

Patient-Centered Care in Primary Care

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BACKGROUND

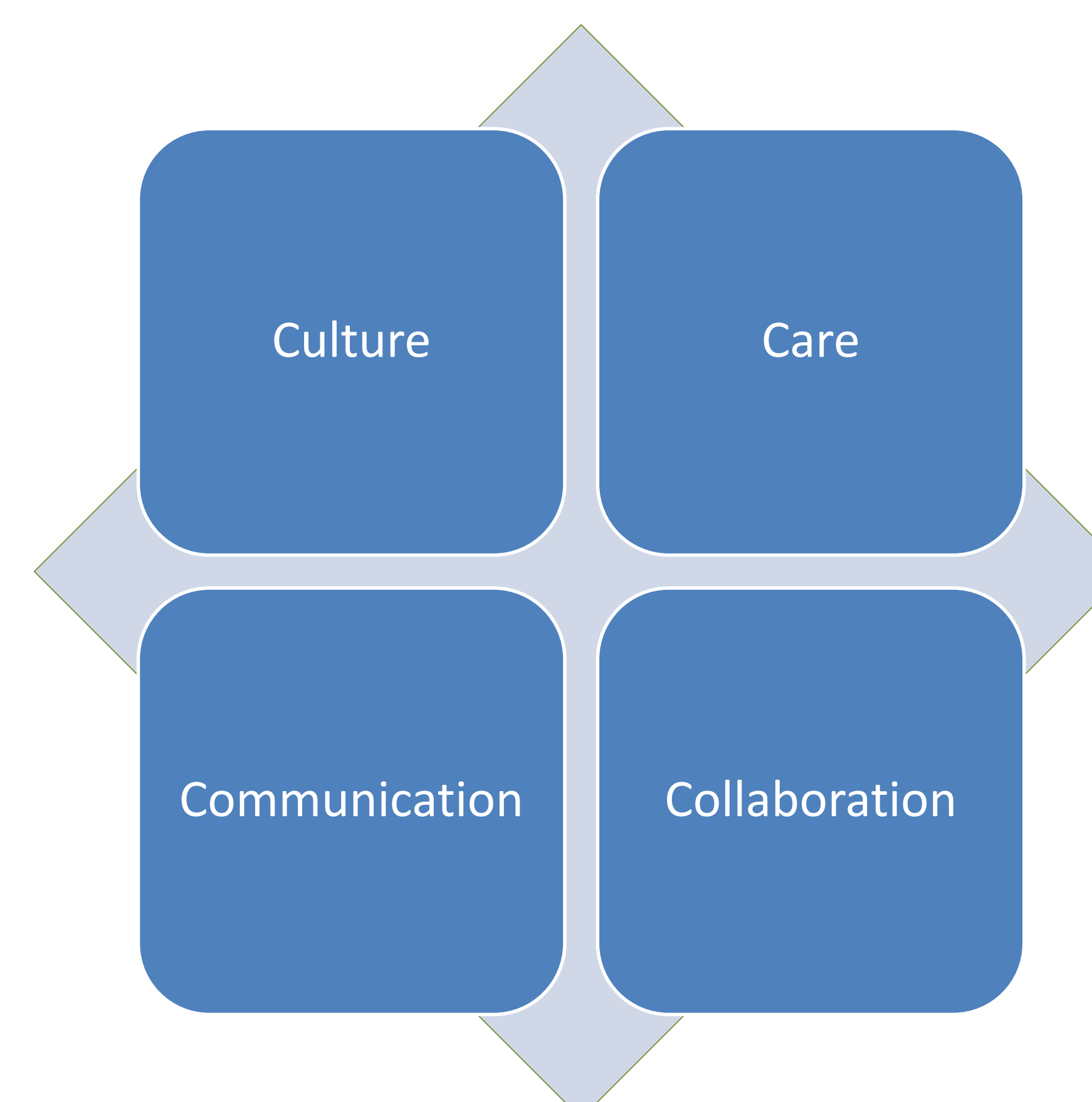
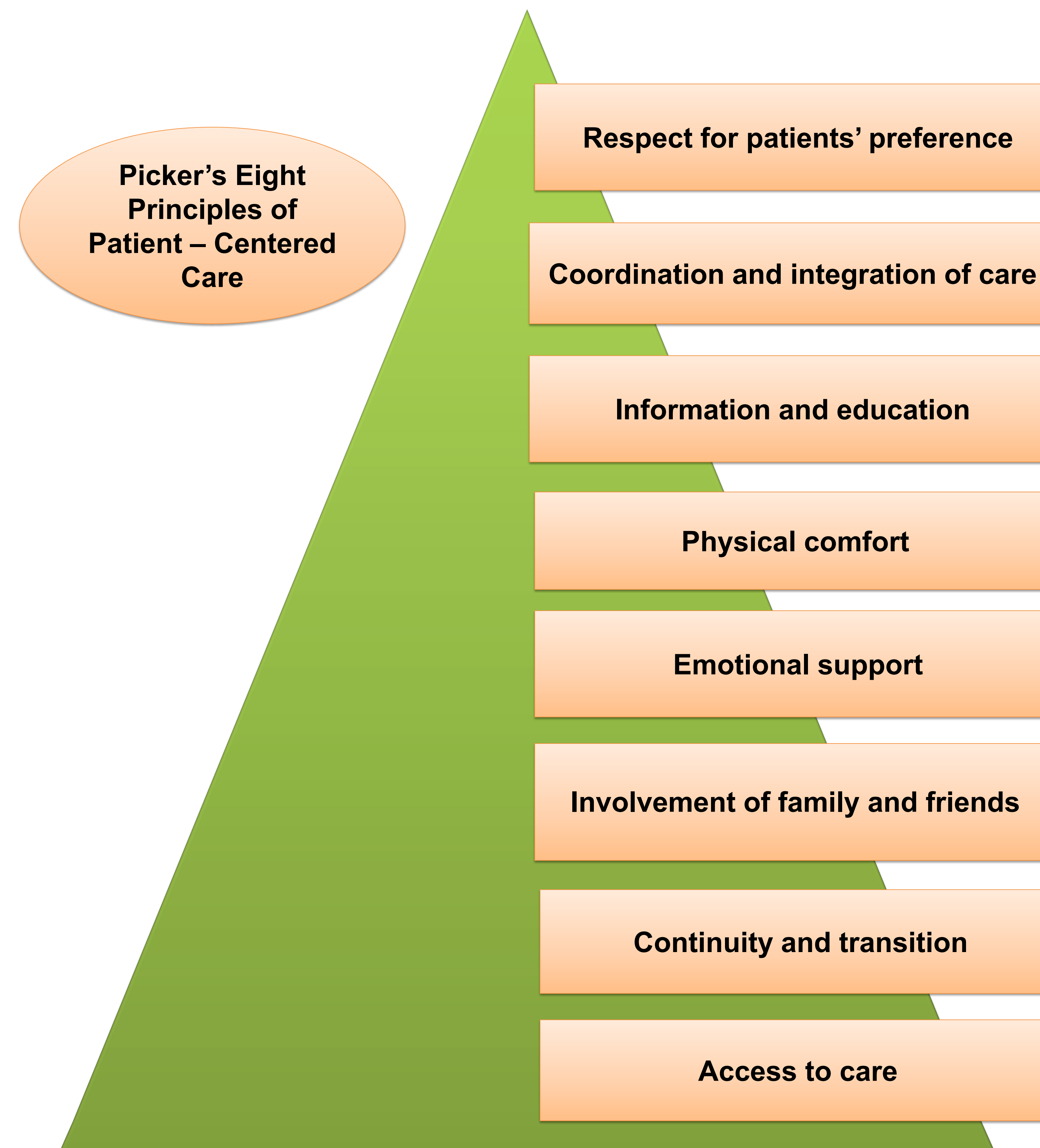
The term originated in the 1960s when psychiatrists in the UK began training medical students to focus on patients' emotions. Each patient's wellness journey is influenced by their cultural background, personal values, and socioeconomic conditions.

