

Assignment 2

Written Assignment

Student name: Jessica Nmadume

Student ID: 2008179

Module name: Principles of Health and Social Care Practice

Module code: BMHP5002_LON

Lecturer name: Menteshnot Mengesha

Table of Contents

Introduction.....	3
Discussion.....	3
Concept of personal centre care	3
Theoretical underpinning	4
Ethical underpinning	5
Benefits and limitation of person centered care	6
Application of persson center care	6
Recommendation	7
Conclusion	8
Reference list	9

Introduction

Every individual irrespective of gender or social differences expects to receive dignity, respect and indulgence in the decision making process. Following these practices in the domain of healthcare is also considered as an essential component thus developing the importance of person-centred care. It is a way of taking care of the patients and actively giving patients and their families information about the medical treatment they are undergoing. Therefore the main objective of the present study is to examine the concept of person-centred care, its importance in the present scenario and certain limitations associated with it followed by a recommendation to mitigate the limitation.

Discussion

Concept of personal centered care

The concept of personal centre care is defined as a way of thinking and practising things that consider people with social service and health as equal partners in developing, planning and meeting their needs. In other words, it reverts to their treatment and progression about health. As per Rastogi *et al.* (2018), it is one type of care to treat people with respect and dignity involved in healthcare and involve the patient in taking decisions that is associated with following the person's healthcare right. Patient-centred care is all about how health professionals are engaged in taking care of patients along with government policies and healthcare services provided to patients. In personal care, treating patients with dignity and respect is not only a practice, rather it is also focused on providing information to the patient along with their families. The needs of the patients are taken into consideration, their desires, the situation of the family, lifestyle, values and social circumstances. It is important to be compassionate and think from the viewpoint of the other person and be respectful of their circumstances. In earlier situations, the patients were expected to work and adhere to the practices and routines that were considered to be the appropriate and best fit for the health care professionals. On the other hand in personal Centred care all the major services associated with patient care are made flexibly along with meeting with the need of the patient that is best suited for the patient. In the words of Mema *et al.* (2021), for accomplishing it successfully it is considerate to involve family and

other people in developing ways for personal care. There are various aspects related to person centred care such as respecting the values of the people and putting the concern at the topmost level. Providing the patient with emotional support along with making sure that people are physically comfortable and safe in their surroundings. The need to integrate person centred care at all levels of healthcare is to improve the quality of services being available to the person, helping people with care and support in the hour of need and at the same time reducing the pressure exerted on the healthcare professionals and social service provider. There is an increasing rate in the health condition thus increasing the demand of healthcare professionals having limited resources thus increasing the dependency on person centred care.

Theoretical underpinning

Carl Rogers Theory

The theory proposed by Carl Rogers put forward the fact that for an individual to grow and develop themselves there is a need for an environment that encompasses with a certain degree of genuineness such as openness, acceptance, disclosure, unbiasedness and empathy. Without the existence of these factors, any relationship cannot be built effectively, along with that strong personal; it is not developed. As per Greene (2017), any individual can gain knowledge and achieve their goals and objectives when there is an adoption of self-actualization and acting as a fully functional person. Five different characteristics define an individual to be fully functional such as open to experience consisting of both positive and negative emotion. Existential living. This relates to accepting the present situation and taking action for the future, indulging in creativity and developing feelings of trust. This theory of Carl Rogers can be adopted in person health centred care by enhancing the feeling of gentleness and creating an environment for the patient that initiates the concept of self-actualization within the patient. Along with that, transforming the patient into a fully functional person invites the feeling of sharing emotions and achieving the goal that is set by an individual.

Rogerian theory

The Rogerian theory of physiotherapy considers the fact that instead of identifying the flaws of an individual related to their problematic behaviour, it is important to understand the fact that any individual curtails a certain degree of capacity leading to personal growth and changes in their life. According to Alligood and Fawcett (2017), it is termed as a human inclination towards

actualization tendency, any individual embodies vast areas of resources within themselves for developing their attitudes, self-directed behaviour and knowledge that leads to developing physiological attitude within an individual. The indulgence of this theory on person-centred care allows the healthcare professional to undo their negative traits and enhance those areas that comprehend the positive sides that leads to growth and health improvement. There are different factors on which the theory is based: vulnerability, physiological contact and positive regard.

