Person-centred care

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www.gpcc.gu.se

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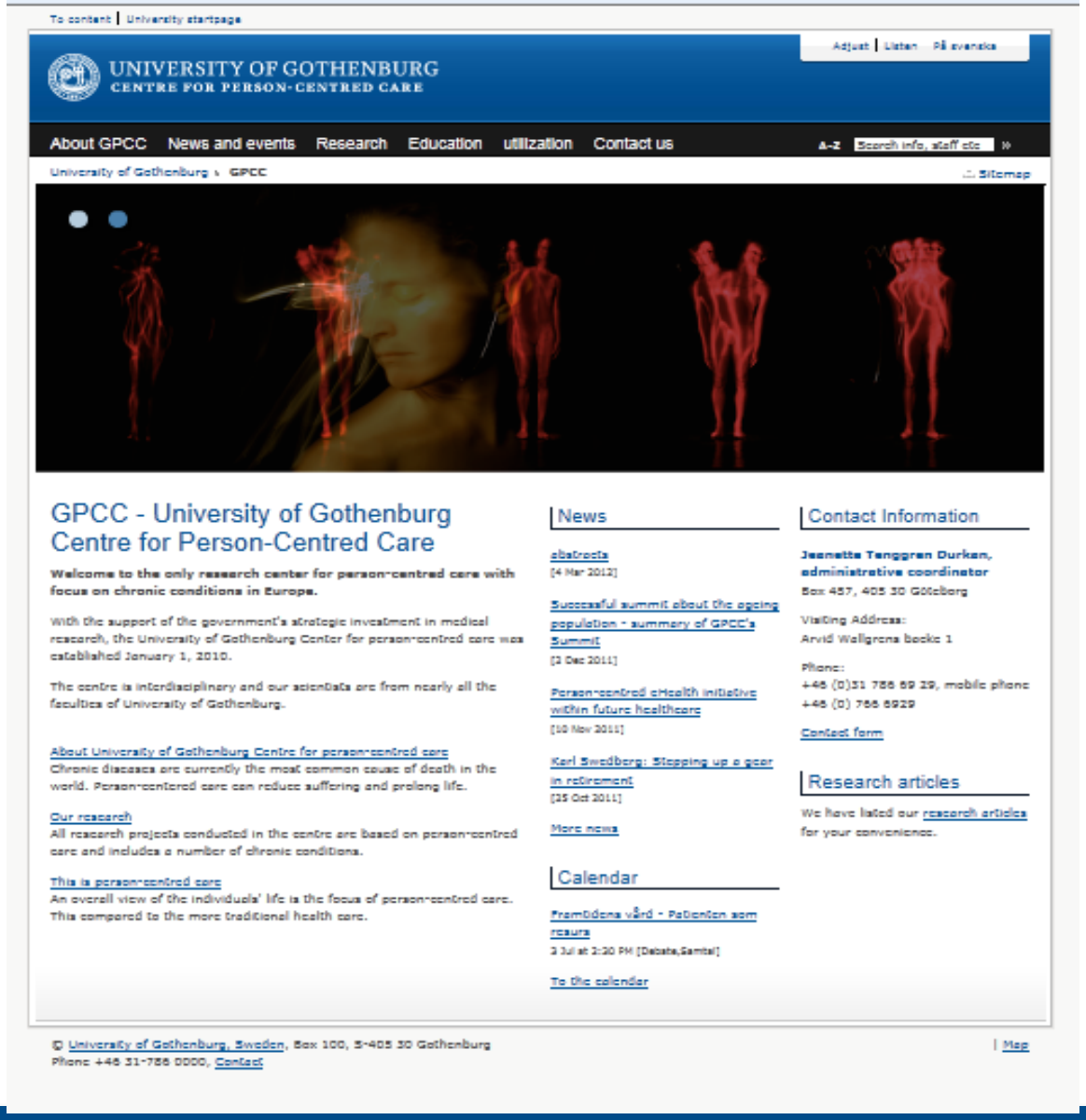


http://www.facebook.com/gpcc.gu

Blogg: Person-centredness
http://gpccpeople.com/

Twitter:@symptomsonthego
@tdjeanette

What is a patient?

