

**a. Define what person-centered care means to you.**

In my nursing practice person centered care means developing care plans and treatments by thinking of each individual person's needs and preferences to provide quality of care. Ensuring that their beliefs and culture are included to promote wellness and health for patient satisfaction outcomes. By developing personalized care plans help us better care for our patients and address physical, emotional, social and spiritual needs. I agree with Coulter "Person-centred care means treating patients as individuals and as equal partners in the business of healing". (Coulter, 2021).

**b. Describe how you will apply principles of holistic nursing, cultural humility, and self-reflection in your future role as an advanced practice nurse.**

Holistic nursing is used by approaching all aspects of a patient's life and well-being such as considering their emotional needs, physical needs, social and as well as spiritual. This could include using different herbal remedies, integrative therapy such as mindfulness or aromatherapy. Incorporating culture into a patients care plan can help with building trust and self-awareness to better treat the patient long term. Including mindfulness techniques can promote decreased stress and anxiety. Adding some of these practices can help provide compassionate care and cultural sensitivity. By creating an environment that has more cultural awareness can help providers with background and perspectives that help better care for our patients. My opinion to include cultural competency in a patients care helps show respect and dignity to whatever race, ethnicity and socioeconomically status our patient comes from. Also in order to delivery patient centered care as providers we must consider the wide range of lifestyles and experiences that our patients come from.

**Reference:**

Coulter, A., & Oldham, J. (2021). Person-centred care: what is it and how do we get there?. *Future hospital journal*, 3(2), 114–116. <https://doi.org/10.7861/futurehosp.3-2-114>