

Structuring Your Reflective Project

The Outline

Introduction (300 words)

- **Clearly introduce the Ethical issue** upon which your question is based (and explain how it links to your *Career-related Study*)
 - The ethical issue upon which my question is based is cosmetic surgery, which is a subunit of plastic surgery. Plastic surgery is a surgical field that is focused on restoring or reconstructing the human body to help for an increased quality of life. Cosmetic surgery is the alteration of the body purely for aesthetic purposes (not to restore or reconstruct anything, which makes it a viable topic for ethical issues).
 - Cosmetic surgery is a very relevant topic in the health professions field and is notorious for being a daring and risky part of surgery, whether you are the patient or the surgeon conducting surgery.
 - By exploring the ethicality of cosmetic surgery, particularly targeting the mental well-being of those who are seeking it, I will be able to link it to my career-related study in terms of medical ethics, specifically autonomy and the liability of medical professionals.

- **Establish the Ethical Dilemma** & introduce the (*at least three*) perspectives which you will address within your essay
 - Identify the key issues within the dilemma
 - Introduce the 'real-world context' within which the chosen issue exists
 - Introduce the 'Key Communities/Stakeholders' involved in the dilemma
 - The key issues within this dilemma surround the reasons patients seek cosmetic surgery. For example, some patients, due to BDD (body dysmorphic disorder), other mental illnesses, or personal issues end up getting plastic surgery to improve their self-image and confidence. However, sometimes getting one cosmetic procedure won't be enough leading to patients continuously seeking more procedures which can ruin their body and lead to an addiction.
 - Cosmetic surgery has been on the rise all around the world. With newer trends and fads coming out all the time (swan eye, buccal fat removal, etc), it's no surprise that many young impressionable individuals will want to hop in on this trend, which makes it more important than ever to look into the ethical cases/implications of this topic. Additionally, with the rise of social media, beauty standards have gotten out of control with many people having an unrealistic view of what beauty is, leading to self-image/mental disorders.

Structuring Your Reflective Project

The Outline

- Perspectives/Key Stakeholders
 - Mental Health Support Provider (Therapists, Social workers): Yes, cosmetic surgeons should be more mindful of their patients and who they are treating; if they “treat” their patients, they may end up worsening their patient’s self-image/mental wellbeing
 - Patient: No, the responsibility should not fall upon the cosmetic surgeons as they are just doing their job; individuals who want to modify their bodies should consult a mental health professional before opting for surgery because they can become disappointed and expect the surgery to fix other areas of their life. It’s upon an own individual’s responsibility to know what they are getting into
 - Medical Professional: In certain cases, if they know a patient is diagnosed with a mental disorder such as BDD, they should refrain from operating on the patient
- **Introduce the Research Question** (word for word!) & explain why it is an important one to ask (i.e. why worthy of investigation)
 - My ethical issue: What are the ethical responsibilities of a cosmetic surgeon in providing or denying surgical procedures?
 - Many cases have risen where an individual is not satisfied with their surgery because it did not meet their expectations, causing them to get more surgeries which ultimately damages their mental and physical well-being. This can be related to the liability of medical professionals as some may see them as being responsible for the negative outcomes.
- **What is the ‘Scope’ of the issue?** (this is an explanation of HOW you’ve researched your Ethical Dilemma – which sources proved helpful & guided your research)
 - Remember you have the *Reflections* as well - reflect on the different ways you research & the successes/setbacks you experienced
 - I utilized Gale Opposing Viewpoints to learn more about the different stances people have on cosmetic surgery in general (Yes v.s. No opinions by different groups of people)
 - Government articles from NIMH (National Institute of Mental Health) have also been very helpful as they provided more information on cosmetic surgery and mental disorders
 - There are articles by NIMH that are research papers that have been conducted by individuals who are interested in cosmetic surgery and mental health support

Structuring Your Reflective Project

The Outline

- Articles from NIH (National Library of Medicine) also provide a lot of insight into these topics
 - There are many articles that detail the ethical dilemmas of cosmetic surgery and also project reports

I. Structuring Your Argument within the Body of Your Essay (200-250 words)

Local vs. Global Impact of the Issue

As you establish your introduction and move into the main body of the reflective project be prepared to consider the local and/or global impact of the ethical dilemma. What intercultural factors might play a part here? Is there a local connection?