A living, biological material like other animals

A person with emotions, will and dignity

Ricoeur, P (1990). *Oneself as another.* University of Chicago Press
Smith, S. (2010). *What is a person*? University of Chicago Press

Disease - illness

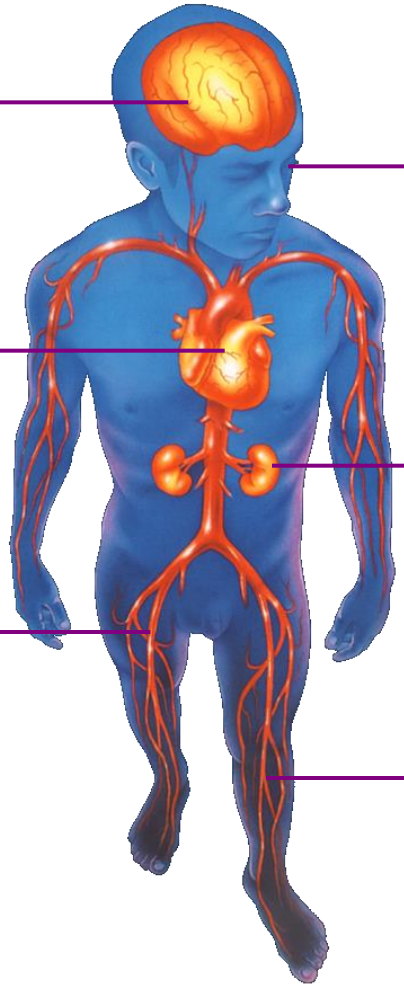
- Disease

An abnormal condition that affects the body of a human being. It is associated with specific signs.

- Illness

A human being´s personal experience of his or her disease, symptoms

Fatigue **Breathless** **Pain**



Stroke

Diabetic eye disease (retinopathy and cataracts)

