

Enhancing Nursing Excellence: Exploring Person-Centered Care Implementation in Clinical Practice

Eldah Oqab Mshal Alshammari¹

Majdah Bandr Shoukr Alshammari²

Aliah Kaream Mahaga Al Anazy³

Mariam Al-Hamidi Awad Al-Anzi⁴

Khalaf Saleem Ahmed Alfiras⁵

Manal Ail Sayal Alshamry⁶

Timam Ali Alanazi⁷

Ashwaq Abdullah Muhammad Asiri⁸

1. Nurse, PHC Alwiday, Hail
2. Nurse, MCH, Hail
3. Nurse, PHC Sahoot, Hail
4. Nursing, King Khaled Hospital., Hail
5. Technician-Nursing, PHC Alwiday, Hail
6. Nures, PHC Alwiday, Hail
7. Nurse, King Fasial PHC, Riyadh
8. Nursing, Prince Sultan Health Center, Riyadh

Abstract

The increasing complexity of healthcare, driven by aging populations and the prevalence of chronic diseases, necessitates a shift from traditional biomedical models to holistic approaches such as Person-Centered Care (PCC). PCC is defined as a framework that respects individual values and preferences, fostering shared decision-making and holistic care. While PCC demonstrates benefits, including enhanced health outcomes, patient satisfaction, and reduced professional burnout, its implementation faces systemic, organizational, and cultural challenges. This paper highlights strategies for integrating PCC into nursing, such as fostering trust, tailoring care approaches, promoting interdisciplinary collaboration, and advancing cultural humility. The study emphasizes the pivotal role of nurses in operationalizing PCC, particularly in addressing the multifaceted needs of older adults. Recommendations include leadership development, policy advocacy for nurse-to-patient ratio adjustments, and leveraging technology to enhance continuity of care.

Keywords: Person-Centered Care, Nursing, Holistic Care, Interdisciplinary Collaboration, Healthcare Sustainability, Patient Outcomes.

Introduction

Health care faces many challenges with the increasing population, the aging rate, and the prevalence of chronic and infectious diseases, which requires a focus on an approach that provides comprehensive, individualized care that addresses the multiple and complex needs of patients [1]. Traditionally, healthcare systems have relied on providing fragmented healthcare models that focus on treating and managing the disease without considering the patient-related aspects, future impacts, and psychosocial aspects [2]. Consequently, with the increasing needs and expectations of patients and the demand for healthcare, which has prompted a shift towards a more integrated, holistic health approach, known as person-centered care (PCC) [3].

Person-centered care is a comprehensive framework that places the individual at the center of healthcare planning and delivery [4]. It is characterized by respect for the person's values, preferences, and life circumstances, and the active involvement of patients as partners in their care [4,5]. This approach goes beyond the traditional one-size-fits-all healthcare model by promoting shared decision-making, empathy, and collaborative partnerships between patients and providers. This model is particularly important for older adults, as older adults often deal with multiple chronic conditions, requiring interventions specifically designed to address their diverse and evolving needs [6,7].

As nurses increasingly become at the forefront of healthcare delivery, patient and pain management, and the nursing-patient relationship, person-centered care provides a comprehensive and ethical framework for delivering high-quality, individualized care that is consistent with the principles of dignity, respect, and shared decision-making. This enhances patient outcomes and the sustainability and resilience of healthcare systems [5]. The implementation of primary care has shown significant benefits in healthcare systems around the world, including improved health outcomes, increased patient satisfaction, and enhanced provider-patient relationships. However, translating the principles of primary care into practice remains a challenge due to systemic, organizational, and cultural barriers. These include resource constraints, time constraints, and varying levels of cultural competence among healthcare providers [5,8]. Addressing these barriers is essential to improving the

delivery of person-centered services, particularly in regions where healthcare systems are adapting to rapidly aging populations and changing patient expectations [9].

Accordingly, this paper aims to explore person-centered care (PCC) in the context of nursing care for older adults. It also aims to provide practical insights to improve its integration into nursing practice.

Overview of Person-Centered Care in Nursing Practice

Person-centered care in nursing is guided by core principles that emphasize providing care tailored to the unique needs, preferences, and circumstances of individual. Respect for individuality is fundamental to this approach, requiring nurses to respect the cultural backgrounds, values, and life experiences of their patients. This principle ensures that care is not only clinically effective, but also personally meaningful [8,10]. Additionally, shared decision-making is a key component of person-centered care in nursing. Fostering collaboration between nurses and patients enables individuals to actively participate in treatment plans, promoting trust and adherence to treatment plans [11]. Nurses also play a key role in addressing the whole person, integrating physical, emotional, and social dimensions into care delivery. This holistic perspective allows nurses to consider psychological well-being, family dynamics, and environmental factors that may impact health outcomes, ensuring holistic care [5].