PURPOSE

Ensuring that patient's preferences needs and values guide, clinical decisions and providing care that is respectful of and responsive to them.

METHODS

The Picker Institute's eight principles of Patient-Centered Care researched by the British healthcare that form a framework for healthcare providers. Included principles that have outline the key aspects of care delivery to prioritizing the needs, preferences and values of patient and encourage a more respectful, empathic, and collaborative approach of healthcare.



The 4 C's of Patient-Centered Care

RESULTS

- Coordination; which include coordination of clinical, ancillary and support services.
- Information and education; patients are often expressing their worries that they are not completely informed about their condition or prognosis. By providing clear communication, participating in providing care plans, lab results, and overall health.
- Physical comfort; level of comfort can influence patient's experience. Patients provided a safe and comfortable environment, in which also including pain management, assistance with daily living needs and activities.
- Emotional support; this should be recognized by the emotional impact of fear and anxiety associated with illness and disease. Offer patients sensitivity, empathy and reassurance.
- Involvement of family and friends welcomed and supported; providing accommodations for patient's circle of loved ones in decision making and recognizing needs.
- Continuity of care and smooth transitions, coordinating and planning ongoing treatment and services after discharge, ensuring patient is confident in their ability to care for themselves
- Access to care; focusing on the availability with access to the right services at the right time.

CONCLUSIONS

Patient-centered care is comprehensive, in account takes numerous factors, understanding and caring for a patient's health. The primary care focuses on building a relationship and considers all aspects of a person's health. Understanding and valuing each patient differently, including their cultures, beliefs and preference.

REFERENCES

References:
<https://www.chartspan.com/blog/patient-centered-care-explained-with-examples/>
<https://healthleadsusa.org/news-resources/patient-centered-care-elements-benefits-and-examples>

