

# Principles of Health and Social Care Practice

Module code: BMHP5002 LON Module

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## **1. Introduction**

Nowadays, medicine has reached an important level of performance but not all diseases and physical conditions can be treated, some of them require specialized care and long-term support, in some cases for a lifetime.

Physical, mental, and emotional ailments that cannot be treated for example: type one diabetes, some types of cancer or dementia called chronic conditions' or 'life-limiting conditions can be kept under control with specialized treatments which are involving various medical methods, logistics, and qualified staff. Following a care plan and depending on the severity of the disease and the necessary life support, the patient can choose treatment in his own home or person-centered care.

The aim of following essay is to understand the concept of person-centered care, the theory behind person-centered care, the ethical principles, and the benefits of the person-centered care. As well will be highlight the person centered care approach in relation with progressive dementia.

## **2. Concept of person-centered care analyses**

The root of person-centered care lie in humanistic psychotherapy Carl Rogers (1951) suggests that we are mirroring our feelings from childhood based on how our family and friends treated us. If we are treated with respect, dignity and compassion grow our self-confidence, making us understand that through our way of being we deserve to be treated like that Contributor ( 2017).

Around the world, person-centered care is recognized as a key element in providing high-quality health care. Person-centered care is the name given to the place where people matter, where the patient-career relationship is more than a strictly professional relationship, is the place where individual values and principles are respected. In person-centered care, everyone's opinion is appreciated and considered, and the patient's preferences and needs are the starting point in all made decisions. Communication, information, and educating patients are vital processes in person-

centered care. Through effective communication working together with the person with needs, they can learn how to deal with their condition 24/7, 365 days a year.

In person-centered care, people should feel comfortable and safe from harm and receive physical and emotional support, as well as family and friends, should be involved in patients' routines. Person-centered care is the process, which involves people with disabilities or long-term illnesses as equal partners in developing, planning, and making decisions appropriate to their own needs. Person-centered care is not limited to meeting people's needs or providing moral support in daily life. The objectives of person-centered care are much more complex, considering people's requirements about their own cultural, social, and religious values implementing these views in the patient-career relationship Health innovation network (2021). Person-centered approaches help us find effective ways to understand people's needs and to be able to determine the role of those involved in their daily lives, family, friends etc. to maximize the quality of care they need.

### ***3. Principle of support behind person-centered care***

To understand how person-centered care works, and we should first understand the theory behind person-centered care. When we talk about patient-centered care, we are referring to the place undefined by people's disease and where everybody is treated primarily as human beings. According to fundamental human rights, every person should be treated with dignity and respect, have the right to their privacy, and fair treatment.

One of the person-centered care goals is to give decision-making power in the hands of patients, many of them do not want someone to offer them solutions that are against their principles. People need to be encouraged and supported in making their own decisions to live an independent lifestyle. Also, person-centered care is focused on meeting the needs of patients regardless of their disability or mental condition. A person-centered approach means that the individual, families, and social services work together in order to develop strategies that improve people's lives and well-being.

Person-centered care is the bridge between the individual and care worker this means that people become more open with each feeling comfortable talking about their own needs. The key to person-centered care is that each individual is unique and should be treated as such. In health and care, a similar approach is unlikely to show the same results for two people with different long-term conditions, so it is emerging that each individual to be treated differently according to their own needs. Person-centered care is built on values and principles, in health and social care, person-centered values include Individuality, Choice, Rights, Independence, Privacy, Dignity, Respect, and Partnership. (Burton, 2018).

Each person is unique, has their own identity, values, beliefs, and needs and everyone should get the right support and information to make their own decision about how they want to be cared for. According to the Human Rights Act of 1998, every person has the right to express his or her own beliefs and the right to privacy, respect, and dignity, and promoting people's independence can help them their confidence (Care Act 2014, 2014).

Privacy is important in our lives and we should have our privacy when is necessary. Privacy also includes individual information that is not shared to anyone, without the owner permission. Treating people with dignity according to their ethical, moral, and religious beliefs is the only right way in life, showing respect to everybody regardless of their opinions and beliefs is impetuous even if you do not agree with them and involving all parties in decision making, and good communication can be the key to a successful partnership.

As person-centered social care workers, our role is not just to look at patients from a medical perspective, it is more complex. One of the main aspects is to build a good relationship with each individual by focusing on him as a human being and not as part of the system. From childhood, we begin guide our lives according to a set of values that we acquire because of lived experiences. These values influence our daily lives, the way we rationalize and react. Values are personal beliefs and concepts about family, religion, social and political environment that help us successfully to complete the tasks in our lives. Just as our values guide us, values are important for working in health and

social assistance too. Values in health and care are principles designed to help workers understand what is important when they provide care to people who need it. Care workers are guided by 6 values that are now recognized as applying to the health and social care system, these are known as 'The 6 Cs: Care, Compassion, Competence, Communication, Courage, and Commitment (Rob, 2016).

