Socratic questioning to ethical decision-making in healthcare.

Why Study Socrates in Medical School?

Modern medicine is built upon scientific inquiry. Ethical medicine, however, requires more than scientific knowledge—it requires the ability to ask the right questions. More than 2,400 years ago, Socrates transformed philosophy by shifting attention from understanding the natural world to understanding human conduct. Rather than teaching students *what* to think, he taught them *how* to think. Every physician encounters situations where there is no perfect answer. Ethical practice requires careful questioning, reflection, and dialogue—skills central to the Socratic tradition.

The Socratic Method

The Socratic Method is a disciplined approach to inquiry using thoughtful questions rather than immediate answers.
Typical Socratic questions include:
What do we know?
What assumptions are we making?
What evidence supports our decision?
Are there alternative viewpoints?
Who benefits?
Who may be harmed?
What values are influencing this decision?
In clinical medicine, these questions encourage careful reasoning and reduce cognitive bias.

Intellectual Humility

One of the most enduring statements attributed to Socrates is:
"I know that I know nothing."
This does not imply ignorance. Rather, it reflects recognition of the limits of one's knowledge and openness to learning.
For physicians, intellectual humility encourages:
lifelong learning,
consultation with colleagues,
acceptance of uncertainty,
evidence-based practice,
respect for patients' perspectives.

The Examined Life

Socrates argued that:
"The unexamined life is not worth living."
For medical professionals, this becomes:
"The unexamined practice is not worthy of the profession."
Reflection transforms experience into wisdom.

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Clinical Correlation

A junior doctor is convinced that a patient has viral fever.
A senior physician asks:
What evidence supports your diagnosis?
What findings contradict your diagnosis?
What dangerous diagnoses have you excluded?
What assumptions have you made?
This is the Socratic Method applied to clinical reasoning.

Professional Values Inspired by Socrates

Curiosity
Critical thinking
Humility
Honesty
Reflection
Continuous improvement

Reflection Exercise

Describe a situation where asking more questions would have improved your understanding.

Clinical Reflection

Think about a patient encounter.
What assumptions did you make?
Were they justified?

Key Take-Home Messages

✓ Ethical medicine begins with thoughtful questioning.
✓ Intellectual humility is a professional strength.
✓ Reflection improves clinical judgment.
✓ Questions often matter more than immediate answers.

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HIPPOCRATES: THE FATHER OF MEDICINE

Learning Outcomes:
After completing this chapter, the learner should be able to:
- ❖ Describe the contributions of Hippocrates to medicine.
- ❖ Explain the principles of the Hippocratic tradition.
- ❖ Understand how professional ethics evolved from Hippocratic medicine.
- ❖ Relate Hippocratic principles to modern medical practice.

Why Study Hippocrates?

Medicine existed before Hippocrates.

Professional medicine began with Hippocrates.

Around the fifth century BCE, Hippocrates proposed that disease should be understood through careful observation, logical reasoning, and natural causes rather than superstition or divine punishment.

His approach transformed medicine into a disciplined profession.

The Hippocratic Revolution

Before Hippocrates:

Disease was often attributed to supernatural forces.

Treatment was based on ritual and belief.

Medical practice lacked consistent professional standards.

Hippocrates emphasized:

careful observation,

clinical examination,

prognosis,

documentation,

professional conduct,

ethical responsibility.

Many of these principles remain fundamental today.

The Hippocratic Oath

Although modified over centuries, the Hippocratic Oath established several enduring professional commitments:

to act for the benefit of patients,

to avoid causing harm,

to respect confidentiality,

to maintain professional integrity,

to teach future generations responsibly.

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Core Hippocratic Principles

Beneficence

Act in the patient's best interests.

Non-maleficence

"First, do no harm."

Although this exact phrase is not found verbatim in the original oath, it accurately reflects the Hippocratic commitment to avoiding unnecessary harm.

Confidentiality

Patients entrust physicians with deeply personal information.

Maintaining confidentiality is essential for trust.

Professional Competence

A physician should recognize personal limitations and seek help when necessary.

Respect for Teachers and Learners

Medicine is a profession sustained through education, mentorship, and the responsible transmission of knowledge.

Clinical Correlation

A physician recognizes that a patient's condition exceeds their expertise and promptly arranges referral to a specialist.

This demonstrates:
✓ Beneficence
✓ Professional competence
✓ Humility
✓ Commitment to patient welfare

Hippocratic Principles in Modern Medicine

Beneficence	Patient-centered care
Non-maleficence	Patient safety and quality improvement
Confidentiality	Medical records and data privacy
Professional competence	Continuing Professional Development (CPD)
Teaching	CBME and mentorship

Reflection Exercise

Which Hippocratic principle do you believe is most important in contemporary healthcare?
Explain your reasoning.

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Salient Features

- This logbook is to be implemented as a physical logbook to allow students to document their reflections by hand to fulfill true meaning of reflective practice.
- It is a comprehensive logbook encompassing all AETCOM modules prescribed under the CBME curriculum.
- It is designed to effectively integrate and document the goals of the Indian Medical Graduate (IMG) as envisioned by the National Medical Commission (NMC) in their true essence and spirit.
- Captures the ethical journey of an MBBS student from foundation course to Internship.
- It introduces philosophical underpinnings of medical ethics.
- This logbook includes an AETCOM competency acquisition matrix, allows students to reflect what kind of a doctor they are becoming and what they can aspire to be.
- It includes essential communication frameworks such as SPIKES, patient counseling records, mentorship documentation, professionalism self-appraisal tools, and 50 case-based ethical dilemma scenarios for experiential learning.
- It serves as a practical guide for faculty by providing structured session plans, assessment rubrics, checklists, and activity-specific evaluation tools for effective implementation of AETCOM training.

Yogesh D is a Professor of Anatomy at Shridevi Institute of Medical Sciences & Research Hospital, Tumakuru, Karnataka. He is a distinguished medical educator and simulation expert currently serving as the Director of the Shridevi Institute for Advanced Medical Skills and Simulation (SIAMS). With a career defined by a philosophical and humane approach to healthcare, he bridges the gap between foundational anatomical sciences and advanced clinical emergency response.

A specialist in clinical skill acquisition, Dr Yogesh is pursuing the Fellowship in Simulation Based Medical Education (FSBME), a prestigious 1-year program by the Indian Association of Skill and Simulation in Healthcare (IASSH). His expertise in life-saving interventions is further solidified by his status as a certified provider for Advanced Trauma Life Support (ATLS), Advanced Cardiovascular Life Support (ACLS), and his role as a Senior Instructor and Master Trainer in Comprehensive Emergency Care Life Support (ECLS) and Comprehensive Emergency Nursing Care and Life Support (ENLS).

Having earned his MD from BJ Medical College, Ahmedabad, Gujarat, he has contributed significantly to medical literature and institutional governance, including serving on Ethics and Medical Education committees. His leadership at SIAMS focuses on evolving medical pedagogy through high-fidelity simulation, ensuring the next generation of healthcare providers is equipped with both technical precision and rational clinical judgment.

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ISBN 978-81-17374-02-3