

# Planetree Model BLOOMS Success

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## INTRODUCTION

Although technological and pharmacological advances are a pivotal contributors in the progression of patient health, it comes at the cost of patient interaction. For example prophylactic Proton Pump Inhibitors administered to account for the additional stress that can be taxing on the GI system. Patient centered care uses a non-pharmacological approach to reduce stress levels and enhance both community and familial support systems to optimize patient satisfaction and promote well being. As nurse to patient ratios continue to rise, the patient centered care becomes more difficult to practice, thus hospitals become more reliant on pharmacologic interventions that become costly to the hospital and may cause complications. Thus raising the question, would implementation of a patient centered care model be not only more effective, but more efficient in a health care setting?

## SIGNIFICANCE

Planetree International is an organization that uses evidence-based practice to form patient centered care models, to treat patients more holistically. The framework for this model takes into consideration all aspects the patient's life to maximize well being. The components of this model include:

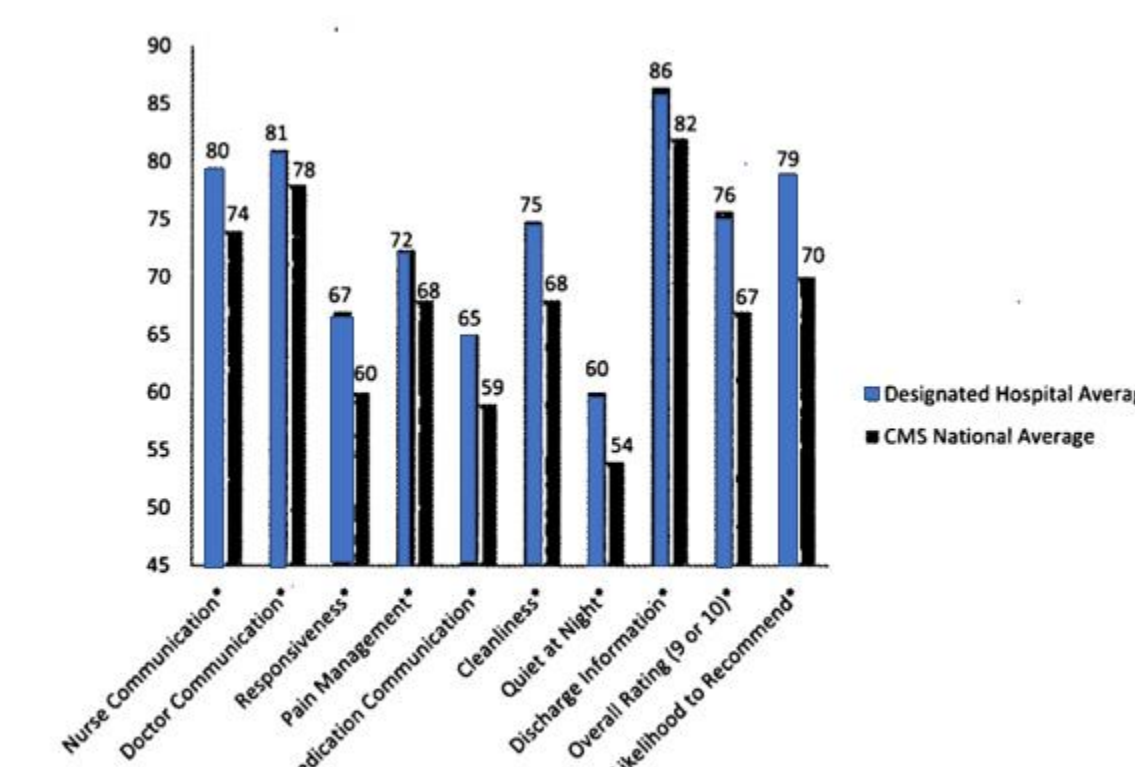
- Familial involvement
- Create a healing environment
- Optimizing nutrition
- Spiritual enhancement
- Providing creative outlets
- Capitalizing on the benefits of human touch
- Integrating therapies
- Involving community resources

## POSITION STATEMENT

Implementing Planetree model into practice will not only be more beneficial financially through a reduction of readmission rates and shorter hospital stays, but also increase patient satisfaction during their hospitalization.

