Principle of Progressiveness. Refers to the obligation of the State has of assuring the development of human rights and the prohibition of setbacks.

On the other hand, research related to health is every activity oriented to develop procedures and knowledge related to human beings health, with the objective of generalizing through observations, clinical trials, and epidemiological studies[5].

Through different resources, the use of concepts of bioethics and human rights (and their interaction) is shown, as they have been used to formulate valuation criteria about acts universally accepted by the scientific community regarding research related to health, especially in those designs in which human beings participate.

Some of the most representative resources are reviewed below, making special emphasis in those sections related to the compliance of the principles of bioethics, in the framework of human rights protection during a research.

Universal Declaration of Human Rights

Human Rights have turn to be very important at an international level with the Universal Declaration of Human Rights of the United Nations in 1948. The declaration emerges as a result against abusive actions during the World War and is focused on recognizing humans' dignity and equality; addressing the need of establishing mechanisms of protection and promotion of human rights, working with the international community to guarantee people's progress and elevate their life quality. The Declaration includes 30 measures. For the purpose of this paper, six of them are mentioned below[6]:

1. All human beings are born free and equal in dignity and rights.
2. Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.
3. Everyone has the right to life, liberty and security of person.
4. Impartiality and equality in procedures about the determination of rights and obligations.
5. Everyone has the right to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.
6. Nothing in the Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

Declaration of Helsinki

Developed by the World Medical Association in 1964. It emerges to address the need of establishing ethical suggestions and guidelines to carry out conducts oriented to biomedical research in persons. The declaration has three sections which are briefly described below[7]:

1. Introduction. There must exist consistency between the research and the universally accepted scientific principles; any experimental design must be submitted to the evaluation of a proper committee; research must be performed by qualified people under supervision; thorough evaluation of foreseeable risks and benefits; preserve people safety (reduce risks); suspension of activities in case of clear risks; granting information about the study's objectives, methods, benefits, and risks to participants for them to be able to make a free decision (informed consent); establishing actions to avoid coercion and, in special cases with minors or legal incompetence, the guardian will make the decision (he must also sign an informed consent when possible); besides, the protocol should always contain a statement of the ethical considerations involved and should indicate that there is compliance with the principles enunciated in this declaration.

2. Medical research combined with professional medical care (clinical research). Includes the possibility of using new procedures if they give any hope of saving lives, restoring health or healing pain; evaluate the benefits and risks of new procedures compared to those already available; apply the best confirmed procedure (including a control group); the therapeutic relationship must not depend on the patient participating or not in the study; if the informed consent is not necessary, the motive must be explained in the protocol.

3. Biomedical not therapeutic research involving people (biomedical research, not clinical). The life and health of each participant must be protected; voluntary participation, or healthy people or people who are not related to the experimental protocol; suspend the research if it is considered to be harmful and put special interest on the