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DO NOT RESUSCITATE EXPRESSLY ALLOWED NATURAL DEATH: A COMMON ETHICAL DILEMMA AMONG TERMINALLY ILL CANCER PATIENTS

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Background: Every human being desires a life without suffering and lives his or her life in best possible quality of life, but when death is looming from a terminal disease and one is lying in bed with machines to maintain organ functions; there comes the dilemma of the choice. However, patients may place healthcare providers in an ethical dilemma by declining care or not allowing them to provide treatment; despite that patients have the right to do so.

Aim: This paper examines the ongoing and controversial debate regarding the 'Do Not Resuscitate' (DNR) orders. It discusses the rights of terminally ill patients who opt to refuse treatment as well as the various legal and moral ramifications surrounding this particular topic.

Method: This discussion paper is informed by the results of a literature review. A search was conducted using the electronic databases of Cinahl, Medline, PubMed, EPSCO and Science Direct for articles published during 1994 to 2015. Twenty articles were found after extensive searching via electronic databases. There is no ethical approval to this article.

Results: Number of studies supported the DNR order for terminally ill patients to allow them to pass away in peace. Also CPR in many cases may not end up with direct clinical benefits as the resuscitation would not be fruitful or may even lead to complications, which in result will extend suffering without treating the underlying illness.

Conclusion and Recommendations: DNR should be taken into consideration especially with patients who have exhausted all other kind of treatment modalities; where there is multi-organ failure and hope for a cure has been exhausted. 'DNR' as a concept, may also appear harsh and unacceptable for the patient and their loved ones. The use of this term or language plays an important role. The authors strongly believe that it would be more appropriate if the wording is changed from "Do Not Resuscitate" to "Allow Natural Death".

BIOGRAPHY

Nezar Ahmed Salim is the In-Service Educator and Nurse Researcher in Dubai Hospital, United Arab Emirates. He obtained his Bachelor's Degree in Nursing from Hashemite University in 2012 and proceeded to Master's Degree, Major in Oncology in 2014 in the same university. He started as a staff nurse in the Medical-Surgical Oncology Unit, King Hussain Cancer Center in Amman, Jordan from 2012-2015. With commitment for excellence and career growth, he established the Journal Club at King Hussein Cancer Center and was awarded as a "Champion Nurse" of Research in the Magnet Program. From 2015-2018, He worked as an Oncology Nurse in Dubai Hospital. He was eventually promoted to Nurse Researcher and Educator. Throughout his career, Mr Salim has published 20 researches and articles in different international nursing journals (Epidemiology, Incidence, Mortality, Opinion articles and Experimental). The Al-Jalila Foundation approved and funded studies grant to support the cause of the research. He is also a speaker and organizer of Nursing Conferences on the United Arab Emirates and International Level. In 2017, he is awarded by the Government of Dubai for "You're our Pride", Research Category as a best Researcher. The Dubai Health Authority acknowledge him as a "Recognized Staff" for his dedication and initiative in the practice of Nursing. Currently, he is a Board Editorial member of 2 Medical Journals. As a nurse researcher, he has a Good clinical Practice Certificate (GCP) which upholds the scientific quality standards of clinical trials.

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