- Establish elements that relate to the ethical dilemma. E.g: Intercultural factors
 - Personal background/upbringing
 - Individuals who come from abusive backgrounds could lead to them developing mental disorders that could make them want cosmetic surgery (BDD, etc)
 - Social background/Culture
 - In some countries cosmetic surgery is very normalized which makes it more easy for individuals to be convinced to get cosmetic surgery
 - In some cultures, social media is very prevalent, and with it, many people are exposed to unrealistic beauty standards, which could cause them to want to get cosmetic surgery to look like the models/influencers on social media that have unrealistic beauty standards
 - Religion
 - Could prevent someone from partaking in body modification
 - Gender/Sexuality/Identity
 - People who are transgender may wish to have cosmetic surgery to alter their features to better fit the identity they want for themselves
- Personal influences / reactions
 - I come from a generation where social media is a very pertinent part of many people's lives and this causes an increase in exposure to trends related to beauty standards such as BBL (Brazilian Butt Lift), Botox, rhinoplasty, etc....
 - Cosmetic surgery is romanticized in this era and seen as a common occurrence

Structuring Your Reflective Project

The Outline

- Unattainable beauty standards have also been very widely spread due to the uprising of social media and in some cases, people are shamed for NOT getting cosmetic surgery
- “Glow-ups” are now also a very prevalent topic as many people undergo “glow-up” routines or strategies in order to enhance their physical appearance
- Many people on social media have “glow up” videos
 - A “glow up” is a slang term used to describe someone who’s had a big transformation in terms of an improved physical appearance
 - On the other hand a “glow down” is the opposite of this, which means someone has had a deterioration in physical appearance

II. Analyzing and Evaluating Perspectives (2100-2400 words)

The Ethical dilemma - Perspective 1 (700-800 words)

1. **Topic sentence** - Clearly, introduce the first perspective and how it relates to the ethical dilemma

- Mental Health Support Providers/Professionals
 - Cosmetic surgeons should be more responsible in protecting the mental well-being of patients they operate on and are liable for the effects of the surgery.
 - Relates to the ethical dilemma because the liability of health professionals has been debated a lot over the past few decades
 - The advertisement of cosmetic surgery has become romanticized leading to unrealistic expectations of the body; this leads to a wave of elderly, young, and individuals with BDD getting cosmetic surgery
 - As mentioned previously, people with mental disorders/issues may have an increased chance of undergoing cosmetic surgery which makes it important that a mental health professional would have a reason to have a say in this

A: Establish initial argument that supports this perspective

1. Develop and support with relevant evidence
2. Develop and support evidence
3. Provide analysis of the issue
4. Evaluate (supported by 1-3 outside sources), supporting your analysis

Consider the strengths & weaknesses of the argument & the 'so what?' factor

Include student voice (ie what do YOU think of this perspective at this stage?)

Consider through the lens of relevant ethical theories

Structuring Your Reflective Project

The Outline

1. For years, many patients who have had mental disorders such as BDD, have been seeking cosmetic surgery. When they do get cosmetic surgery, sometimes the results aren't as they anticipated and they continue to get cosmetic surgeries which leads to a rabbit hole of them doing so and can result in an addiction.
 - a. The ethical issues that arise within this field can conflict with one of the 4 principles of medical ethics by violating the autonomy of the patient if they don't provide sufficient information regarding the complications of the surgery, costs, and risks
2. The ethical principle of non-maleficence prevents any actions that may go against patient interest so a patient having an unrealistic expectation would lead to ethical problems regarding the surgeon
3. Due to the fact that patients with mental disorders such as BDD may want to undergo cosmetic surgery, continuously getting plastic surgery can't help fix the mental disorders they have, which makes it really important for the cosmetic surgeons to educate the patients on that and not worsen their patient's mental state. This could also lead to negative impacts on the cosmetic surgeon's reputation, which is why they should be looking out for the patient's wellbeing not only for good, but also for themselves
4. Evaluation/Pieces of Evidence and Support from outside sources
 - a. "The typical patient with BDD seeking cosmetic treatment is in his or her thirties, although the appearance of the first signs often occurs at a significantly younger age. Approximately equal percentages of both genders are affected, the condition is continuous rather than episodic, worsening over time, showing a low response to psychopharmacological agents, and the presence of a variable but usually decreased insight." **-Ethical Challenges Regarding Cosmetic Surgery in patients with Body Dysmorphic Disorder by Mei-Yeuh Lee**
 - i. This piece of information is from a study researching the ethical reasoning that should be performed before accepting certain patients as cosmetic surgery candidates; shows that BDD is a disorder that is continuous and can worsen, which means cosmetic surgery may not necessarily help benefit the patient's mental well being
 - b. "All these are thought by patients to be solved through cosmetic procedures (dental, dermatological, plastic surgery, etc); moreover, as these patients sometimes request enhancement of the body part that is perceived as deficient (sometimes up to seven times during the course of their disease), they often require multiple interventions, on multiple body parts, and the

