

# Patient-centred care: Advanced professional skills to support shared decision-making and patient self-management

**“A truly empowered patient is the ideal patient. Empowered patients will challenge us, yes, but they will also take their medicine and go for their tests. They will ask when they don’t understand our instructions rather than simply ignoring them. And, most importantly, they will be more likely to get well, which will make us feel successful” JAMA 2008:1393 If you wish to involve and activate patients, then this half minor is for you.**

## Introduction

Patient-centeredness has become one of the core principles of contemporary medical practice. While it may seem self-evident that a medical practitioner should work in a patient-centred manner, physicians often fall short of this ideal in practice. It is our aim in this half minor to share with future physicians (who chose medicine because of a desire to help patients) insights into the meaning of patient-centeredness, about the ways in



which patient-centeredness might be improved, and about how it can enrich one’s daily work.

## Quote;

**“This half minor helps to see a patient from a psychological perspective, rather than only a medical perspective; a valuable addition!”**

---

## Overview

Two ways to increase patient-centeredness are to strengthen the patient’s position and role (patient empowerment) through shared decision-making, and by providing support for healthier living and self-management. The first part of this half minor is focused on physician-patient decision-making: providing information (including the one related to risks and preferences) and the roles that physicians and patients can assume in the process of making medical decisions. The second part of the minor is concerned with

increasing patient autonomy in the prevention and management of symptoms and the successful treatment of disease (behaviour modification and self-management); subjects such as lifestyle and compliance are important themes. Both parts of the course address cultural skills as they relate to the social implications of illness, notions about the meaning of health, patient expectations of physicians and treatment, and bridging cultural differences.

**Learn everything about shared decision-making, risk communication, how to stimulate better self-management and diverse cultural backgrounds.**



"I'M SORRY DOCTOR, BUT AGAIN I HAVE TO DISAGREE."

## Learning goals

At the end of this half minor, students will have an in-depth understanding of the general concepts of patient-centred medicine, especially shared decision-making and behaviour modification and self-management. Furthermore, students develop communication skills to be able to implement these concepts in daily practice. Finally, students work on academic skills by conducting an n=1 study and writing a scientific article on it, and by presenting a research proposal.

## Quote;

"Regardless of where I end up in the medical world, the practical skills I learned during this half minor will always be helpful."

---

## Assessment:

- Knowledge assessment: examination with open questions (10% of final grade)
- Skills assessment (2x) on shared decision-making and motivational interviewing (20% of final grade)
- Article: report in the form of a scientific article about student's own research (40% of final grade)
- Presentation: short presentation of a research proposal (30% of final grade)



---

## Contact us



Prof Dr A.H. Pieterse  
Medical Decision Making  
Pieterse@lumc.nl  
071-5265880

Prof Dr M.E. Numans  
Public Health and Primary Care  
M.E.numans@lumc.nl  
071-5268446