

Anabel Ramos

GNRS 586

Professor Soikkeli

June 21, 2023

### Patient Centered Care – BSN Competency

In nursing, patient centered care is one of the most important aspects because it focuses on empowering the patients to become active participants in their plans of care. It is defined as providing coordinated and compassionate care based on respect for patients' values, needs, and preferences while recognizing the patient as the full partner and source of control for their plans of care. The point of providing patient centered care is to ensure there is safe and quality care being provided while focusing on every patient's specific needs to ensure they are receiving that quality care. Patient care must also be decided between the healthcare team and the patient in order to follow the patient's needs and follow through with treatment in a way that works best for every party.

I have learned this competency throughout my clinical rotations of nursing school. When working with the nurses, I have noticed how important it is to include the patient in their medical care. When a patient is included in the decision-making, I have seen how it creates a trusting relationship amongst the patient and the healthcare team. When there is trust, the patient questions less the tasks the nurses are doing because they know that the care provided is mended to the patient's specific needs. When a patient is not involved, it creates a lack of trust between them and their nurse and/or doctor which in turn can create issues and obstacles throughout their care.

I exemplify patient centered care by always talking to the patients and explain everything that's being done so they feel included in the process. I also ensure to ask questions to make sure they are in agreement and understand what is currently happening. I am also always open to hear any concerns or questions the patients have. The priority is to provide care that is specific to their diagnosis but also specific to their needs. I have also showed competence in patient centered care by completing IHI patient focused care courses and receiving two certifications that are attached below.



This certificate is awarded to

**Anabel Ramos**

for participating in the

## PFC 101: Introduction to Patient-Centered Care

This continuing education activity carries 1.50 Contact Hours.

In support of improving patient care, the Institute for Healthcare Improvement is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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## PFC 102: Key Dimensions of Patient- and Family-Centered Care

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