

Online Content 1H

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
-This principle is all about the patient and individualizing care. One must recognize that each patient has a different background and not every single person has the same beliefs and values. Even though one does not personally have the same mentality as the nurse this has to be put aside because this care should be tailored to your patient and not yourself.
- 2.) Coordination and integration of care
-The purpose of this is to help the patient out in preparing to what the disease or illness may bring to them. Healthcare is one big team so to be able to help patients find some comfort in clinical care in the hospital, some outside services that can assist them when coming out of being inpatient as well. Patients can already be overwhelmed so this may help lift some of that burden.
- 3.) Information and education
-One must first assess the patient's understanding of their condition. Once seeing how much they know one has to make sure to use lay terms in order for the patient isn't

confused of what was explained. One can use the teach back method to assess understanding.

4.) Physical comfort

-Having comfort inpatient is just as important as actual medical intervention because stressors can contribute to the patient and the worsening of their conditions. Some areas that can be of help would be managing the patients pain accordingly, Aide the patient in activities of daily living but also promoting independence as much as possible, and finally have a therapeutic environment such as enforcing quiet hours as needed and have make sure their room is free of clutter.

5.) Emotional support and alleviation of fear and anxiety

-When one is in the hospital besides getting information about what is going on with your health you also get a feeling of fear and anxiety with this information just given to you. This can also tie into how one heals and can delay recovery time of what your going through. There is different areas where one should pay attention in particular and this would be how the patient feels over their physical status, any question regarding treatment, and what the outcome of their diagnosis looks like. One must work interdisciplinary and get individuals involved since this could affect the patients family as well as their expenses when they get out of the hospital.

6.) Involvement of family and friends

-One should recognize that the patient isn't the only person one is going to take care of when in the hospital. One should be flexible when it comes to family members being there for the patient and often have to work around them. In regards to the patient's preferences one needs to see what is most valuable to them and if this involves family's aiding in making decisions that one should respect this. Often times family's are gonna be filled with a lot of emotions regarding the patient's health so one should be prepared to be there for them.

7.) Continuity and transition

-One when is going to discharge a patient care does not end there would should be prepared to recognize if the patient is able to understand their situation prior to going home and some examples of these are medications, physical limitations, and dietary needs. As the nurse one should help with coordinating care and setting up appointments for patients because the patient is already going through a lot and there is some cases where care can fall through and patient's often forget to follow up which can end up having them back in the hospital setting. There is a lot of interdisciplinary teams that work together in the hospital to allow to a smoother transition such as social work, physical therapy and even if the patient needs help financially.

8.) Access to care

-As the nurse one should educate the patient on what resources are around them such as the location to hospitals, clinics and physician offices. One must see if the patient has a way to get to these locations. One should make the transition easier for the patient and schedule their appointment for them to get them started. One needs to educate the patient if they are seeing any specialist and if any referral will be sent out to expect a call from them.

I believe that the most important three to me would be respecting the patient's values, preferences and expressed needs, emotional support and alleviation of fear and anxiety, and involvement of family and friends. I feel as if I would not have an understanding and cannot respect the patient's personal beliefs and preferences than all the other steps can crumble because the patient isn't going to want to be open and trust in what one says if they haven't gotten the time to build that rapport with the patient and there may be some things the patient isn't comfortable with such as seeing certain specialist but wouldn't have been able to know that if one did not get to know their patient and individualize care. One should include the patient's family and friends because at the end of the day one hasn't known this patient like these individuals would and often times one needs to sit down and discuss what is going on with them and these set of people are going to be with the patient coming out of the hospital so they make a very big impact on the patient's plan of care. Helping in alleviating the patient's fear and anxiety is just as important as helping them with what they were admitted for and can also contribute to their healing process.