Ethical underpinning

Person-centred care is solely dedicated to providing intensive care to an individual that requires support and needs to be fulfilled in the sphere of health. In order to undertake to care for patients, it is important to follow certain ethical principles that help in fulfilling the needs of the patient and at the same time perform all the actions in an ethical manner. According to Tomaselli *et al.* (2020), one of the most prominent ethics that needs to be taken into consideration are beneficence, non-maleficence, autonomy and justice. The concept of beneficiaries is associated with performing activities that are in the best interests of the patient, the indulgence of these ethical principles is to understand the needs of the patients along with their present health condition that can explicitly improve their health and at the same time fulfil the needs of the patients.

The wishes of the patients must be well known by the healthcare provider and evaluated with the outcomes of health to be achieved. The indulgence of Non-Maleficence is the other side of beneficiaries, that signifies on the fact about providing the news after the treatment is diagnosed. It is a highly delicate issue that needs to be handled with care and balancing the relationship with the patient. As per Newnham and Kirkham (2019), autonomy is also considered as an ethical approach that needs to be followed by the healthcare practitioner in providing health care services. It is important to allow patients to develop a certain degree of autonomy in taking decisions by themselves and improving their health. The existence of autonomy gives an opportunity to the patients as well as their family members to get information about their health and diagnosis undertaken by the patient. On the other hand there are certain limitations with the indulgence of autonomy as there is lack of information presented within the knowledge of patient and their family.

Benefits and limitation of person centered care

The adoption of personal centered care within the surplus of healthcare is embedded with certain benefits that are proved to be beneficial for a longer period of time such as it helps in improving the experience of people encountered in getting care and support making them more satisfied. According to Fazio *et al.* (2018), people-centered care also facilitates an individual to improve their lifestyle and lead a better and healthy life having less health problems. It also focuses on making an individual take decisions on their own regarding their health and care, so that the people get the care and services that are best suited for them and also based on their needs and expectations. An individual getting proper care and needs are getting fulfilled tends to create a positive impact on the physical as well as mental health. Most of the people are not aware of their health condition and treatment that they are undergoing therefore the indulgence of a personal centered care allows an individual to know about their health condition and prompts them to undertake beneficiary action.

Apart from being embedded with benefits, personal centered care also curtailed certain extent of limitation such as there is a requirement of constant motivation to the clients alone. There is a requirement of facilitating the person with constant level of motivation in order to improve their health. Not providing support to the patient derails the motivation level of the patients thus leading to depression. Another limitation is that there is no room for providing suggestions or the person is not challenged by anyone related to their actions or activity. According to Eklund *et al.* (2019), it limits the opportunity from the part of the health professionals to give any kind of recommendations to the person. Along with that the healthcare provider does not curtail the authority to provide any suggestion and opinions that can be useful for the patient.

Application of person centered care

Personal centered care is primarily made to provide healthcare support and care to an individual implying dignity and respect. Thus undertaking of this practice can be applied on different spheres such as developing an initiative for understanding the patient, their financial status, needs and recognising their ability to improve their condition. As per Chenoweth *et al.* (2019), developing a person and family centered care, in order to improve the quality of health care two significant aspects of healthcare is initiated that largely focuses on different care processes constituting ways on which the care is organized on different levels. Another aspect is related to

the communication taking place between the health care provider and patient or with their family. Person centered care is also found to be applicable in improving the level of dependency, it encourages an individual to undertake decisions of their own and gain more confidence in themselves. It is also applicable in developing a positive behavior within the patient. According to Rajamohan *et al.* (2019), the healthcare profession mainly focuses on increasing the motivation level among the patient in order to improve their health on a long term basis, therefore there is an improvement in the behavior of an individual. One of the most prominent features related with personal centered care is to create an environment that culminates physical and social development. Therefore the inclusion of this healthcare is largely applicable in improving and making sure of the fact that there is prominent and consistent growth in the physical, psychosocial and environmental condition that supports the development of patients. Patients suffering from dementia are more likely in order for personal care in order to complete their day to day work. Providing care to patients with dementia mostly involves ending the patients with certain activities that test the memory power and critical thinking ability.

Recommendation

In personal centered care the healthcare providers are mainly focuses on providing substantial support to the patient and care that they need. However in providing health care services there are certain degree of limitation that are encountered by the health care professional. Therefore in order to mitigate the issues certain recommendation are provided that are proved to be effective for a long run to the health care providers and at the same time help the patient also in improving their health condition. One of the most effective and useful recommendation is to dedicate certain amount of time for ***discussing about the current treatment*** undergoing by the patient and the understand their experience. As per Karlsen *et al.* (2019), there are various circumstances that the patient is not happy with the treatment procedure followed by their healthcare provider as a result of which the health of the patient tends to get deteriorate over a period of time and there is a generation a unsatisfactory level. Thus as a health care provider it is important to take few time and disuss with the patient about their experience and also to enhance the feeling of individualism within the patient. It is important to understand the opinions and view point of their patient along with that evaluating their likes and dislikes about the treatment and makes changes according to it in the diagnosis. ***Collecting feedback*** from the part of the patient is also

