Ready, Set, Goal!

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Care Team

- Pulmonologist
- CF RN Coordinator
- CF RN
- CF Dietitian
- Respiratory Therapist
- Social Worker
- And most importantly…. You! (the patient and family)
What is Disease-specific Care?

• Care model that focuses on signs and symptoms, preventative measures, and survival of disease process.
• Works best for a single-disease process vs. multiple conditions, severe disability, or short life expectancy.
• Example: smoking-cessation counseling
Disease-specific Care can lead to…

• Communication break-down
• Non-compliance
• Non-adherence
• Increased mental health risks
What is Goal-oriented Person-centered Care?

• Care model that is focused on the goals of the entire care team, including the patient and family.

• Care through a variety of dimensions
  – Symptoms, physical functional status, social functioning, mental health

• “Person” vs. “Patient”

• “Important to” & “Important for”
Disease-specific Care vs. Goal-oriented Person-centered Care

• Example: A person with end-stage cancer
  – Disease-specific Care
    • Enroll in clinic trial that may extend life
    • Continue aggressive chemotherapy/radiation therapy to “fight” the cancer
  – Goal-oriented Person-centered Care
    • Be able to spend time with family
    • Symptom management
Benefits of Person-centered Care

• Increased communication between medical team and family
• Increased compliance and adherence to unified treatment plan
• Simplifies decision making by focusing on outcomes and aligning toward common goals.
• Focus on “person in the environment”
Tools for Goal-oriented Patient-centered care model

• “Contracts” or “Agreements”
  – Physical documents that outline goals of each member of the care team.
  – Can also outline expectations of each member of the care team.
Questions???

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