Structuring Your Reflective Project

The Outline

perceived result is often unsatisfying”-**Ethical Challenges Regarding Cosmetic Surgery in patients with Body Dysmorphic Disorder by Mei-Yeuh Lee**

- i. From the same study, it is shown that patients with mental disorders may often think that cosmetic surgery will “fix” them, but that is not true
- c. “Usually, autonomy is assessed during or after the process of informing the patient to obtain their consent-only an autonomous person can have decisional capacity to sign the consent form. Patients with BDD usually have poor insight; for example, Phillips et al. showed that among untreated patients with this disorder, 80.3% were delusional at least once during their lifetime and 47.5% were delusional during the interview, while within treated patients, the percentages were 75.4% and 33.3% respectively...A systematic review performed by Russein et al., found a positive association between the lack of decisional competence and poor insight, the latter being identified in psychiatric patients with and without psychotic components and their presentations.”-**Ethical Challenges Regarding Cosmetic Surgery in patients with Body Dysmorphic Disorder by Mei-Yeuh Lee**
 - i. In this study, it has been proven/shown that patients with mental disorders often are hindered and cannot fully consent to the surgery because of their capacity to sign the form due to “delusions” leading to trouble for both the patient and the conducting surgeon
- 5. Student perspective
 - a. I definitely see how these claims hold validity within this topic as the patient could hold unrealistic expectations and ultimately become disappointed when they aren’t met leading to a snowballing effect upon their relationship with cosmetic surgery and the worsening of their mental states

B: Establish second argument that supports this perspective

1. Develop and support with relevant evidence
2. Develop and support evidence
3. Provide analysis of the issue
4. Evaluate (supported by 1-3 outside sources), supporting your analysis
 - Consider the strengths & weaknesses of the argument & the 'so what?' factor
 - Include student voice (ie what do YOU think of this perspective at this stage?)
 - Consider through the lens of relevant ethical theories

Structuring Your Reflective Project

The Outline

1. Globalization of cosmetic surgery as a result of different factors, cosmetic surgeries are performed with a high demand by many different plastic surgeons to highlight their work and get more money
2. Many advertisements that are shown to boost the amount of surgeries done but that can lead to harmful effects on target audiences leading to unrealistic results. Additionally, some advertisements hire models who haven't undergone any type of surgeries which makes it more harmful towards individuals who see these advertisements and expect those types of results
3. Westernization of many cultures has led to an increase in plastic surgery as many countries such as those in South-East/East Asia have beauty standards modeled off of those in Western countries (pale, skinny, sharp features) while in Western countries, they want features that could be more dominant in other countries (curvy, striking features, etc)
4. Evidence/Support
 - a. "Traditionally the cosmetic surgeries performed by plastic surgeons due to a high demand and to obtain more income, the profit aspects of the business are highlighted/ Therefore, other surgeons in different expertise are also attracted and unfortunately in some areas, aesthetic surgical procedures are performed by this groups. In light of these trends, the human body, like an inanimate object, material or merchandise is tarnished. Moreover, exaggerated advertisings and unrealistic media would cheat the community and encourage them to apply for cosmetic surgeries. Today, the importance of this area of expertise has been reduced, its actual position is lost and the plastic surgery is going in the transition from acute ethical problems."-**Medical Ethics in Plastic Surgery: A Mini Review by Nasrin Nejadsarvari, Ali Ebrahimi, Azin Ebrahimi, and Haleh Hashem-Zade**
 - b. "Social and community factors play important roles as these factors are related to cultural norms changes, globalization and the expansion of the Western culture receiving through the media and travels. In today's consumer-oriented societies, attention to body image has become very popular, and the media has important role. -**Medical Ethics in Plastic Surgery: A Mini Review by Nasrin Nejadsarvari, Ali Ebrahimi, Azin Ebrahimi, and Haleh Hashem-Zade**
 - c. "Media forge some surgeons by intensive advertisings of body image, claiming a lie, exaggerating individual capability using photoshop images in the offices, that all provide ethical problems in the field of plastic surgery. At present, aesthetic surgery has become increasingly popular around the world

