



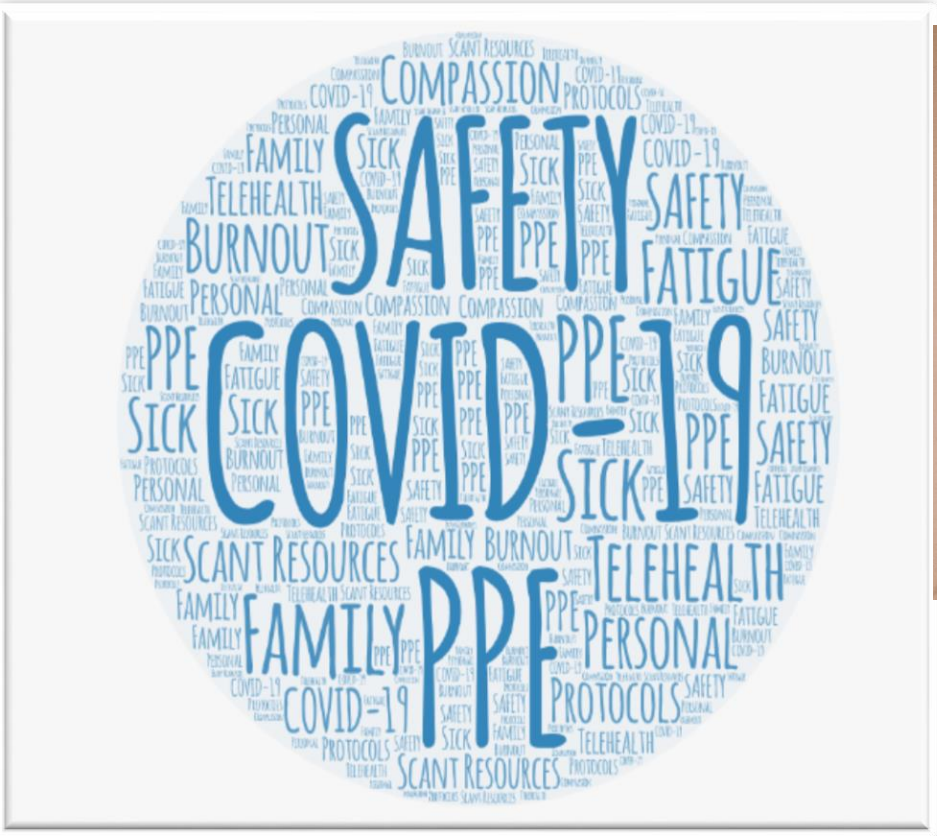
Project ECHO for COVID-19
Developing Resilience for
Healthcare Workforce
Breaking The Barriers to Patient-
Centered Care

Lourdes Lorenz-Miller, RN, MSN, NEA-BC, AHN-BC

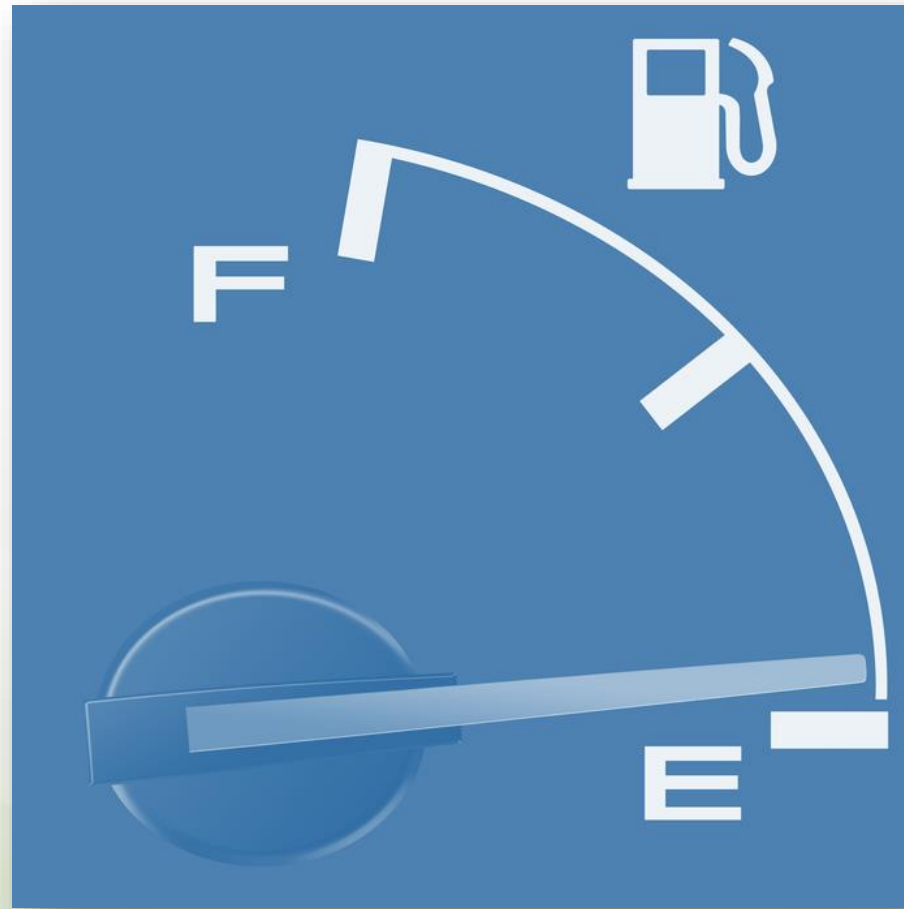
***No Disclosures or Conflicts of
Interest***

Objectives

1. Describe barriers to patient-centered care.
2. Identify tools for self-awareness and self-reflection.
3. Develop tools for enhancing patient-centered care experience.



