

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, 2/26/2026.

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 patients' values, preferences, and expressed needs

This principle means treating every patient as an individual. Nurses listen to what matters to the patient, honor their cultural beliefs, and include them in decisions about their care. It focuses on dignity, respect, and making sure the patient's values guide the plan of care.

2. Coordination and integration of care

Patients often feel scared or powerless when they are sick. Coordinating care helps reduce that anxiety. This includes making sure clinical care, support services, and bedside care all work together smoothly so the patient doesn't feel lost or confused.

3. Information and education

Patients want clear, honest information about their condition, treatment, and what to expect. Good communication helps them feel more in control and reduces fear. Education also supports independence and self-care.

4. Physical comfort

This principle focuses on relieving pain, helping patients rest, and making sure they are physically comfortable. It includes things like pain management, assistance with daily needs, and creating a healing environment.

5. Emotional support and alleviation of fear and anxiety

Illness often causes fear about the future, treatment, or prognosis. Providing emotional support helps patients feel safe and cared for. Nurses can reduce anxiety by listening, offering reassurance, and explaining what is happening.

6. Involvement of family and friends

Family and support systems are important to healing. This principle encourages including loved ones in care decisions (with patient permission), keeping them informed, and supporting them as part of the care team.

7. Continuity and transition

Patients need to feel prepared when moving from one level of care to another, such as hospital to home. This includes clear discharge instructions, medication teaching, follow-up plans, and knowing who to contact with questions.

8. Access to care

Patients should be able to get the care they need without unnecessary barriers. This includes timely appointments, easy communication with providers, and access to specialists or needed services.

My Top Three Most Important Principles (and Why)

1. Respect for patients' values, preferences, and expressed needs

This is the foundation of patient-centered care. When patients feel respected and included in decisions, they are more likely to trust the healthcare team, follow the plan of care, and feel satisfied with their experience. It also supports cultural sensitivity and autonomy, which are essential in nursing.

2. Coordination and integration of care

Poor coordination leads to errors, delays, and patient frustration. When care is well-coordinated, patients feel safer and more supported. It also reduces duplication of services and improves outcomes, especially for complex or chronically ill patients.

3. Information and education

Patients cannot participate in their care if they don't understand what is happening. Clear communication reduces anxiety, improves adherence to treatment, and helps patients manage their health after discharge. Education is one of the most powerful tools nurses provide.