

Public Health Ethics

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Public Health Ethics

公共卫生伦理

Research and Education

研究和教育

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1. Public Health Concept

公共卫生概念

2. Public Health Issues

公共卫生问题

3. Public Health Targets

公共卫生目标

4. Public Health Readiness

公共卫生准备就绪

5. Health Crisis Management

健康危机处理

- **Special Issues 特殊问题**

- **Public Health Genetics**

公共卫生遗传学

- **E-Health 电子医疗保健**

- **Public Health and Human Cloning**

公共卫生和人类克隆

- **Human Enhancement in Public Health**

公共卫生中的人类基因增强

Definitions of Public Health I 公共卫生的定义I

- Public Health builds healthy people and healthy communities
- 公共卫生可以营造大众和社区的的健康
- Public Health is 'the science and art of preventing disease, prolonging life and promoting health through the organized efforts of society' (Acheson Report 1998)
- 公共卫生是“通过社会的齐心协力来防止疾病、延长生命和促进健康一门科学和艺术”

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Definition of Public Health II 公共卫生的定义II

- Public health goals include the protection and promotion of individual health, of healthy social, natural, and workplace environments, the support and education of health-literate citizens, the protection of citizens from epidemics, natural and man-made catastrophes including biomedical warfare and terrorism, research in epidemiology, and the development, training and improvement of partnerships between public agencies, medical institutions, and private citizens
- 公共卫生目标包括：保护和促进个人健康；保护和促进社会和环境健康；保护和促进工作场所环境；支持和教育有健康需求的大众；保护大众免遭流行病、自然和人为灾害（包括生物医学战争和恐怖行动）的伤害；研究流行病学，发展、培训和提高公共机构、医学机构和全民大众之间的合作关系。

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Eight Steps in Health Care I 健康服务I中的8个步骤

- Investigate things, extend knowledge, make the will sincere, rectify the heart-mind, cultivate the person, regulate the family, govern the state well, bring peace to the world (Confucius, The Great Learning)
- 调查研究，扩充知识，意愿真诚，调整心境，培养人，调节好家庭，管理好国家，给世界带来和平（孔子，大学）
- ge wu, zhi zhi, chen yi, zheng xin, xiu shen, qi jia, zhi guo, ping tian xia (Confucius, Da Xue)
- 格物、致知、意诚、正心、修身、齐家、治国、平天下（孔子，大学）

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Eight Steps in Public Health 公共卫生中的8个步骤

- | | |
|------------------------------|------------------------------|
| 1. Research 研究 | 5. Health Competence 保健能力 |
| 2. Popularize Knowledge 普及知识 | 6. Family Health 家庭健康 |
| 3. Strengthen Resolve 巩固决心 | 7. Public Governance 公共管理 |
| 4. Whole Health Model 全民保健模式 | 8. Harmony in the World 世界和谐 |

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1. Research in Public Health 公共卫生中的研究

- | | |
|-----------------------------|---------------------------------|
| 1. Epidemiology 流行病学 | 5. Environmental Health 环境健康 |
| 2. Infectiology 传染病学 | 6. Health Education 健康教育 |
| 3. Occupational Health 职业卫生 | 7. Crisis Research 危机研究 |
| 4. Social Medicine 社会医学 | 8. Preparedness Research 有准备的研究 |

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2. Popularization of Health Knowledge 健康知识的普及

- | | |
|---|-------------------------------------|
| 1. Medical and Nursing Teaching 医学和护理教育 | 5. E-Health Information 电子保健信息 |
| 2. Educating other Experts 教育其它专家 | 6. Occupational Health 职业卫生 |
| 3. Health Education in Schools 学校的健康教育 | 7. Stress Management 压力管理 |
| 4. Local Health Education 地方健康教育 | 8. Disaster Risk Information 灾难风险信息 |

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3. Strengthen Individual Resolve 加强个人解决能力

- | | |
|---------------------------------|-------------------------------------|
| 1. Drugs and Smoking
药物和吸烟 | 5. Cancer Prevention
预防癌症 |
| 2. Diabetes
糖尿病 | 6. Nutrition
营养 |
| 3. Obesity
肥胖 | 7. Physical Exercise
身体锻炼 |
| 4. Cardiovascular Risk
心血管危机 | 8. Lifestyle Modification
调整生活模式 |

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4. Whole Health of Body and Mind 身心整体健康

