

NR 500NP Week 3 Discussion: Person-Centred Care

1. **Examine roles and competencies of advanced practice nurses essential to performing as leaders and advocates of holistic, safe, and quality care (CO1)**
2. **Apply concepts of person-centered care to nursing practice situations (CO2)**
3. **Analyze essential skills needed to lead within the context of complex systems (CO3)**
4. **Explore the process of scholarship engagement to improve health and healthcare outcomes in various settings (CO4)**

This week's topic focused on caring and reflective practice in contemporary nursing. In your initial response, provide a definition of what person-centered care means to you. Describe how you will apply principles holistic nursing, cultural humility, and self-reflection in your future role as a nurse practitioner.

Hello class and Dr. Thomas,

By practicing person-centered care, we ensure that our patients will come first – always. According to Jaensch et al. (2019), providing person-centered care and cultural humility creates autonomy and evens the power between the nurse and the patient. Our primary focus, while providing patient specific care, should be making our patients feel comfortable and respected throughout the entire process.

I agree wholeheartedly with this statement because I have witnessed patient-nurse relationships deteriorate due to authoritative approaches taken by some nurses. Healthcare professionals need to be able to set aside stereotypes and provide unique care to each patient while being respectful of their cultural beliefs. Failing to recognize our differences and not taking into account cultural diversity's effect on the patient's attitude and care can severely delay proper treatment and the lack of trust may lead patients to not adhering to the plan of care provided. This tends to result in frustration not only for the healthcare team but the patient as well.

Cultural humility helps create a respectful and openminded relationship between the nurse and their patient. Patients who feel understood and respected are empowered to establish a sense of trust that builds a strong patient-nurse relationship and allows us to provide the best care possible. According to DeNisco et al. (2015), the United States is continuing to become more diverse. "The very nature of nursing encompasses the need to be aware of cultural diversity. The culture of the United States is made up of cultures from throughout the *world*." (DeNisco & Barker, 2015). As nurses, we must recognize our patient's cultural diversity and practice cultural humility with every opportunity we have.