Structuring Your Reflective Project

The Outline

and this medical profession has become a profitable business as “cosmetic surgery industry”. Plastic surgery corrects the defects and pays less attention to the culture and beauty in relation to physical appearance and attention to characteristics such as gender, age, and race. In this field, health services are offered commercially.”-**Medical Ethics in Plastic Surgery: A Mini**

Review by Nasrin Nejadsarvari, Ali Ebrahimi, Azin Ebrahimi, and Haleh Hashem-Zade

5. It's very important to note the globalization of cosmetic surgery and how now it's very accessible to many groups of people as a result. Cosmetic surgeries that are non-invasive can end up drawing more attention as they end up not being fully classified as a cosmetic surgery. The strengths of this argument include how there are many economic factors that can draw in people and highlight how the general population thinks that undergoing cosmetic surgeries can lead to positive outcomes (beauty, happiness, success, pride) but also how this is damaging to individuals' mental healths

C: Establish third argument that supports this perspective

1. Develop and support with relevant evidence
2. Develop and support evidence
3. Provide analysis of the issue
4. Evaluate (supported by 1-3 outside sources), supporting your analysis
Consider the strengths & weaknesses of the argument & the 'so what?' factor
Include student voice (ie what do YOU think of this perspective at this stage?)
Consider through the lens of relevant ethical theories

1. The main goal of any kind of medical professional is to increase the well-being of life for an individual whether it be mentally, physically, or emotionally. Therefore, if a patient wishes to undergo cosmetic surgery as a result of wanting to increase their physical beauty, they must consent fully knowing the outcomes, risks, and nature of the surgery
2. Autonomy links into this ethical dilemma because if the patient is not fully aware of all the factors related to the surgery, they can't fully consent to it
3. If a patient wishes to increase their quality of living by altering their physical appearance, it is also up to the surgeon to not only care for their physical body, but also their mental state of mind because both are linked
4. Evidence/Support
 - a. “The cosmetic surgeries tend to be justified under various titles, including definition of health by WHO for the convenience of complete physical, mental, social, and spiritual aesthetic surgeries that should be considered a

Structuring Your Reflective Project

The Outline

step towards improving the health status of individuals. The care is considered based on the autonomy that an individual wishes to become more beautiful. It would be a mistake to think that, with respect to the body, one can adopt a purely external stance. Body and mind are not two separate areas of human life; and they come together in one person. The ability to cope with both, by harmonizing them, is not simple, straightforward, or self evident. The mind never reigns over the body completely nor does the body rule the mind.”-**Medical Ethics in Plastic Surgery: A Mini Review by**

Nasrin Nejadsarvari, Ali Ebrahimi, Azin Ebrahimi, and Haleh Hashem-Zade

- b. “The experimental aspects of this surgeries and possible complications with immunosuppressant’s therapy should be considered, providing an informed consent from the patient or the other recipient of services based upon the principles of autonomy and privacy.”-**Medical Ethics in Plastic Surgery: A Mini Review by Nasrin Nejadsarvari, Ali Ebrahimi, Azin Ebrahimi, and Haleh Hashem-Zade**
- c. “Elective aesthetic treatments, which may lead to long-term adverse effects on body function and health, involve serious ethical concerns. In such situations, the patient’s right for autonomy may contradict the physician’s principle of non-maleficence, and therefore, proper consideration is needed before deciding on such treatments. Surgeons must therefore ensure that the patients’ expectations are realistic.”-**The Ethics of Aesthetic Surgery by SR Mousavi**

The Ethical dilemma - Perspective 2 (700-800 words)

1. **Topic sentence** - Introduce the first perspective clearly and how it relates to the ethical dilemma

- Patient
 - No mental health professionals should not be liable for the mental well-being of their patients because individuals who want to modify their bodies should be aware of their own responsibilities in doing so before hand
 - They should also consult a mental health professional themselves before opting for the surgery in case they become disappointed with the results and it is their own responsibility to know what they are getting themselves into