The Difference Between Patient-Centered Care and Person-Centered Care

In nursing, it is important to distinguish between person-centered care and patient-centered care. While both approaches prioritize the needs of the individual, patient-centered care is often limited to addressing the medical aspects of care, focusing on disease management and clinical outcomes. It typically views the patient as a passive recipient of care [5]. In contrast, person-centered care views the patient as an active partner in their health care journey. This approach aligns with the nursing ethic of building therapeutic relationships, where nurses work collaboratively with patients to create care plans that reflect their personal values and goals. By recognizing the broader context of patients' lives, patient-centered care allows nurses to go beyond clinical needs, addressing the emotional and social factors that impact health, and thus creating a more empowering care experience [5,12].

Theoretical Frameworks

Theoretical frameworks are vital for guiding nurses in implementing PCC effectively. McCormack and McCance's Framework for Person-Centered Nursing provides a structured approach to integrating PCC principles into nursing practice. This framework identifies four domains essential for success [13,14]:

- **Prerequisites of the Nurse:** Nurses must cultivate specific skills and attitudes, such as empathy, cultural competence, and a commitment to reflective practice. These attributes enable nurses to engage meaningfully with patients and adapt care to their unique needs.
- **The Care Environment:** A supportive care environment is critical, allowing nurses the flexibility to personalize care while navigating organizational constraints. Factors such as staffing levels, leadership support, and access to resources influence the effectiveness of PCC implementation.
- **Person-Centered Processes:** These include establishing trust, facilitating shared decision-making, and fostering therapeutic relationships. Nurses are instrumental in creating these processes by actively listening to patients and involving them in every stage of care planning.
- **Expected Outcomes:** When PCC is effectively implemented, patients experience improved satisfaction and better health outcomes. Additionally, nurses benefit from enhanced professional fulfillment, reduced burnout, and a stronger sense of purpose.

Challenges in Implementing Person-Centered Care in Nursing Practice

Individual-Level Challenges

Nurses often face limited time and resources, making it difficult to engage in the meaningful interactions with patients that are essential for person-centered care [15]. Additionally, resistance to change among healthcare providers can hinder the transition from task-oriented to relational care models, driven by concerns about workload and lack of familiarity with person-centered care principles [15,16].

Organization-Level Challenges

Healthcare systems often prioritize efficiency over individualized care, with resource constraints and rigid policies limiting nurses' ability to implement person-centered care. Furthermore, a lack of organizational support including inadequate staffing, training, and infrastructure reduces the viability and sustainability of person-centered approaches [15,17].

Cultural Challenges

Cultural biases and limited awareness of diversity can impact nurses' ability to provide care that aligns with patients' values. Furthermore, inadequate training in cultural humility prevents nurses from effectively engaging with the unique cultural contexts of their patients, leading to missed opportunities for truly individualized care [18].

Strategies to Promote Person-Centered Care in Nursing Practice

- **Building Trust:** Trust is essential for effective communication and understanding of patient needs. In nursing, consistent and empathetic interactions foster trust, enabling the development of care plans that

are consistent with patient values, particularly in geriatric care where trust promotes adherence and satisfaction [5,19].

- **Designing Care Approaches:** Personalized strategies that respect patient preferences and social contexts are essential to person-centered care. Nurses can adapt care routines and engage patients in decision-making to ensure that interventions are consistent with their individual goals and lifestyles [5].
- **Interdisciplinary Collaboration:** Collaborative efforts among interdisciplinary teams enable comprehensive care. Nurses working with other professionals, such as dietitians and social workers, enhance outcomes by addressing the medical, emotional, and social aspects of a patient's health [5,11].
- **Cultural Humility:** Cultural humility fosters resilience and respect for diversity. Nurses can address biases and deliver care that is consistent with patients' cultural values, improving equity and patient experiences [20].
- **Leadership and role modeling:** Leadership is critical to integrating patient-centered care into nursing practice. Nurse leaders who model person-centered behaviors inspire teams and create supportive environments, ensuring consistent and sustained implementation of patient-centered care principles [21].