- Individual Health depends on Wellbeing and Wellfeeling
个人健康依赖于身体健康和心理健康
 - Excessive emotions such as excessive pleasure, anger, worry, anxiety, sadness, fear, scare are unhealthy 过渡情绪如: 过渡高兴、气愤、担心、焦虑、悲伤、害怕、恐慌都是不健康的
- 'A person with great virtue will surely have longevity' (Mencius, Doctrine of the Mean, Chapter 16)*
“大德者必受命” (孟子, 中庸, 第十六章)
- 'Those who search for formulas and skills without cultivating one's morality will not get a long life' (Ge Hong, 284-364)*
“那些单纯寻求规则和技术而不培养道德意志的人, 将不能长寿”

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5. Health Competence and Responsibility 健康能力和责任

- Healthy lifestyle makes happy people
- 健康的生活方式使人们快乐
- Good nutrition and exercise is essential
- 良好的营养和运动是基本
- Avoid stress, be happy
- 避免压力, 就能快乐
- Become your own everyday health expert
- 成为自己的每日健康专家
- Avoid excessive behavior and actions
- 避免过分的行为举措

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6. Family Health Care, Education and Prevention 家庭卫生保健、教育和预防

- | | |
|----------------------------------|---|
| • Immunization Service
• 防疫服务 | • Mental Health Care
• 心理保健 |
| • Maternal Care
• 妇女保健 | • Lay Health Education
• 健康教育 |
| • Child Care
• 儿童保健 | • Other ...
• 其他。。。 |
| • Nutrition Education
• 营养教育 | • Infectious Disease Control
• 传染病控制 |

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7. Public Governance 公共管理

- | | |
|------------------------------------|----------------------------------|
| • Safety Control
自我控制 | • Biomedical Terror
生物医学恐怖 |
| • Triage Preparedness
优先治疗的准备状态 | • Information Network
信息网络 |
| • Natural Disaster
自然灾害 | • Preparedness Training
有准备培训 |
| • Epidemic Infections
流行性传染 | |

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8. Harmony and Health in the World 世界的和谐和健康

- 'When equilibrium and harmony are realized to the highest degree, Heaven and Earth will attain the proper order and all things will flourish' (Doctrine of the Mean, Chapter 1)*
“致中和, 天地位焉, 万物育焉” (中庸, 第一章)
- Public Health is a common international and global goal promoting individual health and healthy communities in harmony, without terror, injustice, and war.
 - 公共卫生是一种共同的国际性和全球的目标, 以促进个人健康, 使社会处于一个和谐、没有恐怖、不公平和战争的健康环境。

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8 Health Care Steps for the Citizen I 大众卫生保健步骤

- 1. Find truly educated and trustworthy health experts.
• 寻找真正受过教育和值得信任的保健专家
- 2. Develop competence and responsibility in health risk management.
• 在健康危机管理中培养能力和责任感
- 3. Make extended use of predictive and preventive medicine.
• 广泛使用预防性药物
- 4. Expect healing or relief from acute medicine, but be aware of the limits and risks of any medical intervention
• 期待紧急用药来治疗或减轻症状，但是要意识到任何药物干预都有局限性和风险

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8 Health Care Steps for the Citizen II 大众的卫生保健步骤II

- 5. Expect information and advice from medical experts and be a fair partner with them.
• 期待来自医学专家的信息和建议并和他们公平交往
- 6. Define and implement your sense of qualities of life, from childhood to old age, in sickness and in health. 定义并实现你对生活质量的解释，从孩子到老人，从病人到健康人
- 7. Prepare advance directives and name proxy decision makers for circumstances of incompetence.
• 准备进一步的指示，并为无行为能力者指定代理决策者
- 8. Act responsibly in the use of communal health care funds.
• 在使用公共卫生保健资金上负责任

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8 Health Care Steps for the Physician I 医生的卫生保健步骤II

- 1. Treat your patient as a person, not just his or her symptoms.
• 把病人当做人来治疗，而不仅仅是治疗他（或她）的症状
- 2. Assist you patient in developing health risk competence.
• 帮助病人形成健康危机能力
- 3. Integrate the 'clinical status' and the 'value status' of your patient into differential ethics, diagnosis and prognosis.
• 将病人的“临床地位”和“价值地位”合一，分为伦理、诊断和预后
- 4. Be aware of the benefits, limits and risks of acute intervention and discuss those with your patient
• 意识到紧急干预的好处、局限性和危险并和病人讨论

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8 Health Care Steps for the Physician II 医生的治疗步骤I

- 5. Be an expert partner with your patient and respect her or his wishes and values.
• 做病人的专家朋友，尊重他或她的意愿和价值。
- 6. Continuously educate yourself and provide the best possible clinical and personal service.
• 不断自我教育，提供尽可能最好的临床和个人医疗服务。
- 7. Assist your patient in preparing advance directives and in working with proxies for the benefit of your patient.
• 帮助病人准备进一步指示，并和代理人一起为病人着想。
- 8. Act responsibly in the use of communal health care funds.
• 在使用公共卫生保健资金上负责任