A: Establish initial argument that supports this perspective

1. Develop and support with relevant evidence
2. Develop and support evidence
3. Provide analysis of the issue

Structuring Your Reflective Project

The Outline

4. Evaluate (supported by 1-3 outside sources), supporting your analysis
Consider the strengths & weaknesses of the argument & the 'so what?' factor
Include student voice (ie what do YOU think of this perspective at this stage?)
Consider through the lens of relevant ethical theories
1. Autonomy: if a patient wishes to undergo cosmetic surgery to enhance their physical image, that is by definition, something that the patient themselves can consent to knowing all the risks; the surgeons then have no other task than to perform the surgery
2. Since there are many surgeons who may jump at the chance to make more money even if it's outside their scope of practice, it is up to the patient to do a lot of research before committing
3. Since the patient has their own will, they need to exact it by performing research because they should already know that cosmetic surgery isn't something to quickly fall into
4. Evidence/Support
 - a. "It is important to approach cosmetic surgeries with realistic expectations and to work with a qualified and experienced plastic surgeon who can provide guidance and help ensure the safety of the procedures."-**Are there negative effects of plastic surgery on mental health? By Sieber Plastic Surgery**
 - b. "It is crucial that patients do their own research prior to even consulting with a surgeon."-**Cosmetic Surgery Is Safe By Roman Espejo**
 - c. "Patients have the right to choose to participate with their physicians and in their own health care decision making."-**Different Aspects of Informed Consent in Aesthetic Surgeries by Nasrin Nejadsarvari and Ali Ebrahimi**

B: Establish second argument that supports this perspective

1. Develop and support with relevant evidence
2. Develop and support evidence
3. Provide analysis of the issue
4. Evaluate (supported by 1-3 outside sources), supporting your analysis
Consider the strengths & weaknesses of the argument & the 'so what?' factor
Include student voice (ie what do YOU think of this perspective at this stage?)
Consider through the lens of relevant ethical theories
1. Since cosmetic surgery is a booming business, there are many false advertisements and cheap costs that tempt people, it isn't unknown that there may be bad business around, and there are usually signs that show if a business/group is not following the law
2. Individuals themselves can be easily influenced by the advertisements
3. Due to the rise of social media, it may be easier for individuals to fall victim into fake cosmetic surgery scams and get a negative outcome from their plastic surgery
4. Evidence/Support

Structuring Your Reflective Project

The Outline

- a. "There are some problems on advertisements of aesthetic surgeries by non-plastic surgeons, taking insufficient or incorrect information to the patients affecting the patients' autonomy."
- b. "One study found that 70 percent of people seeking to inform themselves about plastic surgery abroad relied on the internet as their main source of information and also cited the quality of the surgeon's website as the most powerful influence on their choice of plastic surgeon."-**When is advertising a plastic surgeon's individual "brand" unethical? By Carly P. SMith and Daniel George**
- c. "Social media can create a false sense of familiarity for prospective patients who build their trust in a practice's or physician's brand based on cues usually reserved for a patient-physician relationship."-**When is advertising a plastic surgeon's individual "brand" unethical? By Carly P. SMith and Daniel George**

C: Establish third argument that supports this perspective

1. Develop and support with relevant evidence
 2. Develop and support evidence
 3. Provide analysis of the issue
 4. Evaluate (supported by 1-3 outside sources), supporting your analysis
Consider the strengths & weaknesses of the argument & the 'so what?' factor
Include student voice (ie what do YOU think of this perspective at this stage?)
Consider through the lens of relevant ethical theories
1. Since medical professionals must obtain informed consent from the patient, then the patient must already know the different risks that come with the surgery and are then willing to take the risk
 2. There are many procedures that come when someone wishes to have a consultation for a surgery and they must provide the surgeon reason for the surgery and why they wish for it, then the surgeon will evaluate it and decided to turn away or accept them; the patient may falsify information because they have the power to manipulate the reason as to why they want cosmetic surgery
 3. The medical professionals already do the things they are required to do by making sure that they seek informed consent
 - a. "It's incredibly difficult to pin down what constitutes a mentally 'healthy' individual. There are dozens of variables to consider, including depression, anxiety, body dysmorphia, social phobias, and overall happiness."-**Can Plastic Surgery Improve Your Mental Health by Sieber Plastic Surgery**
 - b. "The AMA Code of Medical Ethics stipulates that testimonials of patients as to a physician's skill or the quality of his or her professional services should 'reflect the