considered to be one such effective recommendation that can improve the level of personal centered care. The indulgence of feedback mechanism is well suited for improving the performance level and treatment outcomes that can exponentially get better for the future due to the culmination of feedback. Under this situation collecting information and feedback from the customers about the services they received and rate the quality of treatment based on their experience. According to Scholz *et al.* (2020), the adoption of this measure in the personal centered care can widely help the health care provider to improve their working practices and treatment facilities. Developing **communication** enhancing the level of communication with the patient constantly tends to improve the treatment and health of the patient. The inclusion of communication with the patients involves understanding the needs of the patients, the challenges they are facing and developing a friendly relation in order to help the patient to share and experience their feeling. Having an effective communication with the patient can effectively improve the health of an individual and at the same time gives an opportunity to the health care service provider to understand the needs of the patients, their expectation and outcomes. The motivation level among the patient is also likely to get boost up by developing an effective communication level with people.

Conclusion

The conclusion that can be drawn after the analysis of the present study that relates with the concept of personal centered care. It has been found that any individual possess the characteristics of being treated with respect and care, this aspect is ,also related in health care sector where the patient are in the need of care and support along with getting respect. The indulgence of this practice is considered to be important for improving the health of an individual and at the same time understanding their needs. However in order to perform these practice effectively certain ethical practices are taken into consideration. Along with that there is an indulgence of recommendation factor that can improve the performance level of personal centered care such as having open communication, feedback mechanism and dedicating time to patient.

Reference list

- Alligood, M.R. and Fawcett, J., 2017. The theory of the art of nursing and the practice of human care quality. *Visions: The Journal of Rogerian Nursing Science*, 23(1), pp.4-13.
- Chenoweth, L., Stein-Parbury, J., Lapkin, S., Wang, A., Liu, Z. and Williams, A., 2019. Effects of person-centered care at the organisational-level for people with dementia. A systematic review. *PloS one*, 14(2), p.e0212686.
- Eklund, J.H., Holmström, I.K., Kumlin, T., Kaminsky, E., Skoglund, K., Högländer, J., Sundler, A.J., Condén, E. and Meranius, M.S., 2019. "Same, same or different?" A review of reviews of person-centered and patient-centered care. *Patient Education and Counseling*, 102(1), pp.3-11.
- Fazio, S., Pace, D., Flinner, J. and Kallmyer, B., 2018. The fundamentals of person-centered care for individuals with dementia. *The Gerontologist*, 58(suppl_1), pp.S10-S19.
- Greene, R.R., 2017. Carl Rogers and the person-centered approach. In *Human Behavior Theory Social Work Practice* (pp. 113-132). Routledge.
- Karlsen, M.M.W., Ølnes, M.A. and Heyn, L.G., 2019. Communication with patients in intensive care units: a scoping review. *Nursing in critical care*, 24(3), pp.115-131.
- Mema, B., Helmers, A., Anderson, C., Min, K.S. and Navne, L.E., 2021. From the inside out: personal journeys in intensive care. *Intensive Care Medicine*, 47(2), pp.242-243.
- Newnham, E. and Kirkham, M., 2019. Beyond autonomy: Care ethics for midwifery and the humanization of birth. *Nursing Ethics*, 26(7-8), pp.2147-2157.
- Rajamohan, S., Porock, D. and Chang, Y.P., 2019. Understanding the relationship between staff and job satisfaction, stress, turnover, and staff outcomes in the person-centered care nursing home arena. *Journal of Nursing Scholarship*, 51(5), pp.560-568.
- Rastogi, S., Patel, K.R., Singam, V. and Silverberg, J.I., 2018. Allergic contact dermatitis to personal care products and topical medications in adults with atopic dermatitis. *Journal of the American Academy of Dermatology*, 79(6), pp.1028-1033.
- Scholz, B., Goncharov, L., Emmerich, N., Lu, V.N., Chapman, M., Clark, S., Wilson, T., Slade, D. and Mitchell, I., 2020. Clinicians' accounts of communication with patients in end-of-life care contexts: A systematic review. *Patient education and counseling*.
- Tomaselli, G., Buttigieg, S.C., Rosano, A., Cassar, M. and Grima, G., 2020. Person-Centered Care From a Relational Ethics Perspective for the Delivery of High Quality and Safe Healthcare: A Scoping Review. *Frontiers in public health*, 8, p.44.

