

Abstract

Informed consent is a process which is created to involve a patient in his own treatment. It highlights the factor of freedom of choice and consent with the backdrop of autonomy. It is in fact a framework which is comprised of a patient and a physician. Their relation relies on the rights and duties incurred by such association. The main intention of informed consent is the promotion of human rights. A physician is supposed to follow the rules of autonomy i.e. to give freedom of choice to the patient. Informed consent entails the capacity for decision-making, of being informed, and that the decision of the patient must be voluntary.

Even though the doctrine of informed consent endorses ideals worth pursuing, a victorious execution of these ideals in practice is still too far to take place. Patients' susceptibility has amplified just as the complexity and power of medical science and technology have increased. Informed consent, in its current practice, falls short to guarantee respect for autonomy. Under most situations, patients are assumed to be competent to make a decision. Practitioners should be duly careful in assessing patients for competence.

In Pakistan the idea of informed consent suffer at the hands of lack of health awareness, illiteracy, lack of resources, and dominance of doctors over patients choice and last but not the least paternalism. In order to make informed consent common in Pakistan we need to assure that patients' autonomy and free choice are a component of each and every physician-patient interaction, we need to actively promote them as principles that are completely indispensable in physicians' clinics, offices, and hospitals. In my opinion, informed consent can be enhanced by providing the people of Pakistan with health awareness, by ending language barrier, and whatever the patient decide regarding his treatment must be accepted

by the physician and he must not force them to take the treatment suggested by him.