

# TO YOUR HEALTH

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## Person-Centered Care

by Susan Cusson, NP



The term 'person-centered care' has been around for decades. Its origins come from the field of psychology. In the 1940s Carl Rogers diverged from the traditional model of the therapist as expert and moved instead toward person-centered therapy. Person-centered therapy not only influenced the field of psychotherapy but has also had a tremendous impact on many other disciplines. In the 1980s nursing home care began to shift to a more home-like or person-centered environment. In more recent years the principles of person-centered care are reflected in the mission statements of many health service providers including primary care and hospital settings. The shift from traditional 'doctor knows best' to active participation in medical decision making gives patients and families a say in planning care and treatment. Person-centered care is dependent on knowing the person through developing interpersonal relationships. This approach respects your individual preferences and choices.

Another change in healthcare is the shift toward team based care. Physician shortages, in primary care and even more so in geriatrics, has become a growing concern. Nurse practitioners are filling a vital role in health care. Nurse practitioners (NPs) have been providing primary, acute and specialty health care to patients of all ages for more than a half century. Earlier this year the American Association of Nurse Practitioners (AANP) released data showing that the

number of NPs currently licensed to practice in the United States has more than doubled in the past decade. Patients are benefiting from the comprehensive person-centered health care services provided by NPs now more than ever before.

The medical practice model at Carleton-Willard is a team based approach that includes several doctors and nurse practitioners who work collaboratively to provide high quality person-centered care. In the past, many of the doctors had support at CWV from NPs within their own practices. In keeping up with changes in healthcare delivery models, CWV has hired a nurse practitioner who works in collaboration with all of the physicians providing care in the Nursing Center. The current medical team includes:

### Nurse Practitioners:

- **Susan Cusson** is a full time NP and Clinic Administrator during the week
- **Pamela Duchene** and **Elizabeth Keane** are the NPs in the Clinic on Saturday mornings and also attend to urgent matters in the Nursing Center and Llewysac Lodge
- **Emily Robinson** is the Nursing Center NP, she works three days per week

### Physicians:

- **Dr. Cherie Noe** (Medical Director)
- **Dr. Azadeh Assarpour**
- **Dr. Elissa Stecker**
- **Dr. Sunita Hanjura**
- **Dr. Michael Bertos** (Nursing Center only)

Regulations require Residents living in the Nursing Center and LLewsac Lodge to have a PCP credentialed by CWV. Residents living in the Apartments and Cluster Homes may choose to continue their care with a PCP in the greater community or transfer their primary care to a CWV credentialed physician. The nurse practitioners provide primary care to Residents who have transferred their care to CWV but are also available for urgent care to all Residents.

Our team of nurse practitioners and doctors consists of exceptional providers who, combined, bring to CWV many decades of experience in geriatrics. CWV's medical team based, person-centered approach is consistent with the best medical practices in the community. We are fortunate to have such a talented, experienced, caring team of health care providers.



**The Clinic welcomes Donny Chanthavong as the new Clinic Assistant. Donny has worked as a medical assistant for 12 years, initially in Boston at Tufts Medical Center, more recently at Lowell General Hospital. We are happy to have him on our staff. Please stop by to say hello.**



## Health Education Lecture

### **“Transitions in Living”**

A panel comprised of staff and residents will be discussing the process of transitioning. When is it time to move? How is that decided? What is it like? Will I continue to create meaning and purpose? Please join us in the auditorium for this interesting conversation including personal stories from your neighbors.

**Wednesday, October 10, 2018**

**10:30 am —11:30 am**

**Auditorium Center**



## Flu Clinics

**For Residents living in Cluster Homes, Badger Terrace and Winthrop Terrace.**

**WHEN: Wednesday October 17, 2018**

**TIME: 9:00 am - 11:30 am**

**WHERE: Auditorium Center**

**&**

**WHEN: Tuesday October 23, 2018**

**TIME: 1:00 pm - 4:00 pm**

**WHERE: Auditorium Center**



***Happy Fall!***

