

The whole centered approach - from the lens of a “professional patient”

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Patient Centered Care or the “whole” patient approach has been growing in private and public practices worldwide. Empowering patients allows the caregivers, patients and their medical team to collaboratively create individualized health care plans that are mutually beneficial to all parties. Patient centered programs place the patient at the head of the table while affording medical team members, caregivers, holistic practitioners and wellness facilitators a seat at the table. A variety of studies have documented the positive benefit and unique characteristics of the “whole patient centered” approach on one’s overall health and wellbeing. This discussion will provide a brief overview of the key points from previous research while taking a deeper dive into the development and implementation of said programs. There will be interactive discussions as to what roles patient led advocacy, advocacy organizations and medical professional advocacy play in the

creation, development and implementation into patient centered care.

Biography

Deborah Vick is the CEO and Co-founder of Rare ability. She is a mother, educator, a Rare Disease Advocate, Professional Patient and Keynote Speaker. She is mindfulness and meditation facilitator as well as a sound bath practitioner. She is an author and active community volunteer. Community volunteerism includes afterschool STEAM programs, serving as Ms. Wheelchair California USA 2022 and serving as volunteer advisory member of The Magical Bridge Foundation, an organization that helps create, implement and consult on the creation of inclusive playgrounds. In addition, she is an active moderator on several social media and auditory apps in which she helps facilitate daily talks on variety of topics including health and wellness, sustainability leadership and empowering the disability communities.

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