Meaning of Person-Centered Care

Person-centered care (PCC) is focused on the individual's needs and the individual as a person rather than as a disease in the traditional medical model. The goal is to tailor care, treatments, and resources to improve the quality of life of the individual (Fazio et al., 2018). The term person-centered care is derived from the work of Carl Rogers and others who believed that individual experience is the basic and standard for holistic therapy (PCC). Person-centered care is important for individuals with dementia because it focuses on the selfhood of the individual (Fazio et al., 2018). Dementia leads to cognitive and physical changes which can cause emotional and social disintegration (Muller-Hergt, 2020). Patient-centered care has improved an individual's treatment and relationships among the individual and care providers (McNiel et al., 2018).

Interventions that can be used for PCC in patients with dementia include various strategies that incorporate psychosocial and other dimensions like reminiscing, sensory stimulation, music, art, dance, promotion of self-care and self-management, group, animal and nature care (Muller-Hergt, 2020).

Models for Elder and Dementia Care

Dementia alters psychological awareness and cognitive ability as well as capacity to make decisions. Nurses need to be aware of those cognitive changes when planning individualized care, particularly for patients in the United Kingdom (UK), United States (US), Chile, and Asia. To improve quality of care, holistic care is important to provide comfort for individuals suffering from dementia (Morgan, 2019). Holistic care means to provide an environment that fosters an individual's needs and interests. Dementia care providers (McNiel, 2018)

Program Overview

Students from Austria, Chile, the United States, and the United States (MSU) came together over five days to take part in an international course called "Exploring models of care: Integrating Person-centered care in geriatric health care". Students learned about the importance of person-centered care, a personal experience of dementia, getting old in Singapore, and research in the field of dementia. Students collaborated in groups to develop a care plan and a scenario with elderly patient diagnosed with a chronic illness. On the last day of the conference, students presented their small group projects to their peers and faculty. On the conference ended, students completed an evaluation survey and a reflection assignment based on their experience. Through this international virtual experience, students enhanced knowledge of patient-centered care in various countries in order to become more culturally competent.

Individual Reflection: Key Insights and Lessons Learned

The international week of the FH Vorarlberg, Austria, has shown me that dementia care and the environment can be very similar but also can be somewhat different in its approaches including person-centered care and community-based care. While many African countries are still under the idea of children taking care of their elderly at the end of life, we see Asians trying to move away from that idea (Medicaid, a federal and state program covers items and services not covered by Medicare). The quality of elder care and types of models available for individuals with dementia vary from country to country. These innovative approaches can bring about positive outcomes (McNiel, 2018). The national model is collaborative experiences working with international colleagues (McNiel, 2018). Dementia is bent on the idea of children taking care of their elderly at the end of life, we see Asians trying to move away from that idea. This is something that is very wonderful economics piece is that within the universal healthcare systems, each country varies in how they structure and implement their own financial systems for covering the costs of health care.

Morgan: Educational requirements and entrance into nursing programs look quite different in each country. When conversing with a student from the United Kingdom, they stated that pick an area of nursing that one would want to have their career in. Then all of classes for the entirety of the program are focused on that one area. They can choose from pediatrics, adult health, geriatrics, and mental health. I thought this was interesting because it allows students to specialize in an area, they are passionate about. Therefore, [they may have an advantage] when new graduates are ready to enter the workforce, they can focus on orienting to the facility/floor.

Morgan: I have learned so much about end-of-life care and how different countries approach the topic. Something amazing that I realized was the fundamentals of nursing practice with end-of-life care were almost the same in every country. The delivery methods and financial aspects are different, but the core values of empathy and kindness are present everywhere. This put much of the healthcare systems in a great framework for me to learn about the other countries and how they manage their healthcare costs, which was something we took seriously. As someone who has never had a fascination or even a liking for numbers, I found it interesting to see the complexities of socialized health care and private health care across different nations. Not only that, but the interesting economics piece is that within the universal healthcare systems, each country varies in how they structure and implement their own financial systems for covering the costs of health care.

Benefits of Thinking Globally about Healthcare Models for Elders

Determine different levels of education and prevention that need to be implemented to provide the best care possible.

Prevent the spread of disease and facilitate health promotion.

Maintain optimal health for vulnerable individuals and families.

Engage with and learn from other countries: we can better witness and learn about the delivery of high-quality health care in a cost-effective manner.

Thinking globally will benefit the countries involved and result in better healthcare for all.

This international experience provided a visible demonstration of what thinking globally looks like and, as a result, benefited in new knowledge as a by-product.

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From Minnesota and Beyond: International Experience for Nursing Students

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Comparing/Contrasting Elder Care Services

Students were challenged to plan real-time services for elders who were returning to home after hospitalization. Students learned how countries had similar goals that could be met by utilizing different kinds of services available in the community.

Students found that throughout presentations and group meetings they would compare and contrast the economic aspects and healthcare systems within the four countries of Austria, Chile, the United Kingdom, and the United States, focusing on the delivery methods and financial aspects and presentations of both countries (McNiel, 2018). Students found that the cultural and social aspects affect healthcare similarly, although the economic aspects of healthcare systems are affected differently.

Cultural aspects: religion, food, language, medication, and culturally sensitive care

• Social aspects: education, employment, living arrangements, social support

• Economic aspects: funding and access to healthcare, economic status of the person, and reducing cost and improving healthcare access

An Innovative Model: Aging Asia

Aging Asia is one example that is changing modern day approaches to elder care. With the continuous rise in aging population and the goal to improve quality care, Aging Asia was started as the Asia Pacific’s first industry alliance on the business of aging in Singapore and offers options and alternatives in a menu of lifestyle choices with services like innovative physical and brain stimulation exercises for the elderly (Chia, 2020). Adopting these innovative approaches can bring about positive outcomes especially with the cognizance of physical and cognitive needs of the elderly. It could help in the manifestation of dementia symptoms in patients.

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