Is Your Tank Empty???



“Insight, rumination, and self-reflection as predictors of well-being”,

- Internal Self-Awareness
- Self-Reflectiveness
- Rumination

J Psychol. 2011 Jan-Feb;145(1):39-57.

Insight, rumination, and self-reflection as predictors of well-being.

[Harrington R](#), [Loffredo DA](#).

Self-Reflection

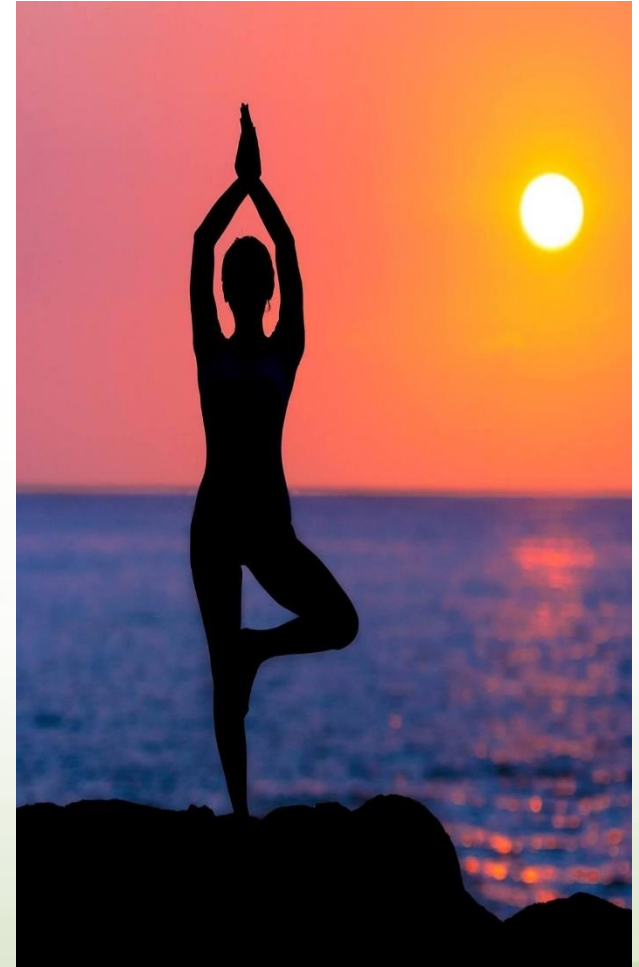


- North American Nursing Diagnosis Association International
- 13 Domains of NANDA

Source: <https://wiki.umn.edu/view/HealthInformatics/Group5-SUM07>

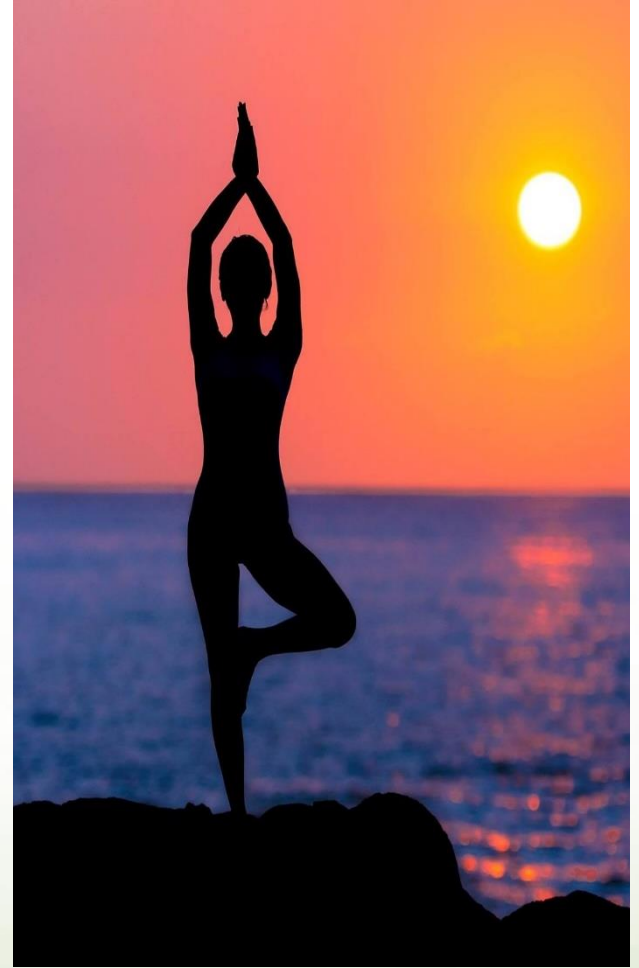
Internal Self-Awareness

- Physical
- Mental
- Emotional
- Spiritual



Self-Reflection

- Physical
- Mental
- Emotional
- Spiritual



- When one makes decisions made for:
 - Maintaining Wellness
 - Physically
 - Nutrition
 - Hygiene
 - Behaviors
 - Prevention
 - Mentally
 - Emotionally
 - Spiritually





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