

## A Paradigm Shift in Health Systems: Integrating Ethics, Prevention, and Patient-Centered Care

Abiola T.,

Department of Medical Services, Federal Neuropsychiatric Hospital, Kaduna-Nigeria;

### Corresponding author:

Abiola T. Department of Medical Services, Federal Neuropsychiatric Hospital, Kaduna-Nigeria.

Email: [abiolatob@yahoo.com](mailto:abiolatob@yahoo.com)

Healthcare systems worldwide are at a critical juncture, where the integration of ethical standards, prevention strategies, and patient-centered care can lead to transformative outcomes. The researches in the 10<sup>th</sup> Edition Volume 1, highlights significant strides and ongoing challenges in humanizing healthcare, advocating for addiction prevention, adhering to health information ethics, and addressing public health threats. These studies collectively call for systemic reforms and innovative strategies to enhance healthcare delivery and public health outcomes.

In Saddiq's "Humanising Healthcare in Nigeria: A Patient-Centred Care Approach,"

the author discusses the many problems of Nigerian healthcare workers. They lack additional training, money, jobs, and resources to care for patients well. However, Nigeria has made great medical progress and public health achievements, showing its healthcare workers' strength. The study asks for big changes to make patient safety, dignity, and respect more important. Suggestions include working better together, improving leadership, spending more on resources, and using patient-centered care models. These steps are key for changing how healthcare works in Nigeria and making patient care not only good but also kind and respectful.

The study "Driving Change Through Addiction Prevention Advocacy: Strategies for Lasting Impact and Effective Messaging" by Abiola T. *et al.* shows how advocacy can help prevent addiction, a global health issue. It reviews basic models of addiction prevention and how they apply to advocacy, and shows how good communication and policy influences can create lasting change. These strategies lower substance use rates, showing that prevention is better than cure. Good advocacy needs to be based on data, cover different aspects, and suit different life stages, to reduce substance use disorders and improve public health.

Adeleke *et al.*'s "Health Information Ethics in the Light of Two Prominent World Religions - Islam and Christianity" explores how Islam and Christianity view the ethics of health information management. The study emphasizes the need for confidentiality and ethical conduct in handling patient health records, which are essential for medical

assessment, healthcare research, and public confidence. The study uses religious teachings from the Qur'an, Sunnah, and the Bible to guide healthcare providers on health information ethics. This can help revive ethical values in health information management, improve healthcare services, and increase public health by letting patients speak freely and protecting their information.

Mahmud and Tankeu studied how common intestinal parasites are in leafy vegetables from key markets in Buea Health District, South West Cameroon. They looked at a vital public health issue, because leafy vegetables are nutritious but can also carry parasites that cause health problems. They found 2.7% of the vegetables they sampled had parasites, showing that the agriculture and hygiene practices are working but need to keep improving. The research shows the need for public health actions and regular checks to deal with different levels of contamination in different markets and vegetables. Food safety

can be improved by keeping hygiene standards high and monitoring often, which can lower the chance of parasitic infections and protect public health.

These studies collectively emphasize the need for a paradigm shift in healthcare systems. By integrating patient-centered care, robust prevention strategies, ethical health information management, and vigilant public health practices, we can create resilient and compassionate healthcare systems. Such an approach will not only improve healthcare outcomes but also enhance the overall well-being of communities worldwide.

I also want to invite you to the 25th IMAN's Annual National Conference happening in

Maiduguri from September 2nd to 7th, 2024.

The theme is “How Muslim Healthcare Professionals Can Lead Holistic Care in a Troubled and Turbulent World Using Innovative Islamic Principles”. We chose this theme to cover the most relevant topics for our role as pacesetters in healthcare, facing the challenges of global economy meltdown and insecurity. The conference will bring together healthcare professionals from different fields to learn from each other and share their insights. You don't want to miss this chance to hear from experts and connect with your peers. Please send us your best and inspiring works for publication in this journal, God willing.