

# Patient-centered care

**Patient-centered care** is an approach to **healthcare** that prioritizes the needs, preferences, and values of the patient. It involves understanding the patient as a whole person, including their physical, **emotional**, and social needs, and involving them in the **decision-making** process regarding their **healthcare**.

The core principles of patient-centered care include:

**Respect** for patient's values, preferences, and expressed needs: Patients are treated as individuals with unique needs and preferences.

**Coordination** and **integration** of care: Patients receive coordinated care that meets their physical, emotional, and social needs.

**Information, communication, and education**: Patients are provided with clear and understandable information about their health and care options, and encouraged to ask questions and participate in decision-making.

**Physical comfort**: Patients receive care in a comfortable and safe environment that meets their physical needs.

**Emotional support**: Patients receive emotional support from healthcare providers that acknowledge their fears, concerns, and anxieties.

**Involvement of family and friends**: Patients are supported by their family and friends and encouraged to involve them in their care as appropriate.

The benefits of patient-centered care include improved patient outcomes, higher levels of patient satisfaction, and better adherence to treatment plans. By placing the patient at the center of the healthcare experience, patient-centered care recognizes the importance of treating the patient as a whole person and not just a collection of symptoms.

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