Person-centered care is one of the base standards in health and care of care set by the Commission for the Quality of Care (the independent authority for health and social care in England), which it requires healthcare providers. Why is person-centered care critical? To answer this question we should look at the benefits and limitations of person-centered care. As I wrote above the person-centered working with patients and in patients' benefit. One of the person-centered care beneficiaries is the medical system itself. When people are more involved in managing their health the medical system and here we are talking about doctors, hospitals, emergencies are less required, which releases the flow of patients in the system but also financial savings. Health foundation (2016) Person-centered care can also bring benefit to the medical staff for treating patients. Working with patients they can develop new knowledge and can increase love and devotion for the work done. However, let us not forget the main beneficiaries are people with special needs, the elderly, and those with long-term medical conditions, patients who, due to the physical, moral and emotional support received, have the opportunity to work in partnership with professionals to make the best decisions to continue a healthy lifestyle.

#### ***4. Benefits and limitation of person-centered care***

One of the biggest person-centered care benefits for people in need is the flexibility to make decisions and get involved in their support plan. Involving patients in their own decisions would make them more responsible, which is reflected in the way they become more implicated in their health and well-being. Also, responsibility increases their confidence in their powers, feeling less helpless and dependent on others. People who realize that being responsible are for their benefit become more devoted to a healthy lifestyle starting to pay more attention to all the bad habits they have. An

informed person is a person who can make decisions to get the best care plan that suits them. Eventually, better care comes with tremendous benefits, making the person less dependent on medical services and allowing individuals to carry a longer independent style of life, and the fact that they receive the care they want, that they are treated as partners with respect and dignity receiving the care they need would make them less anxious and happy (Duncan, 2016)

The problems facing the current medical system are complex. Due to pollution, unhealthy eating, and other cumulative factors, the incurable disease rate is rising, more people having obesity, cancer, diabetes and dementia. Dementia is not a specific disease, it is a syndrome that affects the cognitive functions of the brain. Dementia describes temporary or total memory loss, the inability to make decisions and interact with others, thinking, orientation, learning capacity, language, and judgment (Nazario, 2020). Dementia sets in when the neural connections in the brain are compromised.

The human brain is divided into several distinct parts, and each part is responsible for divergent functions in the body. Diverse types of dementia are associated with damage to distinct parts of the brain. Dementia affects everyone differently, the impact on them and the evolution of the disease being closely related to the area of the brain affected by the disease (EL Cunningham, 2015). When dementia occurs because of an allergy or lack of vitamins in the body, there is a chance that after. Treatment of the patient's dementia will decrease and even heal, but in most cases, dementia is untreatable (progressive dementia). Dementia is of several types including Alzheimer's disease, vascular dementia, Frontotemporal dementia, Creutzfeldt-Jakob disease, Dementia with Lewy bodies, mixed dementia, Parkinson's disease, Huntington's disease, each of those types of dementia affecting our daily life uniquely (Balentine, 2019).

##### ***5. Dementia and efficiency of person-centered care concept***

Research has shown that several factors can influence the development of some types of dementia. Age is the main factor in Alzheimer's disease and vascular dementia. Also, in some cases, dementia can be based on family history. People with a family history of

dementia are at risk of developing forms of dementia. Smoking and alcohol consumption can significantly increase the risk of mental decline leading to dementia. In the case of vascular dementia atherosclerosis, high cholesterol, and diabetes can be significant risk factors. For people with minor cognitive insufficiency, especially in the case of people over the age of 65, the risk of developing some forms of dementia is according to studies with over 40% compared to healthy people.

Depending on the severity of the disease, dementia is divided into 3 stages, Early-Stage Dementia, where the person needs little medical and care support. At this stage, the person is still rational, and it is important for caregivers and the family to inform the person about the evolution of the disease and to develop a long-term care plan. The middle stage is the point where the person needs higher attention and care. At this stage, the skills and practical knowledge of caregivers can make a difference. Communication becomes essential so caregivers should speak calmly and seldom when providing information to patients and in some cases nonverbal conversation becomes essential. Ongoing monitoring and establishing a daily routine become necessary. A person in the late stage of dementia requires high attention and care. At this stage, the person no longer responds to external stimuli, and their physical and mental abilities are reduced. Patients become dependent on caregivers and supervision and support should be given 24 hours a day. At this stage, it is recommended to hire a permanent nurse or move the patient to that home.

In the case of people with dementia, many people see the disease, but not the person behind it. Person-centered care has a different approach, the individual is in the first place, not the disease, making sure he will live with dignity and respect until the end of life. The premise, "nothing about me without my involvement," is the main rule in person-centered care. People with dementia are like patients with other diseases or disabilities, the fundamental principles of support in person-centered being the same for everyone. (Equality Act 2010: guidance, 2013). It is true that patients with dementia in various stages of the disease need careful care, but it is the caregivers' duty to act with the same love, compassion, and understanding in the support provided no matter what.

## **6. Conclusion**

Is it more important to try treating the disease or to help patients be able to make their own decisions about how they want to be treated? The medical system in the past relied more on the practical side than on the spiritual and emotional side of the patient. Truly focusing on a person-centered approach, we can radically change the way medical services are provided so that they are truly tailored to the needs of the people who use them. Looking holistically at the concept of person-centered we can say the only way in which patients should be treated. As we have shown in the above report, it is important to promote communication between the patient and workforce. When caregivers carefully listen to patients' problems, they will be able to produce superior quality treatment in response. Also, investments for training and improving the skills of professionals should not be ignored. A worker with high communication and understanding skills can approach any situation providing calm, compassion, and respect. So, in conclusion when person-centered care will be implemented in all medical institutions across the country, we can say that the medical and care system is on track.

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