



Person-Centred Care and Interprofessional Practice Through *Me*

Non-Research Paper

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ABSTRACT

This poetic expression piece outlines and includes the key elements of person-centred and interprofessional care vital for healthcare providers to understand and apply in their care delivery and collaboration with patients. The author uses her first hand experience with being a past recipient of care as well as her research work to share a perspective, from the patient's point of view, of what is important for patients when seeking care from a humanistic perspective.

KEYWORDS

Care Recipient; Interprofessional Care; Person-Centred Care; Poetic Expression

POETIC EXPRESSION

I always wonder
Do you as my healthcare providers see me –
Individually and as a team?
I do not mean *literally* see me
Through your eyes.
I mean do you see
And understand the whole *me*?
The person that I am?
The *me* not through my signs and symptoms,
Blood values or
My condition,
But the *me* as a mother, wife, nurse, professor, a
global citizen?
The *me* with my unique background, culture,
language, and experiences?
The *me* with a history, previous healthcare
interactions, and health events?

You each assess, question, and probe.
You each expose, poke, and auscultate.
You each palpate, insert, and test.
You each draw-up, scan, and report.
But do you collectively *actually* see *me*?

The *me* with my own unique meaning of health,
care preferences, thoughts, and opinions?
The *me* with a voice and the desire to be more
involved in my care?
The *me* with the knowledge of self?
The *me* that knows best what is the most ideal care
plan for me?
The *me* as a human being and not just as an object
to be treated?

You consult each other, discuss, and plan.
You each follow care pathways, best practice
guidelines, and protocols for care.
You decide.
You then inform me of the treatment plan that you
collectively develop amongst yourselves –
For me.

You tell me this is the best option.
You assure me that this is the path,
That there is no other way.
But do you collectively actually see *me*?
Do you consider the *me* you collectively do not
see?



The **me** you did not get to know? The social aspects of **me**?

My unique social determinants of health, specific to **me**?

The **me** that is worried the scar your suggested treatment will leave will become a new part of my identity?

The **me** that will have to live with trying to conceal this revealing aspect of **me**.

The **me** that is considering how the timing of the medications I need to take will change my family routine?

The **me** that will have to transform how my family interacts with **me**?

The **me** that is pondering how the ongoing monitoring will require consistent access to technology and put pressure and onus on **me**?

The **me** that will have to deal with not living carefree?

The **me** that is thinking how I will have to limit my social interactions due to conditions placed on my levels of activity?

The **me** that will have to live in further social isolation?

The **me** that is aware that I possess knowledge to be more involved in my care and want to share another perspective on your plan for **me**?

The **me** that is vocal and opinionated about me?

The aspects of me that make me **ME**?

You each act like you listen,

Genuinely care for **me**,

But when interactions last mere minutes,

How can you get to know the whole **me**?

For there are unspoken aspects of me that you often do not get to hear

In your individual and collective discovery.

You each seem like you are looking at **me**,

The eye contact is there,

Your observations run deep,

But what exactly do you see when you look at **me**?

For my body language often conveys I need to develop trust to fully reveal the whole me.

You seem like you feel me and at times I experience the warmth,

But the emotional connection appears superficial to **me**.

For I feel the power you each have over **me**, but it is this power that you need to share not only

amongst yourselves, but with me before I can be fully **me**.

In the back of my mind I know –

It's not you, it's the system.

Its how we educate each of you in silos;

Its how we train you.

It's the exhaustion of the pandemic, of the ongoing ask, of the limited thanks,

Of being short staffed, of being underpaid,

Of not having the time to go to the bathroom, sleep, take a gulp or digest.

The pressures you face,

The responsibilities you are granted,

The expectations are great, and the fatigue is a given,

But it is my responsibility to share that there is a **me** that you need to collectively see.

The **me** you need to learn to see can be a solution for you and me.

The time you spend upfront to share with **me** will save the total time you spend as a team with **me**.

When you get to know the whole **me**, the me feels valued and engaged, and you get the knowledge you need to treat me.

You can then take care of **me** more effectively.

When you develop treatment plans with me that work for **me**, my lifestyle and family,

Together we can then enhance my adherence and goal achievability.

When you empower **me** to be a self-care manager of my condition in the community,

You minimize my readmissions, and decrease wait times for others in society.

I always wonder –

Do you as my healthcare providers understand

The importance of seeing the real **me**?

I do not mean literally understand,

In your mind.

I mean do you *understand*

The impact of seeing **me** can have on you and me?

When you actually see **me** collectively, the whole me becomes your possibility,

For active partnering and person-centred care delivery.

It's the **me** you need to see, the **me** you need to include to collaborate successfully,

To create a future for the healthcare system where interprofessionally,



The joining of **you and me** therapeutically
Equates to exceptional healthcare delivery.

REFERENCE

(Reference were used to inform this poem on the
concept of person-centred care)

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