Executive Summary: Patient-centered Care

Patient-centered care is an initiative meant for the encouragement of patients to take a more active role in the activities that directly affect their health outcomes, including self-management, health-related behavioral adjustment, and overall decision-making. The purpose of this initiative is to enhance respect for the values and preferences of patients while maximizing the attainment of their goals. It also ensures that the kind of care advanced to such patients is responsive to and respectful of their unique needs. This means that patient-centered care will not seek to provide standardized care to several patients at once; instead, the individual expectations of each person are examined critically, and then the most appropriate interventions are selected based on the expected outcomes of the interaction. The target audience for such an initiative would involve all stakeholders who deal with patients at both the personal level and healthcare settings, includingnurses, community health workers, peers, family, and friends. There are many benefits that this initiative yields. One, the patient’s emotional wellbeing and physical comfort are maximized (Ulin, Malm, & Nygårdh, 2015). Two, any complications or comorbidities are identified quickly and handled accordingly. Three, patient-centered care is cost-effective since it leads to the prevention of other health complications that could have occurred in the future. To implement patient-centered care effectively, there is a need for collaboration between such professionals as nurses, clinical professionals, community health workers, therapy specialists, emotional and social support workers, and doctors. The high costs of patient-centered care are mainly catered for by the medical care facility, but only if it is a dedicated patient-centered medical home (Lieberthal, Payton, Sarfaty, & Valko, 2017