Innovation of Medical Confidentiality in Patient's Personal Medical Information that Posing a Higher Risk

Claudia Steiner*

Department of Medicine, University of Sydney, New South Wales, Australia

DESCRIPTION

Medical confidentiality is a fundamental that stands firm and steadfast in the healthcare industry, which is also known as patient-doctor confidentiality or doctor-patient privilege, it is the ethical and legal obligation of healthcare professionals to protect the privacy and confidentiality of their patients' medical information. This commitment is not just a matter of professional ethics but also a fundamental human right that develop the trust between patients and healthcare providers. Medical confidentiality is based on the idea that patients shouldn't have to worry about being exposed unintentionally when disclosing their medical history, symptoms, and concerns to their healthcare professionals. It encompasses all information related to a patient's health, including medical records, test results, diagnoses, treatment plans, and even conversations with healthcare professionals. The concept goes beyond simply keeping medical information privacy; it also entails using this information only for the purpose of providing care and treatment, unless authorized otherwise by the patient. There are many principles that protect medical confidentiality, even though the legal structure differs from nation to nation.

One of the foundational legal documents that outline these principles is the Health Insurance Portability and Accountability Act (HIPAA) in the United States. HIPAA ensures the privacy and security of patients' health information and imposes strict penalties for unauthorized disclosures. Similarly, the European Union's General Data Protection Regulation (GDPR) addresses the protection of personal data, including healthcare data, and requires healthcare providers to implement robust measures to safeguard patient information. Medical confidentiality has a strong ethical foundation outside of the legal system. It is based on the ideals of autonomy, beneficence, and non-maleficence. Autonomy refers to an individual's right to make decisions about their own health and medical care, and medical confidentiality supports this by providing a safe space for open and honest communication with healthcare providers. Beneficence emphasizes the duty of healthcare professionals to act in the best interests of their patients, which includes protecting their privacy. Non-maleficence requires healthcare providers to do no

harm, and disclosing patient information without consent can harm patients both emotionally and socially. Medical confidentiality is not just a legal or ethical obligation; it is a foundation of trust in healthcare. Trust between patients and healthcare providers are essential for effective healthcare delivery. Patients must have confidence that their sensitive information will be handled with care and kept confidential. Without this trust, patients may withhold crucial information, which can compromise the accuracy of diagnoses and the effectiveness of treatments. When medical confidentiality is breached, the consequences can be severe and far-reaching.

One of the most immediate impacts is the belief between patients and healthcare providers. Patients may become reluctant to seek medical care, disclose sensitive information, or follow through with recommended treatments. This can lead to delayed diagnoses, suboptimal treatment outcomes, and, in extreme cases, serious harm to patients' health. Moreover, the violation of medical confidentiality can have legal ramifications. Healthcare providers who violate patient confidentiality may face disciplinary actions, lawsuits, and professional sanctions.

Patients may also have legal recourse to seek damages for the harm caused by the breach. In addition to the individual consequences, breaches of medical confidentiality can have broader societal implications. For instance, if patients fear that their medical information may be disclosed without their consent, they may avoid seeking treatment for stigmatized conditions, such as mental health disorders or sexually transmitted infections, which can contribute to the spread of diseases and the burden on healthcare systems.

The digital transformation of healthcare has introduced new challenges to medical confidentiality. Electronic Health Records (EHRs), telemedicine, and health apps have made it easier to store, access, and share patient information. While these advancements have the potential to improve healthcare delivery, they also raise concerns about the security and privacy of patient data. Data breaches and cyber-attacks targeting healthcare organizations have become increasingly common. These incidents can result in the exposure of sensitive patient information, putting patients at risk of the identity breaches and other forms

of harm. Healthcare providers must invest in robust cybersecurity measures to protect patient data and maintain trust in the digital age. Healthcare providers must continue to prioritize medical confidentiality and invest in robust safeguards to protect patient information. At the same time, they must navigate the delicate balance between privacy and public health, ensuring that data-sharing practices are transparent, ethical, and necessary. Ultimately, preserving medical confidentiality is not just a legal requirement; it is a moral imperative that shows the rights of every patient.