Structuring Your Reflective Project

The Outline

results that patients with conditions comparable to the testominat's condition generally receive” - **When Advertising plastic surgeons individual brand unethical by AMA Journal of Ethics**

The Ethical dilemma - Perspective 3 (700-800 words)

1. **Topic sentence** - Introduce the first perspective clearly and how it relates to the ethical dilemma

- **Medical Professional**
 - In certain cases, it may be important to know if a patient has been diagnosed with any potential risk factors before deciding if they should be operated upon

A: Establish initial argument that supports this perspective

1. Develop and support with relevant evidence
2. Develop and support evidence
3. Provide analysis of the issue
4. Evaluate (supported by 1-3 outside sources), supporting your analysis

Consider the strengths & weaknesses of the argument & the 'so what?' factor

Include student voice (ie what do YOU think of this perspective at this stage?)

Consider through the lens of relevant ethical theories

1. All medical professionals need to swear upon the Hippocratic Oath that they will do the best that they can to treat their patient according to the extent of their own abilities and they will refrain from doing harm to their patient. Therefore, if they notice that their patient is exhibiting signs of disorders that could potentially affect the work done by the surgeon upon the patient, they should take that into account.
2. Medical negligence is something that the health professionals also need to look out for because not fully providing consent to an individual or scoping out the individual and their needs is considered malpractice by the law
3. The health professional is held liable of the law and there may be severe consequences for both the patient and the professional if the surgeon doesn't take into account the patient's wellbeing, thus inadvertently leading the surgeon into conducting malpractice on the patient, so it's important to be aware of signs/symptoms from the patient
4. Evidence/Support
 - a. “Though a doctor may not be in a position to save his patient's life at all times, he is expected to use his special knowledge and skill in the most appropriate manner keeping in mind the interest of the patient who has entrusted his life to him. Therefore, it is expected that a doctor carry out necessary investigation or seeks a report from the patient.” -**Medical negligence: Coverage of the profession, duties, ethics, case law, and**

Structuring Your Reflective Project

The Outline

enlightened defense-A legal perspective by M.S. Pandit and Shobha Pandit

- b. "The stress of cosmetic surgery and recovery can lead to anxiety and depression, and prolonged physical discomfort can have a negative impact on an individual's overall well-being."-**Are there negative effects of plastic surgery on mental health? By Sieber Plastic Surgery**
- c. "Bdd occurs in up to one percent of the general population, but appears to be much more prevalent in patients seeking cosmetic surgery...As for specific studies among cosmetic surgery patients, Sarwer and colleagues found a seven-percent prevalence rate of BDD."-Cosmetic Surgery and Psychological Issues by Randy A. Sansone and Lori A. Sansone
- d. "Both psychiatrists and primary care physicians are likely to encounter increasing numbers of patients in their practices who are either seeking or have undergone cosmetic surgery. Two psychiatric phenomena are of potential concern:1) the heightened risk of suicide among women following breast augmentation surgery and 2) the high prevalence of BDD and its associated psychiatric comorbidities. Being alert to these specific psychiatric maladies in cosmetic surgery patients will hopefully enhance prompt diagnosis and effective treatment in both practice settings."-Cosmetic Surgery and Psychological Issues by Randy A. Sansone and Lori A. Sansone

B: Establish second argument that supports this perspective

- 1. Develop and support with relevant evidence
- 2. Develop and support evidence
- 3. Provide analysis of the issue
- 4. Evaluate (supported by 1-3 outside sources), supporting your analysis
 - Consider the strengths & weaknesses of the argument & the 'so what?' factor
 - Include student voice (ie what do YOU think of this perspective at this stage?)
 - Consider through the lens of relevant ethical theories

- 1. Beneficence is also a part of one of the 4 principles of ethics, so cosmetic surgeons can't actually do the best for their patient if they don't also care for the mental health of the patients; sometimes operating on patients with BDD or other disorders is doing the best for them as it can actually help
- 2. If cosmetic surgeons only care for the physical wellbeing of their patient after their surgery and not the implications of their mental wellbeing, they aren't truly caring for their patient at all as both go hand in hand