Benefits of Person-Centered Care (PCC) in Nursing Practice

- Benefits For Patients

Person-centered care (PCC) dramatically improves patient outcomes and satisfaction by prioritizing patients' values and preferences and actively engaging them in care. When patients are involved in planning their care, they feel empowered and in control of their health, which improves adherence to treatment plans and builds confidence [22]. This approach is particularly effective in managing chronic conditions, as it ensures that care is aligned with the individual's unique goals and lifestyle [5,23].

- Benefits For Nurses

Nurses experience increase job satisfaction when they practice person-centered care (PCC), as it allows them to build meaningful relationships with patients and provide care that feels purposeful. This personalized approach also helps reduce professional burnout by shifting the focus from task-oriented routines to more connected and rewarding practice. Nurses gain a greater sense of accomplishment and fulfillment when they see the positive impact their care has on patients' lives [23].

- Benefits For healthcare systems

For healthcare systems, person-centered care (PCC) offers tangible benefits, including improved efficiency and reduced long-term care costs. It addresses patients' needs holistically and proactively, reducing hospital readmissions and unnecessary emergency visits. Furthermore, the collaborative and personalized nature of PCC leads to better use of resources, contributing to a more sustainable healthcare model [5,24].

Application of Person-Centered Care (PCC) to Older Adults

Addressing the Complex Needs of Older Adults

Older adults frequently experience a convergence of chronic illnesses, cognitive decline, and social isolation, necessitating a multifaceted approach to care. Person-Centered Care (PCC) addresses these complexities by focusing on individualized care plans that prioritize not only clinical outcomes but also the broader emotional, social, and functional needs of the patient [25]. Nurses play a pivotal role in operationalizing this approach by tailoring interventions to align with the unique preferences and life circumstances of older adults, fostering care that is both effective and person specific [26].

Enhancing Quality of Life

A core objective of PCC is to enhance the overall quality of life for older adults by addressing their physical, psychological, and social well-being. Nurses contribute to this goal by integrating patient-defined priorities such as maintaining independence, managing symptoms, or participating in meaningful activities into care planning and delivery. This approach empowers older adults as active participants in their care and reinforces their sense of dignity and autonomy, leading to greater satisfaction with care [27].

Addressing Social Determinants of Health

Older adults often face social determinants that adversely impact their health, such as economic hardship, inadequate transportation, or limited social support. PCC enables nurses to identify and address these barriers by leveraging interdisciplinary collaborations and connecting patients with community resources. This holistic approach ensures that care extends beyond clinical settings, fostering greater health equity and improved access to essential services [28].

Promoting Continuity of Care

Continuity of care is critical in the management of multiple chronic conditions common among older adults. PCC facilitates seamless transitions between care settings by emphasizing the importance of clear communication and comprehensive documentation of care plans. Nurses act as key coordinators in these transitions, ensuring that all providers involved in the patient's care have a unified understanding of the patient's preferences, goals, and treatment history, thereby reducing fragmentation and enhancing outcomes [29].

Recommendations for promoting person-centered care (PCC)

To promote person-centered care in nursing practice, healthcare systems should prioritize adequate time for nurse-patient interactions, supported by appropriate nurse-to-patient ratios. Incorporating person-centered care principles into nursing curricula and providing continuing education, including simulation-based training and cultural competency workshops, can prepare nurses for effective implementation [5]. Organizational policies should focus on promoting interprofessional collaboration and leveraging digital tools such as electronic health records (EHRs) to ensure continuity of care [29]. Leadership development programs should empower nursing leaders to support person-centered care, inspire teams, and integrate person-centeredness into organizational culture [30]. Healthcare systems should advocate for policies that allocate resources to training, research, and implementation of person-centered care, particularly in addressing the unique needs of older adults. These collaborative efforts can establish person-centered care as a core component of nursing practice, improve patient outcomes, enhance nursing satisfaction, and improve health care delivery [5,31].

Conclusion

Person-centered care represents a radical shift in nursing practice, emphasizing individualized, holistic, and collaborative care. Its implementation is particularly important for older adults, who often face complex health challenges that require tailored interventions. While person-centered care offers significant benefits, including improved patient outcomes, increased nurse satisfaction, and more efficient health care systems, its implementation requires addressing challenges such as resource constraints, cultural biases, and resistance to change. Health care systems can successfully integrate person-centered care into nursing practice by adopting strategies such as leadership advocacy, interprofessional collaboration, and cultural competency training, which improve the quality of care and contribute to a more sustainable and equitable health care model.

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