Heart disease and hypertension

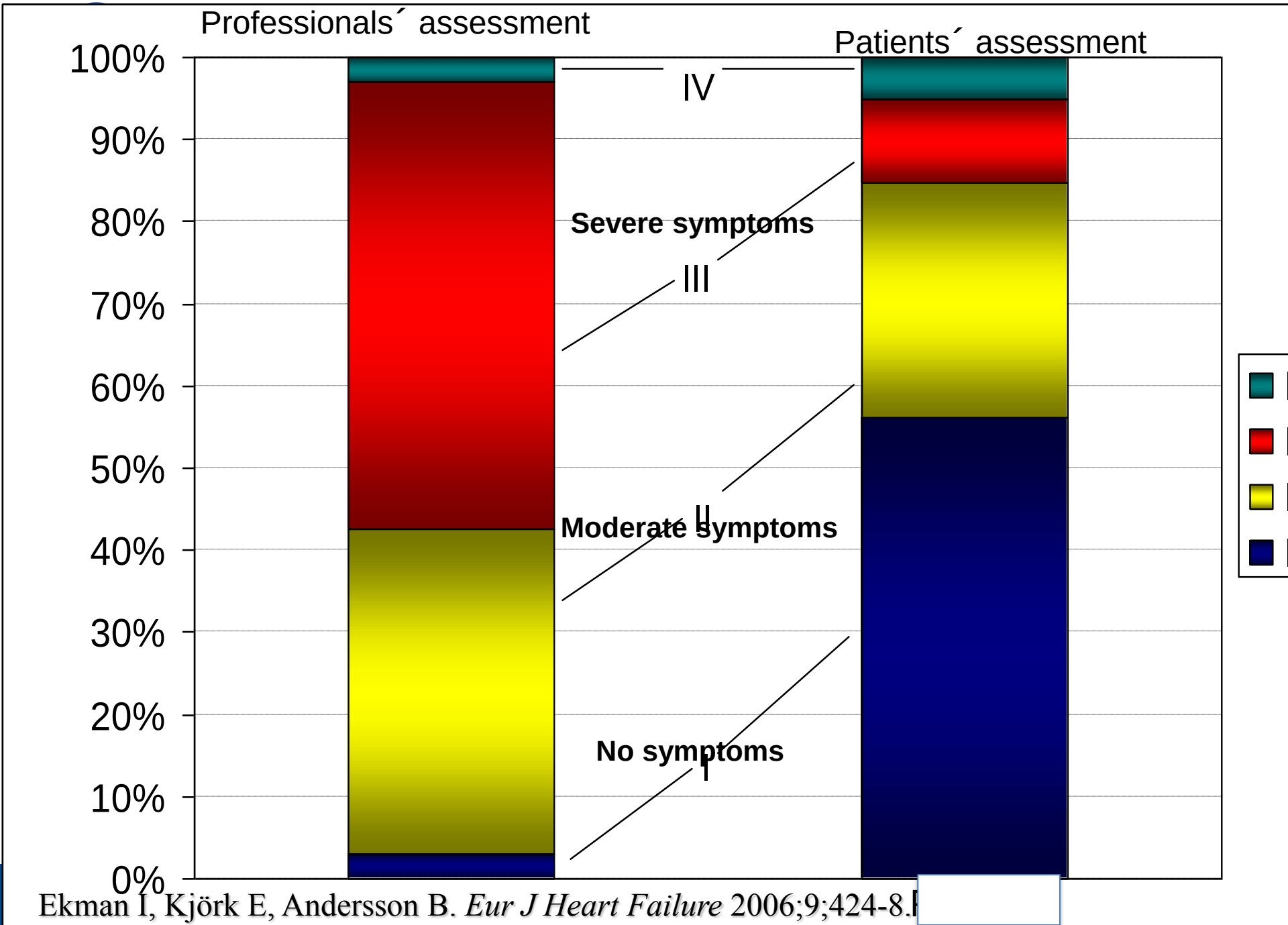
Anxiety

Renal disease

dizzieness

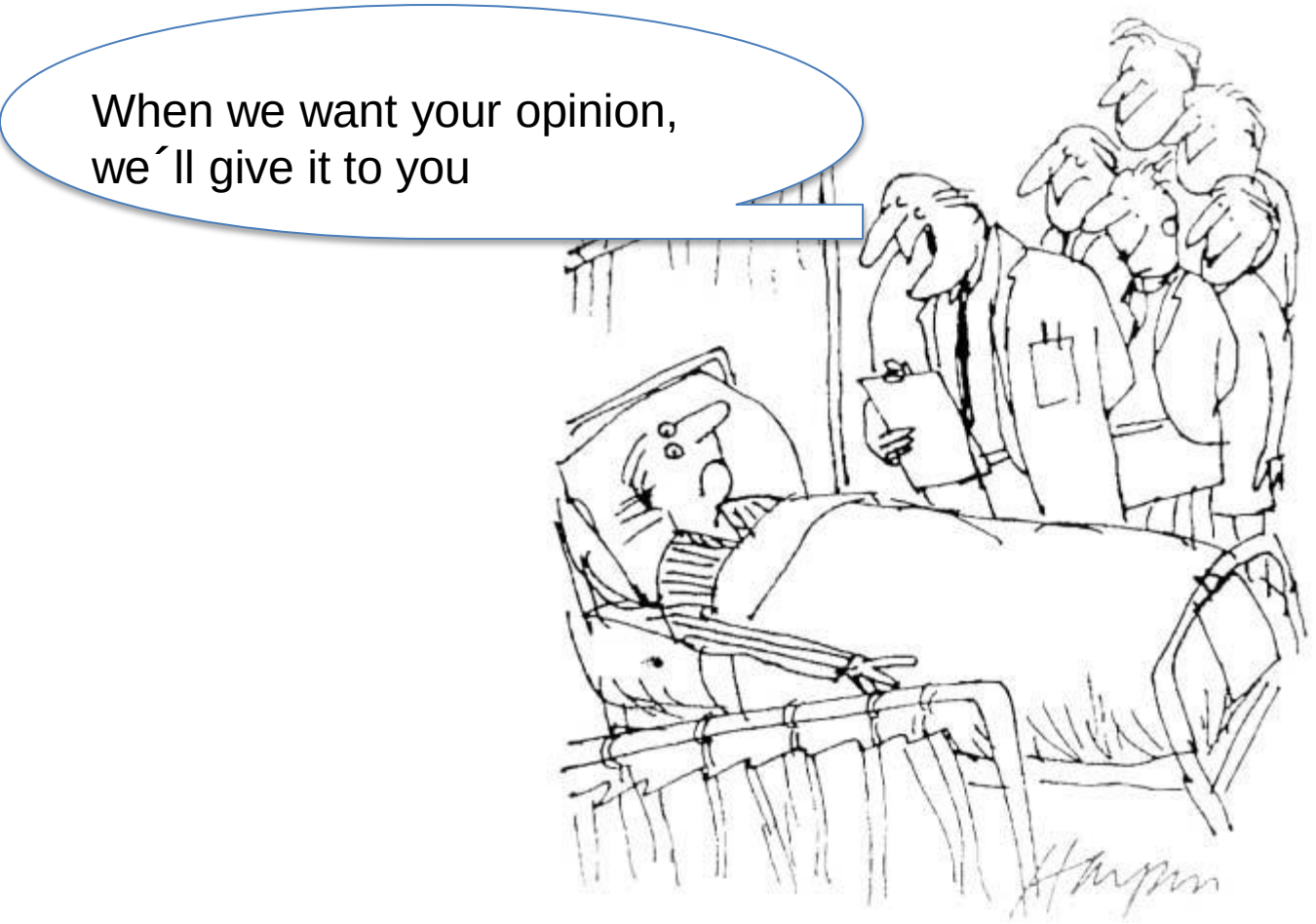
Peripheral arterial disease

Peripheral neuropathy



Ekman I, Kjörk E, Andersson B. *Eur J Heart Failure* 2006;9;424-8.

Traditional care



Elwyn G et al. "Doing prescribing": how doctors can be more effective. *BMJ 2003;327;864-867*

A patient – a person

IS NOT

A passive receiver

IS

A responsible participant

Ricoeur Paul (1992). *Oneself as another*. Chicago: University of Chicago Press.
Smith, S. (2010). *What is a person?* Chicago: University of Chicago Press.

What is a person?

- Someone who has capacities
- Someone who is responsible
- Someone who has self-respect
- Someone who is interacting with others

Ricoeur Paul (1992). *Oneself as another*. Chicago: University of Chicago Press.
Smith, S. (2010). *What is a person?* Chicago: University of Chicago Press.

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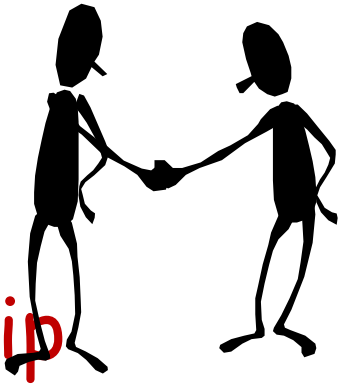


Person-centred care - partnership

1. Initiating the **partnership** – patient narrative

