

Online Content 1H

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Unit Objectives:

- Describe challenges facing health care that impact the delivery of nursing care. (4)
- Trace the history of the use of nursing care delivery models. (1,3,6)*
- Consider ways to structure nursing services to improve care while reducing costs. (1,3,6)*
(*Course Objectives)

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, 2/27/2025.

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/>

1. **Respect for patient's values, preferences, and expressed needs** = As healthcare providers, it is our job to respect the patients' medical decisions and we should treat their decision with kindness, respect, and understanding.
2. **Coordination and integration of care** = Healthcare providers can organize care to help patients when they feel overwhelmed or out of control in three ways. Clinical care coordination by ensuring the team is communicating and working together, support services such as PT/OT, and home health can be arranged for the patient, and we can ensure the providers give professional care that meets the standards of practice.
3. **Information and education** = Patients feel worried if they do not receive adequate education regarding their illness so healthcare providers should keep them informed on their health status, prognosis, and process of care such as tests, treatments, or procedures, and educating the patient on how to care for themselves.
4. **Physical comfort** = Managing the patient's pain, helping with essential daily activities such as feeding, bathing, or ambulating, and ensuring the hospital is clean and quiet can contribute to physical comfort.
5. **Emotional support and alleviation of fear and anxiety** = patients are affected both physically and emotionally, and these fears can lead to anxiety. Healthcare providers

should address the patients' feelings regarding their status, treatment, prognosis, family, and their financial ability.

6. **Involvement of family and friends** = It is important to involve the patient's family and friends by providing accommodations like a place to sit or rest, involving them in making decisions, and supporting them.
7. **Continuity and transition** = Ensure patients feel supported and prepared after they are discharged home or to another facility. Provide clear and easy education, ensure any follow-up appointments are scheduled, and offer support.
8. **Access to care** = Healthcare needs to be easily accessible for patients such as transportation, scheduling, timely appointments, access to specialists, and giving them clear instructions to prevent confusion.

I feel the most important three are patient-centered care principles 1,4, and 7. Principle one is respecting patients' values, preferences, and expressed needs. I believe this is important because patients have autonomy and have the right to make their own decisions. In a hospital setting, it is the job of the HCP to treat these individuals with respect, empower them, and ensure they feel heard and respected. When you respect a patient and show genuine understanding, they are more likely to trust you and the other HCPs. Principle four is physical comfort, which can greatly influence the patient's healing and well-being. If a patient does not get proper pain management, they are likely to heal slower and refuse to do any self-care activities such as bathing, eating, and getting out of bed, which can cause the patient's condition to decline. If a patient's area is messy they are likely to have increased stress, worry, and even depression. The last principle I find most important is number seven, continuity and transition. Providing clear discharge instructions and ensuring the patients have coordinated follow-up care can reduce the number of readmissions and ensure the patient is getting the care they need to stay healthy. If a patient goes home and does not take care of themselves, they will likely get worse. Having a well-planned transition can promote better patient outcomes. I believe these three principles treat the patient as a whole and they promote better outcomes for the patient.