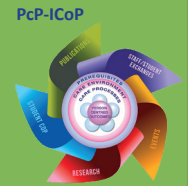


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## BOOK REVIEW

### *Fundamentals of Person-Centred Healthcare Practice*

Editors: Brendan McCormack, Tanya McCance, Cathy Bulley, Donna Brown, Ailsa McMillan and Suzanne Martin

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When the right team comes together, the results are magical! This is exactly what happened when the authors of *Fundamentals of Person-Centred Healthcare Practice* united to write this book. Each contributing author interposes theoretical and practice expertise, all adding to the value and wisdom this work has to offer.

The book sets out to guide us towards a shared understanding and a common language for person-centredness. The lens of the Person-centred Practice Framework offers an insight into its application in a number of areas of health and social care practice, while reminding us that all persons are ever changing. We are invited to remain open to change and to challenge ourselves and our beliefs as we embark on a journey into person-centred healthcare practice.

As that journey begins, we are directed to explore various concepts, from what it means to be a person to the values of person-centredness, knowing self and flourishing as humans. Being person-centred requires a commitment to communicating clearly, navigating systems, appreciating contexts and engaging while being sympathetically present. The delineation of concepts in this book prepares us to explore chapters covering person-centredness in settings such as rehabilitation, long-term care, mental health and maternity services. The book is a call to action guided by approaches to learning and development that include active and reflective learning and critical thinking, alongside the strategies needed to create person-centred learning cultures.

As with most scholarly reviews, reflection on a piece of work such as this encourages us to pause and ask ourselves what else we might like to learn. As a Canadian, I read this book with wholehearted enthusiasm. The concept of person-centredness is not grounded in many of our academic, health and social settings; health and social care providers are striving to understand what it means and how to incorporate it into their practices. From this perspective, I would suggest that future work explores the international uptake of the framework and application to practice across disciplines and health and social systems.

Everyone who works in health and social contexts will benefit from reading this book – healthcare providers, educators, students and managers, to name a few. Uncovering the thoughts, knowledge, expertise and research of its authors will enable us to gain a more clear and concise appreciation of our own personhood and our role in shaping the culture of our settings. Knowing self and others is game changing when we aim for inclusive and collaborative practice environments.

At a time when working together to flourish and achieve health is paramount, this work could be seen as a prerequisite. All persons play a role in advancing health and wellbeing in our social contexts and the *Fundamentals of Person-Centred Healthcare Practice* will guide every reader towards that collective mindset.

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