2. Working the **partnership** – mutual understading och creation of a health plan

3. Safeguarding the **partnership** - documenting the agreed goals and a health plan

Ekman I, Swedberg K, Taft C, et al Person-Centred Care – Ready for Prime Time. Eur J Cardiovasc Nurs. 2011 10:248-51.
Ekman I, Wolf A, Olsson L-O, Taft C, Dudas K, Schaufelberger M, Swedberg K Effects of person-centred care in patients with chronic heart failure - the PCC-HF study. *European Heart Journal* 2012 May;33(9):1112-9.

Pain

Fatigue

Strong will

Relatives

Imagination

Pride

The personal health plan

The patient´s goal

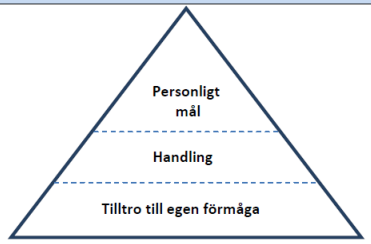
Activities to reach the goal

The patient´s capacities

What support is needed??

Personcentrerad vårdplan (A)

Resurser/Hinder – Motivation – Personligt mål



Målsättning (återgå till önskad aktivitet):
Hur gör jag?
Egna resurser och kapacitet:
Behov av stöd:

A= Patientberättelse
B= Symtomuppföljning
C= Utvärdering/Utskrivningsplanering

PARTNERSHIP

GÖTEBORGS UNIVERSITET
CENTRUM FÖR PERSONCENTRERAD VÅRD

VÅRDAVDELNING.....
Östra Sjukhuset/SU

Namn:
Personnr:
Randomiseringsnummer:

