

Creating Healthy Work Environments 2019

Building a Person-Centered Care Practice With the Geriatric Population and Caregivers

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Person-centered care is not just about giving people whatever they want or providing information. It is about considering people's desires, value, family situations, social circumstances and lifestyles. Basically, it's about understanding the social determinants of health, seeing the person as an individual, and working together to develop appropriate solutions. Being mentally and physically present and looking through the eyes of the patient and seeking to understand their point of view shows respect and compassion. Being respectful even if you do not agree with the lifestyle the patient is living. We are not here to judge, we have not walked in their shoes. Advanced practice nurses need to include patients and families in all decision making and help patients in managing their own health. Person-centered care is as much about the way professional and patients think about care and their relationships as the actual services that are available.

Analyzing the emerging clinical patterns and problems regarding person-centered care in the geriatric population in health care organization and communities is a growing problem. The demographics of the aging United States population is rapidly changing; however, our healthcare system, designed in 1965 to care the aging population, has not kept pace, nor is it aligned with today's- and tomorrow's needs (Fleming & Haney, 2013). The Institute of Medicine has defined the characteristics of quality care as timely, safe, effective, efficient, equitable, and patient centered. Coordinating care of the geriatric patients can be difficult for a multitude of reasons; the most important is the multiple health issues involving multiple physicians and the lack of patient understanding, education and resources.

Advanced practice nurses need to create a person-centered practice, when providing care to the geriatric population. In what can be the most vulnerable stage of life, the geriatric population needs to be able to create a relationship with their providers that are based on trust, compassion, autonomy, and empowerment. The provider needs to take the time to understand "What matters most to this person". If advanced practice nurses (APN) do not understand why the patient is having the symptoms. Are they having the symptoms because of their living, social, financial situations? APN (Advanced Practice Nurse) need to understand the social determinants of the patient and this will help develop person-centered care within a geriatric practice and build a strong relationship in their practice.

Applying evidence-based practice within healthcare systems can be challenging. The Institute of Medicine has recognized nursing as one of the critical professions in the healthcare delivery system and has made specific recommendations for the profession relative to its role in helping to redesign the system in order to make it safer, more effective, of higher quality, and sustainable. "Nurses should be full partners, with physicians and other health professionals, redesigned health care in the United States" (Institute of Medicine, 2011). As APNs we must understand the evidence and be able to translate the evidence into practice. We have to be present at board meeting where policies and protocols are being discussed and implemented. We need to be the voice at the table that is advocating for person-centered care and educating on what does that mean and look like. I have found in my practice if you bring the data to support the evidence senior leaders to listen.

As I have reviewed the literature, attend seminars, and started my practicum the need to put the patient and their family first and understand "What matters most" to the patients I serve is my number one priority. Focusing on the geriatric population and how APNs need to build practices that are person-centered. If we can build inter-professional teams that listen and collaborate together, we will improve the health of the geriatric population.

Title:

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References:

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Abstract Summary:

My personal philosophy of nursing is a holistic approach of honoring the patient's needs and values. Advanced practice ensures need to create person-centered practices, when providing care to the geriatric population. In what can be the most vulnerable stage of life, this population needs to form trusting relationships.

Content Outline:

Abstract

Introduction and Background

Problem statement

Needs, significance

Objectives and aims

Review of literature

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Professional Experience: I have been a nurse for 21 years. Working at the bedside to roles as a manager and vice president. I am currently a manager of a home care agency. I am very dedicated and proud of my professional nursing career. I am pursuing my DNP to help expand my knowledge base in order to practice at a higher level, and obtain the terminal degree in my profession. The DNP will equip me with knowledge and skills needed to understand and appreciate research and facilitate the process of putting evidence into practice, with the overall goal of achieving improved patient safety, satisfaction and outcomes.

Author Summary: My personal philosophy of nursing is a holistic approach of honoring the patient's needs and values. Honoring the needs and values of the patients I care for and creating an environment where they can be listened too is an ethical principle in my practice. Putting the patient first is an expectation of mine.