



Person-Centred Care in Promoting Collaborative and Individualized Mental Health Care on Rehabilitation Inpatient Units

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DESCRIPTION

Person-centred multidisciplinary care planning meetings have emerged as a valuable approach to facilitate collaboration between mental health consumers, caregivers and healthcare professionals in rehabilitation inpatient units. Person-centred care is an approach that places the individual at the heart of the decision-making process, acknowledging that patients possess unique experiences and expertise in their own lives. Multidisciplinary care planning involves a team of healthcare professionals with diverse expertise collaborating on the patients treatment and rehabilitation journey. This approach aims to provide holistic care that encompasses the medical, psychosocial and emotional aspects of mental health modifying interventions to meet the individual's specific needs. Mental health consumers who have participated in person-centred multidisciplinary care planning meetings often describe the experience as empowering and validating. These meetings create a platform for consumers to actively engage in their care, express their preferences and establish attainable goals with the support of a collaborative team. By being actively involved, consumers feel a sense of ownership and control over their treatment, leading to increased motivation and adherence to their care plans.

During care planning meetings, mental health consumers appreciate the opportunity to share their perspectives, experiences and aspirations with the care team. Consumers feel heard and valued, which is vital in breaking down barriers and enhancing treatment outcomes. Care planning meetings facilitate open and transparent communication between mental health consumers and their care team. Consumers can share their unique insights, goals and challenges, which helps healthcare professionals gain a deeper understanding of their needs and preferences. In turn, this information is used to develop personalized treatment plans that resonate with the consumer, leading to increased treatment compliance and better outcomes. When mental health consumers actively participate in their care planning, they become more invested in their treatment journey. The collaborative and personalized approach

ensures that the care plan aligns with the individual's lifestyle, preferences, and strengths. This alignment increases the likelihood of treatment success and enhances the overall quality of life for the consumer.

Participating in care planning meetings empowers mental health consumers to become advocates for their own health. By being included in the decision-making process, they gain knowledge about their condition, available treatment options and support resources. This knowledge equips consumers to make informed decisions about their care, ultimately enhancing their autonomy and sense of agency. Person-centred care planning meetings help reduce the stigma surrounding mental health conditions. By acknowledging and valuing the perspectives of mental health consumers, these meetings validate their experiences and challenges, promoting a more inclusive and supportive environment within the rehabilitation inpatient unit. Despite the advancements in person-centred care, power imbalances can still exist during care planning meetings. Mental health consumers may feel hesitant to voice their opinions or preferences, fearing that their input might not be valued as much as that of healthcare professionals. To address this challenge, healthcare providers must create an atmosphere of trust and respect, encouraging open communication and actively seeking consumer input. Effective communication is vital for successful care planning meetings. However, communication barriers such as language differences, limited health literacy or cognitive impairments can hinder the consumer's active participation.

Healthcare professionals must adopt clear and accessible communication styles, use visual aids when necessary and provide adequate support to ensure that all consumers can engage effectively in the process. Involving support systems, such as family members or close friends, can be beneficial in care planning meetings, as they can provide additional insights into the consumer's needs and preferences. However, this should only be done with the consumer's consent and while respecting their autonomy. It is essential to strike a balance between including support systems and ensuring that the consumer's voice remains

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central to the decision-making process. To optimize the impact of person-centred care planning, it is essential to ensure continuity of care throughout the treatment process. Regular follow-up meetings and ongoing communication between the consumer and the care team are essential to monitor progress, address emerging challenges and adjust the care plan as needed.

CONCLUSION

Person-centred multidisciplinary care planning meetings are instrumental in promoting collaborative and individualized

mental health care on rehabilitation inpatient units. By integrating the perspectives of mental health consumers in the decision-making process, these meetings empower consumers, enhance communication and improve treatment outcomes. However, challenges such as power imbalances, communication barriers and the inclusion of support systems must be resolved to create a truly patient-centric approach.