Teambeslut (A)		
Ifylls av läkare, sjuksköterska och patient		
Vårdplan upprättad och överenskommen i enlighet med patientens önskemål och vilja:	Ja	Nej
Vårdprognos, beräknat utskrivningsdatum:		
Närstående informerad om vårdplan i enlighet med patientens önskemål och vilja:	Ja	Nej
Finns försvårande omständigheter för vården:	Ja	Nej
Försvårande omständigheter:		

Underskrift patient:	Underskrift läkare:	Underskrift sjuksköterska:
Datum:	Datum:	Datum:

Effects of person-centred care

- Uncertainty in illness reduced
- Improved pain relief
- Shorter hospital stay (30 – 50 %)
- 40% reduction i costs

Olsson L-E et al: Journal of Orthopaedic Surgery and Research, 2006, 1:3.
Ekman I, et al: European Heart Journal, 2011, 32:2395–2404.
Olsson LE et aI: Journal of Advanced Nursing, 2007, 58(2):116-25.
Olsson LE, et al: Journal of Advanced Nursing, 2009, 65(8):1626-1635.
Dudas K, et al Eur J Cardiovasc Nurs. Eur J Cardiovasc Nurs. 2012; 12(6) 521–528

A person

A capable partner

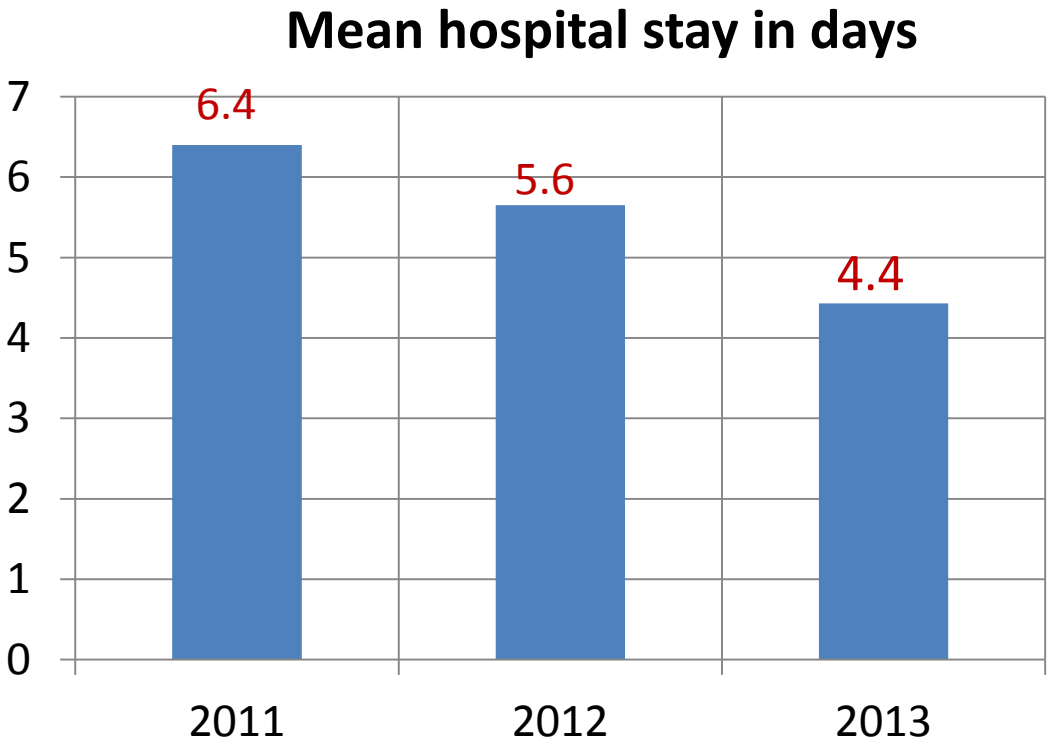
Ricoeur Paul (1992). *Oneself as another*. Chicago: University of Chicago Press.

