

Principles of Health and Social Care

BMHP5002

Assessment Component 2

Written Essay



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Introduction

In this report I will be explaining the concept of person centred care including theories underpinning current practice within health and social care , I will also explain the benefits and limitations of person-centred care.

To conclude I will put into practice person-centred care for people with dementia and recommend on what can be done to improve the person-centred care for people with .dementia

1. Underlying concept of person-centred care

Person-centred care is all about caring for the patients and providing services to succeed in their individual wants and needs, including the patient having a condition, it means respecting the patient opinion on what is best for them, also having their own values and priorities in life.

Person centred care is also defined as putting the person in the centre of care and adapting your service to their expectations and preferences. Order to fulfil the patient's needs doesn't mean making the activities for the patients but making them do it by themselves, they have the right to make the decision of what they want because they are human beings. **(High-speed training,2022)**

2. Theoretical underpinning person-centre care

Person centre is based on humanistic psychotherapy, Rogers(1951) believes that people learn through life and are capable of achieving personal growth within unconditional positive regard including trusting open relationships and genuineness. Person-centred therapy has required the therapist to be kind to the patients, show them happiness and value them without judging.

The process of self-actualization helps the patient gain self-esteem and confidence, leaving them free to share feelings and experiences, making the patients concentrate on life as a process instead of a goal as well as valuing others. (nursingtimes,2022)

Ethical underpinning of person-centred care

Ethical underpinning of person-centred care means the ethical principle of autonomy respect the patient's preferences, values, lifestyle and family situations.(Pubmed,2011)

Main benefits and limitation of person-centred care

The main benefits of person centre care are:

1. Person centred care focus on knowing patient individual needs such as mental health, feelings of comfort, safety and happiness.
2. Take a mind, body and soul approach wich means the carer will create a connection with the patient's emotional, mental and physical needs and involved them in decisions about their life and health
3. Person centred care create relationship between caregiver and care receiver, show respect patient and leave them to make their own choices so that they can be independent and feel valued
4. Encourage feelings of independence and dignity wich means motivate the person to do activities outside such as yoga, but always respect their decision.
5. Person centred care improves quality of care
(Oakland Care,2022)

Limitations on person centred care

The limitations on person centred therapist is formed on therapist values and attitudes not in skills, it is limited understanding on client's non verbal indications and this therapy emphasize very much on the therapist being sympathetic , other example of limitation is the misunderstanding of the concepts and practical applications, or some patients are not motivated by caring and listening for any reform. (UKEssays,2022)

Application of person-centred care in to practice

Person centred cared for people with dementia: Alzeimer's Society

Dementia means progressive disease, it includes different symptoms that relate to problems with memory, language or thinking, or changes in mood, perceptions, emotions and behaviour.

There are many types of dementia but the most common is Alzheimer's disease and the second most common is vascular dementia

According to the service of person centre care with dementia it means tailoring a person's care to their interests, history, abilities and personality.

Benefits provided for person-centred care for that who suffer from dementia are:
It helps them to make sure that people with dementia can get involved in activities they like or enjoy.

It has been said that can be an effective way of preventing and management of behaviour and psychological symptoms of dementia. The important points of person-centred care are first to treat the person with respect and dignity, be able to understand their culture, lifestyle, history and preferences also what they like, dislike or interest, taking into consideration the opinion of the person with dementia, provide chances for the person to have communication and relationship with others people, make sure that the person has the time to try a new thing or get involved in activities they like. (Alzheimer Society,2022)