

Ethics after Hours



Nudges in Healthcare and the Ethical Issues Surrounding Them Podcast

Summary¹

Nudging involves introducing small changes to modify people's behaviour. Examples of nudging in healthcare include use of text message reminders to decrease 'no-shows' for medical appointments and more. In this 3rd episode of Healthcare Ethics and Law's podcast series, host Keerut Oberal has a conversation with his colleague Dr. Elyass Yonis about the use of nudges in healthcare and the ethical implications of nudging.

Duration: 54 mins. 49sec.

Host: Dr. Keerut Oberal

Produced by Healthcare Ethics and Law

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Available on: www.healthcareethicsandlaw.co.uk/podcasts

Questions for discussion:

- Can you think of nudges that are used in healthcare or could be useful in healthcare settings to encourage desired patient behaviours and/or to promote responsible use of healthcare resources?
- Do you think nudging infringes on people's autonomy? Why or why not?
- In the examples presented in the podcast, do you think the use of nudging is ethically justified? Why or why not?
- Do you agree that knowing something is a nudge takes away from the perception of making an autonomous choice? Why or why not?

¹ This summary is adapted from the program website.