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International Dental Journal of Student's Research

Journal homepage: https://www.idjsronline.com/

Editorial

Patient informed consent: A crucial topic in scientific research!

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ARTICLE INFO

Article history:
Received 15-10-2024
Accepted 24-10-2024
Available online 10-12-2024

A key idea that guarantees participants are aware of the possible hazards and advantages of a research is patient informed consent. A fundamental idea in modern, autonomy-based medicine, informed consent promotes a shared decision-making approach for interactions between doctors and patients.[1]

1. Definition and Purpose

Patient informed consent is a method in which researchers provide participants clear, succinct, and accurate information about a study. This encompasses the objective, processes, dangers, rewards, and alternatives. The purpose is to provide participants the ability to make informed decisions regarding their engagement.[1]

1.1. Types of informed consent

Depending on the circumstances, informed consent can take many different forms.

Explicit (written) consent is a formal, signed agreement obtained when a person has been presented with complete information about the risks, benefits, and processes.

Implied consent is based on the individual's behavior, such as giving an arm for a blood sample. Verbal consent is a verbal agreement that is frequently utilized when written consent is unavailable.

A representative, such as a parent or guardian, provides proxy consent on behalf of someone who is unable to consent for themselves.

Unless someone voluntarily declines to participate, opt-out consent is automatically granted. Informed refusal happens when a person refuses a procedure after learning about the possible risks and benefits.

Assent occurs when a juvenile or someone who is unable to fully assent decides to participate, with the permission of a guardian.

Finally, dynamic consent entails continual consent throughout a process, allowing the individual to modify their decision as new information becomes available. Each kind guarantees that people have the ability to make informed decisions based on their knowledge and autonomy.[1,2]

1.2. Key elements of informed consent

It includes disclosure, which is giving clear and accurate information about the study to ensure that participants understand what they are consenting to. Comprehension is crucial as it ensures that participants receive and understand all information, both risks and benefits. Ensuring that participants actively choose to engage involves allowing them to make decisions without pressure or unfair persuasion. Finally, competence indicates the ability of the individual to make informed decisions, indicating that they have the cognitive ability to comprehend and assess the information provided. Collectively, these

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https://doi.org/10.18231/j.idjsr.2024.031

components ensure individuals' independence and ensure ethical involvement in research and treatment.[2]

1.3. Importance

1. Respect for Autonomy: Informed consent is essential to respect and defend participants\' right to make decisions about their bodies and health, as well as to provide them control over their choices. The possibility of creating educated ideas and obtaining precise information provides personal independence.
2. Rights Protection: Informed consent is important for participants to fully recognize their rights. This includes the potential and dissatisfaction, and the decision to abandon your research at any time.
3. Risk Management: Communicating to participants about the potential dangers and advantages of engagement, as well as obtaining informed permission, is critical to ensuring their well-being and allowing them to assess risks and make more secure decisions.
4. Trust and Transparency: The informed consent approach generates a heightened sense of ownership by establishing genuine and transparent communication between participants and researchers, assuring that participants feel welcomed and respected throughout their engagement.[1,2]

2. Consequences of Inadequate Informed Consent

Inadequate informed consent can cause physical or mental harm to participants, as well as a loss of confidence between researchers and participants, as well as legal and ethical ramifications like as litigation and reputational damage.[3]

2.1. Best practices

1. Clear and Concise Language: Make sure that informed consent forms are written in clear, easy-to-understand words so that participants completely understand what they are committing to.
2. Culturally Sensitive: Ensure that informed consent processes are culturally sensitive and respectful of participants' values and beliefs, adjusting information to their comprehension and context.
3. Ongoing Disclosure: This is very important. Participants should be kept informed of any changes, new hazards, or developments during the study to maintain transparency and enable them to make informed decisions throughout the process.
4. Documentation: Keeping an accurate and complete record of the informed consent process helps to ensure that all steps are properly recorded for legal, ethical, and accountability concerns, protecting both participants and researchers.[1–3]

3. Conclusion

To guarantee that a qualified individual voluntarily agrees to take part in research after being thoroughly informed, informed consent is essential in clinical investigations. Researchers may, nevertheless, proceed without consent if obtaining it is infeasible and the study is of therapeutic significance without violating individuals' right to self-determination. At-risk populations possess specific legal safeguards to protect their autonomy in clinical studies.

4. Conflict of Interest

None.

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Cite this article: Mohan Kumar P. Patient informed consent: A crucial topic in scientific research!. *International Dental Journal of Student's Research* 2024;12(4):161-162.