## SUPPORT FOR POSITION

After meeting strict criteria Planetree offers certification that verifies that the facility is abiding strictly to patient centered practice. Facilities that have been certified by Planetree have been shown to have significantly higher patient satisfaction rates than uncertified facilities. Patient satisfaction is measured with a Hospital Consumer Assessment of Healthcare Providers and Systems. This survey is comprised of 30% objective patient experience and 70% of clinical process (Cliff, 2012). The data is analyzed and quantified and compared to a facility the national average of uncertified facilities.



\*Planetree performance is significantly better than the national average at the 95% confidence level  
Source: Commonwealth Fund (2012)

To evaluate the financial benefits of a Planetree Model the University of San Diego performed a retrospective quasi experimental study that evaluated patient satisfaction, length of stay, readmission, cost per case and productive nursing hours per day. Compared to a control group, the facility that practiced the Planetree model had higher patient satisfaction, and lower readmission rates, length of stay and cost per case ( $p \leq 0.02$ ) (Stone, 2007).

## IMPLICATIONS FOR PRACTICE

**Human interactions/independence dignity and choice:** Providing personal care to not only patients and their families, but creating a nurturing environment for staff. This offers autonomy to best mimic patients lifestyle.

**Importance of family, friends, and social support:** Involve family and friends whenever possible. This can also include pet therapy, which has been shown to lower BP, and increase socialization.

**Patient/ Resident Education and community access to education:** With illness comes opportunity to learn. Interprofessional meetings and providing patients with resources, such as educational handouts, videos or help centers.

**Healing environment:** Create an environment that promotes healing and optimal well being. Keep patient rooms clean and open is inviting for familial involvement. "Healing by design" involves the inclusion of libraries, kitchens, lounges, chapels, overnight accommodations, Ronald Mcdonald lounges.

**Nutritional and nurturing aspects of food:** Nutrition is a crucial part of the healing process. If possible, offer meal times that align with home routines, encourage family to bring food from home or from favorite restaurant, if that food conforms within the recommended diet. Allowing patients to eat their favorite food from home provides a source of nutrition to promote healing, but also a sense of comfort and aroma therapy.

**Arts program/meaningful activities and entertainment:** Provide a creative outlet to promote creativity. This can be in the form of song, plays, movies, or art classes. Patients can display artwork in their own room as a form of self expression.

**Spirituality and diversity:** Encourage not only patients but family and staff to reconnect with their inner self. Providing hospitals with chapels, gardens, meditation rooms, Champlain consults, a calm environment for meditation and prayer or tools for reflection such as a journal

**Importance of human touch:** Touch has been shown to decrease levels of anxiety. Staff training and familial education on providing hand, foot or back rubs could reduce stress levels. Utilization of reflexology could also be beneficial.

**Integrative therapies/ paths to well being:** Increasing the utilization of non-pharmacological methods of stress and pain management Aromatherapy, acupuncture, reiki, yoga, guided imagery, exercise programs or reflexology.

**Healthy Communities/ enhancement on life's journey:** Involving community resources to promote optimal well being such as schools, senior centers, hospitals, nursing home facilities, walking clubs, community gardens

(AHA news, 2002)

## CONCLUSION

Evidence based care bundles are a common practice in facilities. They are convenient, yet very concretized and not specific to each patient. Further individualizing care plans for each patient has potential to overall optimize well being, not only during their hospital stay, but beyond discharge. The education and resources given can allow patients to make lifestyle alterations to function as form of primary prevention. In addition to all of the financial benefits, a Planetree certification makes a hospital more reputable, similar to a Magnet certification. There is clear evidence that caring for patients holistically based of a Planetree model, can be more beneficial not only for the patient but the healthcare facility

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