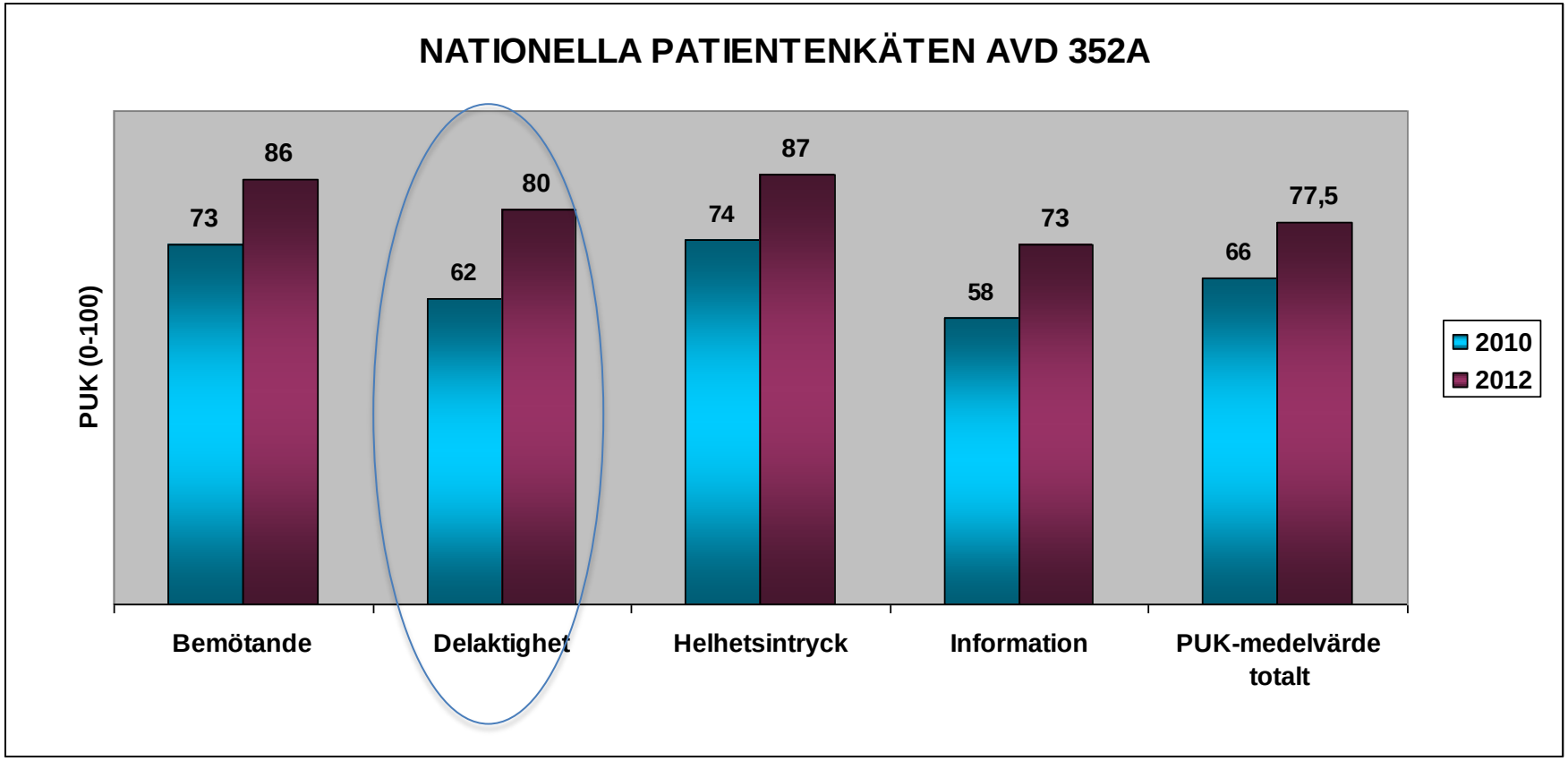
Result in relation to age groups

Age	Controls	Person-centred care
• 65 – 70	16 days	14 days
• 71 – 75	19 “	11 “
• 76 – 80	16 “	16 “
• 81 – 85	20 “	13 “
• 86 – 90	32 “	12 “
• 91 – 97	46 “	12 “

Olsson L-E et al: Journal of Orthopaedic Surgery and Research, 2006, 1:3.