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8 Steps for Public Health Officials I 公共卫生官员8步I

1. Research medical and other factors for individual and public risk to health; define priority issues and set public health targets.
研究医学和其他为病人和公众抵御健康风险的因素，确定优先问题并建立公共卫生目标。
2. Distribute health information to professionals and promote, in very clear and easy terminology, health competence of everyone
用简单明了的专业术语，向专业人员讲解健康信息以提升专业能力。

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8 Steps for Public Health Officials II 公共卫生官员8步II

3. Encourage and support health responsibility and resolve; set incentives for lifestyle modifications; fight addiction and unhealthy lifestyles
鼓励并支持健康责任和决心，确立改变生活方式的动机，与成癖和不健康的生活方式作斗争。
4. Develop and support stress management and lifestyle modification; encourage active participation of citizens in integrated body-mind health.
发展和支持压力管理和改变生活方式，鼓励公众积极参与身心健康的活动。

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8 Steps for Public Health Officials III 公共卫生官员8步III

5. Make health competent citizens to partners in developing and supporting healthy people and healthy communities; develop target areas and priorities for promoting health competence and responsibility.

把公众联合起来用于发展和支持健康和健康社区中：在促进健康能力和责任时，确定发展目标区域和优先发展目标。

6. Provide public health services such as immunization, maternal-and-child care, mental care, old-age care, and health education on the local level; always include appropriate and easy to understand information and advice.

在地方提供公共卫生服务例如免疫、妇幼保健、心理保健、老年护理和健康教育；通常包括合理的易于理解的信息和建议。

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8 Steps for Public Health Officials IV 公共卫生官员8步IV

7. Prepare for triage, natural disasters and endemics, biomedical terror and warfare; test and control that experts and materials are ready any time; involve citizens and communities as active partners in crisis prevention and management.

为优先治疗、自然灾害、地方病、生物医学恐怖事件和战争作好准备，保证专家和物资在任何时候都做好准备。在危机预测和管理中，公民和社区要作为积极的参与者。

8. As epidemics and other health risks may reach global proportions, cooperate globally in creating a more healthy and harmonious world and to fight the spread of diseases

当流行病和其他健康危机在全球蔓延时，全球应该共同合作，创造一个更加健康和和谐的世界来抵制疾病的扩散。

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Target: Physical Exercise and Fitness 目标：身体锻炼和保持体形

- 98% of Health Care Cost in US for Treatment rather than Prevention
- 98%的卫生保健费用在治疗上而不是预防上
- 70% of American don't get enough Physical Exercise
- 70%的美国人没有足够的体育运动
- Fitness reduces Health Care Costs by 50%
- 保持体形可以减少卫生保健花费的50%
- Physical Exercise reduces Obesity, Heart Disease, Diabetes
- 身体锻炼减少肥胖，心脏病和糖尿病的发生
- Obesity raises Health Care Costs 36%, Medication Cost 77%
- 肥胖增加卫生保健花费的36%，药物治疗花销的77%
- Exercise would reduce Health Care Costs \$76 Billion yearly
- 锻炼可以年均减少卫生保健花费760, 000, 000

(US Center for Disease Control)
(美国疾病预防控制中心)

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5 Issues, 10 Targets in Public Health NRW 公共卫生的5个问题，10个目标

(A) Achieving better health: 更健康 (1) Reducing cardiovascular risk: 减少心血管危机 (2) Controlling cancer: 控制癌症

(B) Lifestyle conducive to health: 有益于健康的生活方式 (3) settings for health promotion: 促进健康的设施 (4) Tobacco, alcohol and psychoactive drugs: 烟草、酒精和精神药物

(C) Healthy environment: 环境健康 (5) Environmental health management: 环境卫生管理

(D) Appropriate care: 合适的照顾 (6) Primary health care: 初级卫生保健 (7) Hospital care: 临终关怀 (8) Community services to meet special needs: 针对特殊需求的社区服务

(E) Health for all development strategies: 健康的发展战略 (9) Health research and development: 健康研究和开发 (10) Health international support: 国际性的健康支持

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Biomedical Disaster and Crisis Ethics 生物医学灾难和危机伦理学

- Biomedical Attacks may come from Criminals, Terrorists or Foreign States
- 生物医学攻击可能来自于罪犯，恐怖分子或者外国
- Governments need to protect citizens and humankind from biomedical attacks
- 政府必须保护公民和人类免受生物医学的攻击
- War and Terror may cause triage and restrict civil rights
- 战争和恐怖行动可以引起优先分配并限制公民权利
- The Minimax principle requires to balance a maximum of success with a minimum of civil right restrictions
- 极小化极大原则要求权衡以最少对公民权利限制的最多的成功。

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