

# Core competencies

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Core Competencies Core Competencies The health care system is very dynamic with the initiation of diverse strategies objected towards ensuring the wellbeing of the patients. One of the primary initiatives geared towards achieving the goal is patient-centered care. Patient-centered care entails the approach where planning, delivery and assessment of health care that has a foundation in a mutually beneficial interaction between patients and healthcare professionals. Patient-centered care is multi-dimensional with several aspects intertwined to ensure the patients receive the best support from the medical professionals based on the coordination. Besides the involvement of the health care professionals and the patient, the strategy may extend to the close family members to secure benefits to the ailing individuals.

Several adjustments take place in the nursing profession to aid the success of the patient-centered care. Dissemination of information to the patients forms the primary strategy that aims to improve the patient-centered care. Educating the patient and the family members about a particular ailment is vital in improving care; an informed patient is in a position to make sound decisions about the treatment regimen they prefer (Constand, McDermind, Bello-Haas & Law, 2015). Availing information to the patient takes place through printed and electronic media and help in the participation of the patients in the management of their conditions.

The current second trend that enhances the patient-centered care is participation and collaboration. The medical professionals accord the patients the opportunity to give their views on the preferred treatment regimen for a given conditions (Ronado & Marston, 2015). The involvement

of the patients gives the medical professionals the opportunity to have an understanding of the requirements for each patient. The patients have the chance to weigh in on their conditions and the treatment intervention they need. Mutual decision-making characteristic of patient-centered care is on the rise due to its confirmed benefits. It enhances the relationship between the nurses and the patient that translates to improved care.

Another strategy tailored at improving patient-centered care is proper communication. Practicing nurses have the obligation of ensuring that the medium used for communication with the patients provide affectivity and clarity (Constand et al., 2015). The type of communication addresses the needs and preferences of the patients. In some instances, where cases of language barriers exist, a translator may come in to enhance the understanding between the healthcare professionals and the patient in question. The involvement of the translators assists in clarifying communication that take place between the patients and healthcare professionals.

Use of technology is gaining momentum as a strategy of promoting patient-centered care in nursing. Patients whose conditions do not require one on one assessment by the health care providers have the option of having access to information through portals (Krist, Woolf, Bello, Sabo, Longo & Kashiri, 2014). The portals give full information, and the patient have the opportunity to make decisions based on their understanding of their conditions. The patients also have access to their health records. The digital health care services accessible to mobile devices and saves the patients the inconvenience of seeking consultation in hospitals for uncomplicated cases

of illnesses. In general, technology use enhances the effectiveness of patient-centered care.

#### References

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