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P018 - Decalogue of bioethics and primary health care: timeless, human, practical, and in danger of automation.

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To mention the word bioethics refers to human rights. The speed at which life is lived in the 21st century, in addition to constant adaptation, requires health professionals to standardize actions in instruments that guide and delimit decision-making in daily practice. To ensure that healthcare is fair and of high quality, the National Bioethics Comission (CONBIOÉTICA) provides a document focused on humanization and the protection of the dignity and vulnerability of the Mexican population.

- Recognizing each person, family, and community as the center of the care process.
- Respecting values, beliefs, and individual autonomy in health decision-making.
- Protecting the dignity and safety of people, particu-larly those in vulnerable situations.
- Promoting self-care among individuals and shared responsibility within the community, in an atmosphere of solidarity.
- Promoting effective communication basedon trust between patients, family members,and healthcare teams.
- Ensuring effective confidentiality basedon trust between patients, family members,and the health care team.
- Apply and update scientific, technical, and humanis-tic knowledge with a multidisciplinary approach.
- Promoting the rational use of health resourcesand timely referral between levels of care.
- Offer equitable care to the public using health services.
- Avoid stigmatization and all forms of discrimination.

Reframing Immanuel Kant's idea, current events challenge our scale of values, revealing striking repetitions of history and a lack of tolerance for multicultural diversity. The well-being of humanity and of the planet we inhabit depends on our actions, guided by critical thinking that, beyond feeding biased big data, unites the fundamental principle of the Universal Declaration of Human Rights: respect for human dignity.

References:
Ramírez Zazueta, L. C.(2026). Decalogue of bioethics and primary health care: time-less, human, practical, and in danger of automation. Medicina y ética, vol. 37, núm. 1. DOI: https://doi.org/10.36105/mye.2026v37n1.04