Structuring Your Reflective Project

The Outline

3. To fully provide support, it would be good to care for any mental health issues before the surgery so it wouldn't be able to worsen after the surgery
4. Evidence/Support
 - a. "When cosmetic surgery can improve the psychological well-being of a patient, then the patient benefits. If the patient truly benefits, then the procedure has been ethically performed/ We have an obligation to ensure that our patients have realistic expectations."-**Is Cosmetic Surgery Ethical by Micheal T. Goupil**
 - b. "Undertaking surgery to improve a patient's self image and esteem is acceptable. However defining the patient's best interests can be very difficult. Many people experience real pain, discomfort, social handicap and suffering because they are self conscious about their appearance. These groups may benefit from aesthetic surgery."-**The Ethics of Aesthetic Surgery by SR Mousavi**

C: Establish third argument that supports this perspective

1. Develop and support with relevant evidence
 2. Develop and support evidence
 3. Provide analysis of the issue
 4. Evaluate (supported by 1-3 outside sources), supporting your analysis
 - Consider the strengths & weaknesses of the argument & the 'so what?' factor
 - Include student voice (ie what do YOU think of this perspective at this stage?)
 - Consider through the lens of relevant ethical theories
1. Cosmetic surgery is one of the cases in which there are the most claims of malpractice by the patients; with more and more people looking for cosmetic procedures, doctors may be drawn in to operate on them for the money and not necessarily care for the patient, which is why it's important to fully do research before committing; however, qualified/state approved surgeons most likely follow rules before accepting a patient
 2. Most qualified cosmetic surgeons will already take steps towards preventing these things from happening by turning away patients if they see that they aren't fit to be operated on, so health professionals are already doing things and following the 4 principles of medical ethics
 3. If patients choose to withhold information from the surgeon, the surgeon would probably be able to figure it out due to medical records/PMH, but if they aren't the responsibility then falls upon the patient and could result in negative outcomes for both the patient and the surgeon
 4. Evidence/Support (top two pieces of evidence from **Cosmetic Surgery is Safe by Roman Espejo**)
 - a. "Any qualified surgeon will require all patients over 50, or any patients with medical problems, to undergo a full medical evaluation prior to surgery...and will review the results personally."

Structuring Your Reflective Project

The Outline

- b. If the results of your exam indicate you are not a good candidate for cosmetic surgery, heed the warning-”doctor shopping” until you find a surgeon who’ll agree to perform the procedure is one of the most common causes of disaster”
- c. “The duty to inform seeks to protect the patient interest in self decision making. Such an action would be more akin to an action in battery.”-**Different Aspects of Informed Consent in Aesthetic Surgeries by Nasrin Nejadsarvari and Ali Ebrahimi**

IV. Conclusion (300-350 words)

Moving towards a solution

Of course there is no actual solution as that is what makes this a dilemma, but the hope is that you have come to an ethically- reasoned nuanced understanding of the dilemma and can suggest your own personal perspective and way forward. The key to scoring higher marks in criterion C: Critical Thinking is to give a sense of **ownership** over this debate and the **student voice needs to come out throughout the project.**

- Restate the research question and bring in the 'so what?' - why does this matter and what is the local/global impact you have been able to explore?
 - Aim to synthesize the perspectives involved in the ethical dilemma
 - Come to a conclusion regarding the question - who do you agree with?
1. “What are the ethical responsibilities of a cosmetic surgeon in providing or denying surgical procedures?” is an important question to dig into because of the rise of cosmetic surgery all over the world as a result of social media and trends. With so many people nowadays getting cosmetic surgery, as a result of globalization, that can lead to more rises of ethical issues within the field of cosmetic surgery.
 2. The key stakeholders within this ethical dilemma are the cosmetic surgeons, the patients, and mental health support physicians (therapists); they can be split into three distinct categories with the therapist believing that the cosmetic surgeons should have more ethical responsibilities in providing /denying care, the patient may not wish for the surgeon to be more responsible as that would restrict them from being able to access cosmetic surgeon, and the medical professional/surgeon holding some liability and doing what they need to as a part of the Hippocratic oath/professional duties
 3. I believe that medical professionals should do as much as they can to prevent negative outcomes of plastic surgery and screen for disorders before deciding to admit patients to undergo procedures, though I do acknowledge that it is sometimes hard to determine if someone is considered “healthy” enough to undergo a cosmetic procedure

Annotated Bibliography Link: [RP Annotated Bibliography](#)