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## The Health Care Organization and Patterns of Nursing Care Delivery: Z-CH #15

### Online Content 1H

The following link discusses eight principles of patient-centered care. Read the article and explain each principle, in your own words. Then, pick what you feel are the most important three and explain why you feel this way.

Submit to Z-CH15 Dropbox by 0800, March 2<sup>nd</sup>.

***In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.***

<https://www.oneviewhealthcare.com/blog/the-eight-principles-of-patient-centered-care/>

The 8 principles of patient centered care are...

- 1.) Respect for patients' preferences- This is basically allowing the patient to take an autonomous role and allowing them to explain what they like/want and what they do not. It can allow them to share religion and culture-based preferences as well so we can show them respect.
- 2.) Coordination and Integration of care- This is where the team allows the patient to be involved in the plan of care so that they feel they have some power over their treatment.
- 3.) Information and education- Similar to the above, this encompasses making sure patients are aware of everything regarding their condition and treatments and what likely outcomes would be. You would want to educate on benefits, risks, etc.
- 4.) Physical Comfort- This is making sure patients are feeling comfortable in the environment in which they are currently residing. For example, making sure they are getting basic needs (bathing, toileting, nutrition), as well as making sure they are on the way to being pain free.
- 5.) Emotional support and alleviation of fear and anxiety- Basically, this principle supports the idea of really talking to the patient. We want to know their fears and the way they are feeling about or handling certain things. They might need some positive reassurance.
- 6.) Involvement of Family and Friends- This is about not only making sure the patient's needs are met, but also the family/friends. We want to involve them as much as they are willing in the plan of care and provide them with the tools they need to be the best caregivers for the patient.
- 7.) Continuity and transition- This is very important because it involves patient education related to discharge such as medication compliance, nutrition, etc. It also details the need

for follow up and when they might need to seek medical help. We want to make continuing care as easy as possible.

- 8.) Access to care- This is making sure we give the patients all the tools they need in order to continue the same standards of care. For example, ensuring transportation or referrals to specialists with appointments made prior to discharge.

In my opinion, the three most important principles are respect for patient preferences, physical comfort and access to care. I believe that respect for the patient's preferences is important because it is a basic human right. They should not be subject to do something just because we say so. Just like everyone else, the patients have things they like/do not like and things they do/do not do. This does not go away just because they are in the hospital. I feel that physical comfort is very important as well because I think it truly effects their ability to heal. Physical comfort effects emotional wellbeing. This is because even if they are clinically getting better, they may not physically feel better if they are not having these basic needs met to their standards. Especially bathing, feeling clean does wonders for the mind in my opinion and helps to alleviate stress. Finally, I believe that access to care is very important because if the patient does not have the tools they need to continue receiving care and getting follow up assessments, then they are more likely to be readmitted more quickly. The patient likely would rather be at home than in the hospital, so it is important that we help make the transition back home as easy as we can while still giving them the opportunity to seek the care they need.