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A devout believer that you must touch a heart before you ask for a hand, Andrea loves people, and it shows! Andrea Golden-Pogue is known for delivering high-impact, engaging workshops. She has worked extensively in healthcare, small business consulting, career and technical education, higher education, leadership, and personal & professional development. Andrea enjoys learning and taking care of her patients and residents in Long Term Care. She loves serving the Long Term Care industry and OUHSC!

Person Centered Care: a conversation and an article review



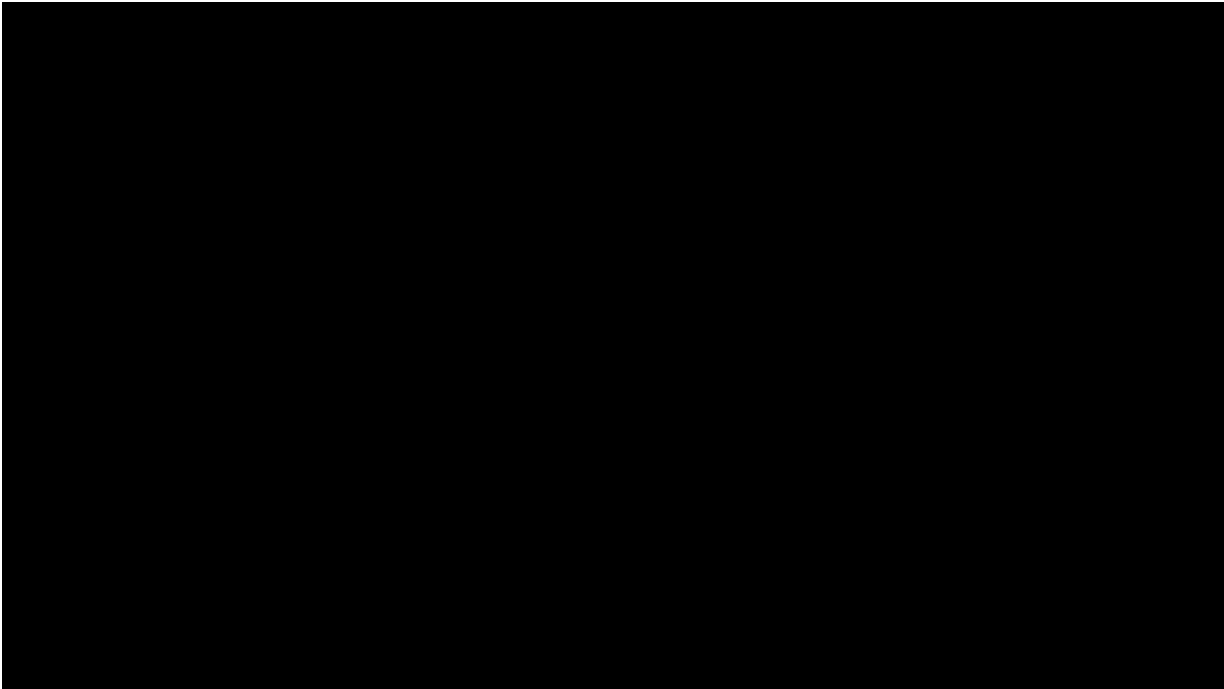
What is Person Centered Care to you?

Having a Person-Centered Approach is

“Caring enough to understand the individual and customizing our approach to recognize the person’s gifts, their needs, their preferences, and their goals.”

(Kimbrell, M. & Palacios B. (2016))

Person Centered Care



What is PCC?

- PCC incorporates knowledge and recognition of an individual's life history, beliefs, values, needs, and preferences as the central influences on how caregivers interact with them. Personhood and selfhood are fundamental to PCC.
- *Personhood* is a standing or status bestowed on an individual by others. Personal affirmation provided by relationships with others is essential for maintaining personhood.
- *Selfhood* is defined as the attributes, characteristics, beliefs, and desires of the self. It also includes an individual's roles and how they present themselves publicly. For those with dementia who live in long-term care, staff members can provide these personal affirmations. Lack of support for personhood can damage a vulnerable person's self-esteem and lead to loss of selfhood.

(Brandburg, G., & Tombrella, J. (2021)

Key Concepts

- Ensuring quality of life for people with dementia begins with having accurate knowledge about the disease and an understanding of PCC principles.
- Recognize that people with dementia continue to express aspects of themselves (selfhood) in many ways, even as dementia progresses.
- Emphasize understanding behavior rather than managing it.
- Allow residents to exercise choice, use their abilities, express their feelings, and develop and maintain relationships.
- Make PCC the foundation to quality care.

(Brandburg, G., & Tombrella, J. (2021))

Toolkit and The Power of Stories

Toolkit

[cic toolkit.pdf \(ed.ac.uk\)](#)

Sample life story questions

- To learn more about a resident's life story, consider asking these questions.
- Can you tell me about your school days when you were a child?
- Who was important to you when you were growing up?
- What was it like growing up where you lived?
- What music did you listen to, and what music do you like now?

(Brandburg, G., & Tombrella, J. (2021)

Best practices for residents living in long-term care

Takeaways:

- A growing body of evidence supports the idea that personhood and selfhood are not lost even in advanced dementia.
- Person-centered dementia care can significantly reduce behavioral disturbances, specifically aggression and agitation.
- Person-centered care can be mutually beneficial for staff and patients.

(Brandburg, G., & Tombrella, J. (2021))

References

Brandburg, G., & Tombrella, J. (2021). Person-centered care and dementia. *American Nurse*. Retrieved October 5, 2021, from <https://www.myamericannurse.com/person-centered-care-and-dementia/>.

Kimbrell, M. & Palacios B. (2016). Dementia Care: A Person Centered Approach to Decreasing Behaviors. Retrieved October 5, 2021 from [PowerPoint Presentation \(nadona.org\)](#).

Teasdale, Thomas & Pogue, A. (2021). PPI Form- Personal Preference Indicators, Version for Elders and Persons with Disabilities. Developed at the University of Oklahoma Health Sciences Center through collaboration between Reynolds Department of Geriatric Medicine, Oklahoma Geriatric Education Center, and the Center for Interdisciplinary Learning and Leadership recently modified by the Geriatric Workforce Education Project.

Dementia Action Alliance. You Tube Video- [Full Video - Person-Centered Matters – YouTube](#)

Person-Centered Matters” is a beautiful and compelling 16-minute video produced by a former National Geographic filmmaker that shows how easy and beneficial person-centered care is. If you know someone living with dementia you will not want to miss this wonderful video. For more information: <http://www.ccal.org/dementia-action-a...>