Implementation of person-centred care in an internal medicine ward




NATIONELLA PATIENTENKÄTEN AVD 352A
PUK (0-100)
73
86
62
80
74
87
58
73
66
77,5
Bemötande
Delaktighet
Helhetsintryck
Information
PUK-medelvärde totalt
2010
2012

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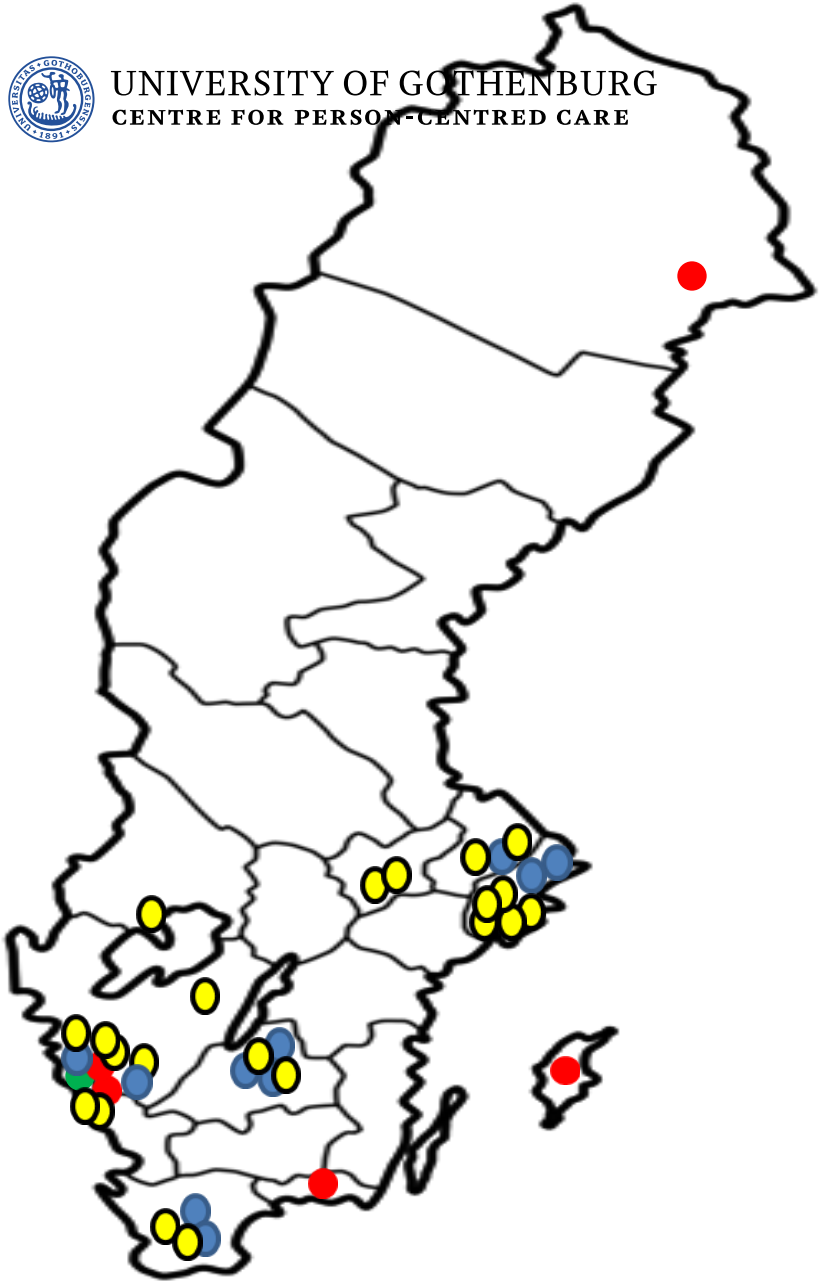
PCC Implementation

(mars-aug 2014)



- Lecturing - information
- Completed implementation
- Ongoing implementation
- Initiating implementation

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WE CARE

EU-key players – future health care

Sustainable and Affordable High quality Care

HEALTH.2013.4.1-4: Preparing the future for health research and innovation.

www.we-do-care.eu

Influence up-coming calls on health in Horizon 2020!

SAVE THE DATE!

April 14-15, 2015. Lunch to lunch.

WHERE:

Gothenburg, Sweden

WHAT:

- Discussion and finalisation of the R&D roadmap for future health care in Europe
- Take part in an interdisciplinary collaboration

WE CARE
Towards a Sustainable and Affordable Healthcare

Summary

- In a person-centred approach a patient is a capable and responsible partner
- A person-centred approach is feasible in all patients
- Person-centred care make patients more satisfied with care and is cost-effective