

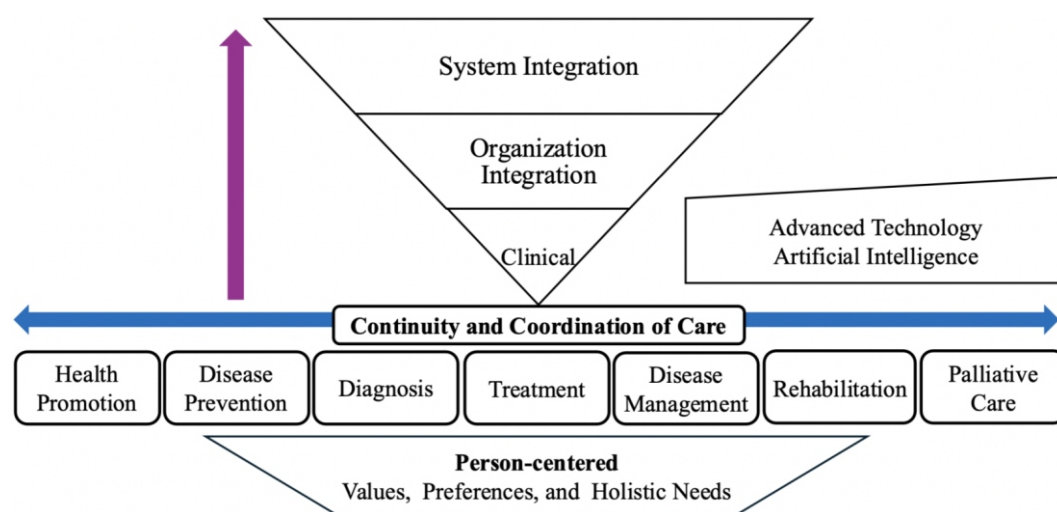


Editorial Comment

Transforming Healthcare: Person-Centered Integrated Care for Older Adults

Sheng-Lun Kao^{a,b,*}

^a Department of Family Medicine, Hualien Tzu Chi Hospital, Buddhist Tzu Chi Medical Foundation, Hualien, Taiwan, ^b Department of Family Medicine, College of Medicine, Tzu Chi University, Hualien, Taiwan



Corresponding Author.
Sheng-Lun Kao
Department of Family
Medicine, Hualien Tzu
Chi Hospital
E-mail address:
stevenkao7434@gmail.
com

Figure 1. Framework of Person-Centered Integrated Care.

This diagram illustrates the key components of a person-centered integrated healthcare system, highlighting the various services included in the continuity and coordination of care. The levels of integration are presented hierarchically, starting from clinical integration, progressing to organizational integration, and culminating in system integration. The framework emphasizes the importance of person-centered values, preferences, and holistic needs, alongside the role of advanced technology and artificial intelligence in enhancing healthcare delivery.

1. Introduction

Current healthcare approaches often fail to meet older adults' diverse and complex needs. In contrast, person-centered care, which incorporates principles of integrated care, extends beyond traditional medical interventions. It emphasizes the significance of individual values, preferences, and holistic needs, ensuring a more tailored and practical approach to care for this population.¹

2. Theoretical framework of person-centered integrated care

The WHO defines integrated care as “services that are managed and delivered so that people receive a continuum of health promotion, disease prevention, diagnosis, treatment, disease management, rehabilitation, and palliative care services, coordinated across the different levels and sites of care within and beyond the health sector, and according to their needs throughout the life course”.² Contemporary research emphasizes that effective integrated care requires understanding individual circumstances across three levels of integration. At the macro level, system integration enhances efficiency, quality of care, and patient satisfaction by prioritizing people's needs, though it often faces challenges from fragmentation due

to specialization. The meso level focuses on organizational integration, ensuring coordinated service delivery and emphasizing collective responsibility among organizations, particularly for disadvantaged populations. Finally, the micro level centers on clinical integration, which ensures coherent care delivery to individual patients through a person-focused approach that aligns services with their needs and encourages patient participation.³

Several interconnected elements must be included in organizing integrated healthcare services to meet older people's needs. First, individual autonomy and participatory decision-making processes are closely related to personal value systems and preferential considerations. These elements are further influenced by sociocultural contextual factors, which shape the individual's healthcare experience, as well as their life goals and aspirations. The framework also incorporates experiential knowledge and adaptive mechanisms that individuals develop throughout their healthcare experience, all of which are essential components for promoting integrated healthcare.⁴

3. Key elements for successful patient-centered integrated care

The Comprehensive Geriatric Assessment (CGA) and effective

care coordination are fundamental components that enable the successful delivery of patient-centered integrated care.³ The CGA is a multidimensional, interdisciplinary evaluation essential for creating personalized care plans. It emphasizes the significance of prioritizing individual preferences and building strong therapeutic relationships. By integrating family dynamics and support networks while respecting cultural differences, CGA ensures that care is tailored to each patient's needs. This approach helps older adults live safely and independently and allows for adaptability to individual needs and preferences.⁵

Effective care coordination balances systematic efficiency with patient-centered approaches. It is designed to ensure the coherence and continuity of various healthcare events experienced by individuals over time.⁶ This coordination includes interprofessional care, self-management support, prevention, screening, primary care, and the treatment of illnesses. Care coordination specialists are crucial in facilitating informed decision-making and maintaining optimal interactions between in-person and digital platforms. This responsiveness enables effective service delivery, such as case management across all stages of disease, particularly for individuals with multiple comorbidities, further enhancing the patient-centered approach.

Together, CGA and care coordination create a robust framework for patient-centered integrated care, ensuring that healthcare delivery is not only efficient but also profoundly responsive to the needs and preferences of patients.

4. The impact of technology and artificial intelligence on patient-centered integrated care

Integrating advanced technology and artificial intelligence (AI) is deeply transforming patient-centered integrated care, enhancing the quality and efficiency of healthcare delivery. Successful technological integration relies on thoroughly assessing digital literacy and establishing comprehensive support mechanisms. This ensures accessibility for individuals with varying capabilities.⁷ The empirical evidence underscores the effectiveness of these technological solutions, demonstrating increased medication adherence rates and may improve chronic disease management.⁸

Alongside these advancements, AI-driven healthcare solutions are revolutionizing care delivery through predictive analytics and Clinical Decision Support Systems (CDSS). These AI systems facilitate early risk identification, enabling healthcare providers to implement timely interventions tailored to individual patient needs. By personalizing intervention scheduling and optimizing resource allocation, AI enhances the responsiveness of healthcare services.⁹ Moreover, CDSS generates evidence-based recommendations that adapt to patient-specific factors, utilizing outcome prediction modeling to pre-

pare for various treatment scenarios.¹⁰ Collectively, these technological innovations not only improve patient outcomes but also preserve the essential human element of care. By thoughtfully integrating technology and AI, healthcare systems can create a more personalized and effective care environment, ultimately advancing the principles of patient-centered integrated care.

5. Conclusion

Addressing the challenges of an aging global population requires adopting a person-centered integrated care framework combined with advanced technology. This approach effectively enhances the quality of care for older adults, meeting individual needs while promoting dignity, coordination, and improved quality of life.

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