

Patient Care from Clinical Focus to Overall Well-Being in Healthcare Delivery

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Description

Patient care is at the heart of healthcare delivery, surrounding not only the treatment of diseases but also the overall well-being of individuals. The evolution of patient care has shifted from a purely clinical perspective to a more complete approach that recognizes the importance of emotional, psychological and social factors in the healing process. This article describes the various dimensions of patient care, emphasizing the need for a comprehensive strategy that addresses the multifaceted nature of patient experiences.

Complete care is an approach that considers the patient as a whole, rather than merely focusing on the disease. This perspective acknowledges that physical health is intertwined with emotional, social and environmental factors. Studies have shown that patients who receive complete care experience better outcomes, including reduced anxiety, increased satisfaction and improved recovery rates. By integrating mental health support, nutritional guidance and social services into patient care, healthcare providers can create a more supportive environment that encourage healing.

Patient-centered care

Patient-Centered Care (PCC) is a critical component of modern healthcare that prioritizes the preferences, needs and values of patients. This approach encourages active participation from patients in their care, empowering them to make informed decisions about their treatment options. Effective communication between healthcare providers and patients is essential in PCC. It encourage trust and rapport, leading to more accurate assessments of patients' needs and preferences. Furthermore, engaging patients in their care can lead to better adherence to treatment plans. When patients understand their conditions and treatment options, they are more likely to follow through with recommendations. This shared decision-making model not only improves patient satisfaction but also enhances clinical outcomes.

Electronic health records

Advancements in technology have significantly transformed patient care, enabling healthcare providers to deliver more efficient and personalized services. Electronic Health Records

(EHRs), telemedicine and health monitoring apps are just a few examples of how technology has streamlined patient care. EHRs facilitate better communication among healthcare providers, ensuring that all members of a patient's care team have access to the same information. This continuity of care is important for making informed decisions and avoiding medical errors. Telemedicine, on the other hand, has expanded access to care, particularly for patients in remote or underserved areas. It allows for virtual consultations, reducing the need for travel and providing timely interventions.

Moreover, health monitoring apps empower patients to take an active role in managing their health. By tracking vital signs, medication adherence and lifestyle choices, patients can stay informed about their health status and engage in discussions with their healthcare providers based on real-time data. Cultural competence is another vital aspect of patient care that healthcare providers must embrace. Patients come from diverse backgrounds, each with unique beliefs, values and health practices. Making and respecting these cultural differences is essential for providing effective care. Culturally competent care supports an inclusive environment where patients feel valued and understood. It involves active listening, empathy and adaptability in communication styles. Healthcare providers who demonstrate cultural competence can better address patients' concerns, leading to improved satisfaction and adherence to treatment plans.

Training programs that improve cultural competence among healthcare providers are essential. These programs should focus on developing skills to recognize and address biases, improve communication with diverse populations and promote sensitivity to cultural differences in health beliefs and practices. Effective patient care often requires collaboration among various healthcare professionals, including doctors, nurses, social workers, pharmacists and therapists. Interdisciplinary collaboration allows for a more comprehensive assessment of patients' needs and ensures that all aspects of their care are addressed. Regular team meetings, case discussions and collaborative care plans can improve communication and coordination among providers. This approach not only improves patient outcomes but also encourage a sense of community among healthcare professionals, promoting a culture of shared responsibility for patient care.

Enhancing patient care requires a multifaceted approach that embraces complete care, patient-centered practices, technological advancements, cultural competence and interdisciplinary collaboration. By prioritizing the well-being of patients and recognizing the complexity of their needs, healthcare providers can create a more supportive and effective healthcare system. As we move forward, it is essential

to continue advocating for improvements in patient care that align with these principles. A commitment to enhancing patient experiences will ultimately lead to better health outcomes, increased patient satisfaction and a healthier society. By encouraging a culture of compassion, understanding and collaboration, we can transform the healthcare landscape and ensure that every patient receives the care they deserve.