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**ANNUAL REPORT 2019**  
**University of Gothenburg Centre for**  
**Person-Centred Care – GPCC**

[www.gpcc.gu.se](http://www.gpcc.gu.se)

## Approval of the report

This annual report was prepared by the centre director and approved by the GPCC steering committee.

## Brief background of the GPCC

The University of Gothenburg Centre for Person-Centred Care (GPCC) was established in 2010 when GU received financing from the Swedish government's strategic investment in the strategic area health and care research. The vision for the centre is sustainable health through sustainable health care – to prevent and decrease suffering and to strengthen the efficiency in health care through person-centred care. The overarching objective is to support and carry out high quality research relating to person-centred care. This research aims to enhance knowledge surrounding how long-term illness is experienced and handled by the individual, as well as to implement and evaluate person-centred care in practice. The uniqueness of the research is to operationalize ethics of the person into practical interprofessional care practices that are evaluated in comprehensive research designs including effect and process evaluations.

Around 100 national and international researchers, from varying fields of study, have joined forces to form the GPCC as a national centre of excellence in person-centred care. Health care scientists, education and pedagogical scientists, medical scientists, health economists, organisational researchers, and humanists are among the collaborators. The centre has 40 completed projects of which more than 25 have been intervention studies. There were 465 original articles published from 2010 to 2018, of which 64 original articles in 2018. Since the beginning, emphasis has been given to strategies that support synergies between research, education, innovation and dissemination. To supplement the steering committee and research groups, a Person Council for patients and carers was established in January 2016.

The GPCC was in 2015 evaluated as a strategic research area by the Swedish Research Council (VR) with the ratings: performance; good, strategy; excellent and added value; excellent/good. In 2016 the application for a renewed six-year period as a university centre was approved, from 2017 to 2022. In 2018 preparations were made for the centre's half-time evaluation, and in addition applications for new stimulation projects were externally evaluated.

## Added academic value

The centre has 18 projects ongoing with researchers from Sahlgrenska Academy, School of Business Economics and Law, Faculty of Humanities, IT Faculty, Faculty of Fine Applied and Performing Arts, Faculty of Social Sciences and Faculty of Education. There are researchers engaged representing all of the institutes at Sahlgrenska Academy. In addition, the projects have national and international collaboration that has been supported by the centre organization, including five PhD students involved in programmes for double degrees with KU Leuven in Belgium. The research collaboration has resulted in added academic value and as such it has increased exchange and partnerships between disciplines and research areas. Further, as part of the Sahlgrenska Academy PhD education programmes, a PhD course in philosophy and ethics of the person has been organised together with course faculty engaged at the centre, which has been an annual course since the centre was established. An elective interprofessional course in person-centred care within the second cycle of education at Sahlgrenska Academy has also been completed. To disseminate the research, a special strategy has been to develop an online interprofessional course for health personnel, and this was launched and is available in both Swedish and English.

The centre's external half-time evaluation report in 2019 gives emphasis to high quality achievements, that the research has a multidisciplinary focus, and that the multidisciplinary combinations extends

what is recognized nationally in health care research. The evaluators recommended that the GPCC activities should continue throughout the granted operating period. In addition, the evaluators gave specific suggestions to the steering committee and these have been applied for the further development of the centre's strategies. These suggestions include to strengthen the structure of the research programme as to the organization of research domains (see below under the title 'Organization').

Seminars have been organized with attendance of colleagues in the research groups as well as with external people. The centre's scientific advisors managed special series of seminars focusing on theory and philosophy of science led by Professor Bengt Kristensson Uggla from the Åbo Akademi University in Finland, and patient and public involvement by Professor Nicky Britten from the University of Exeter in UK. A network for junior researchers has been set up and supports interdisciplinary collaboration and exchange among the centre's future faculty. A research centre retreat was organized for all research groups to discuss in what way each of the projects contribute and add to the understanding and learning of person-centred care.

During the year, 74 original articles have been published. One PhD student graduated. To increase interest for person-centred care research there were four research amanuenses employed. An interdisciplinary organizing committee has been planning for a ten-year jubilee conference (held in February, 2020).

The GPCC was especially mentioned in the university's research evaluation RED 19 for the high-quality research with larger complex interventional studies, implementation and utilisation studies, and the usage of outcome measures that facilitate comparison with other research.

## Collaborations

The GPCC researchers are involved in a number of different national and international collaborations, inside academia and with the larger society. The ongoing European collaboration CostCares – person-centred care for sustainable health systems – involves extensive international collaboration including seminars, workshops and a training school in which several GU researchers have participated by giving presentations of their research. Several projects include both national and international collaboration, including one project being part of the South Africa Sweden University Forum (SASUF) with both national and South African collaboration with several universities and health care services. One project performs a survey concerning the degree to which person-centred care organization and practice are applied across European countries. All of these facilitated by the GPCC research initiative. Except from the PIs employed at GU, the ongoing projects have PIs from the Dalarna University, the Uppsala University and from the University of Exeter in UK.

Utilization, dissemination and public outreach has continued to be a hallmark for the centre. The Person Council for patients and carers have functioned as an important facilitator in this regard. Representatives from the GPCC have been invited to and participated in seminars, webinars and conferences organized by for example The Swedish Association of Local Authorities and Regions (Sveriges Kommuner och Regioner), Lead Patients (Spetspatienters) National Conference and Vitalis, the largest eHealth event in Scandinavia. Venues contributed to include Almedalen week in Visby, Kvalitetsmässan, as well as The International Science Festival Gothenburg (Vetenskapsfestivalen). The centre's research and knowledge utilization are clearly supported by the representative from the Grants and Innovation Office, Dr Tina Verolin, who is also a member of the GPCC steering committee. One administrator at the centre has special time allocated for external communication. The researchers are advised to provide updates about projects. The GPCC has frequently been recognized in media including newspapers, radio and professional magazines; researchers as well as representatives from the Person Council for patients and carers. Professor Inger Ekman was appointed the Swedish Society in Nursing's award in nursing values.

## Organization

The founder and Centre Director since the GPCC was established, Professor Inger Ekman, transitioned to become Senior Professor and thus left the directorship on March 31, 2019. Professor Joakim Öhlén was appointed as the new Centre Director from April 1. The host institution is the Institute for Health and Care Sciences at the Sahlgrenska Academy, the same as from the centre's inauguration in 2010.

The steering committee has met 19 times during the year and its members are listed in the appendix.

The Person Council for patients and carers have 10 members with extensive experience from health care, and are supported by one researcher and one administrator as well as one international visiting professor. The council has met four times, of which one was a workshop to develop a communication material about person-centred care directed towards patient organisations.

The structure of the research programme was strengthened during the year. Two previous separate research domains were merged into one given that the research activities were highly interrelated and collaborative; to become the research domain implementation organization leadership and governance of person-centred care. One new research domain was established: pedagogics and education in person-centred care. This was motivated by previous educational activities at the centre having been primarily related to knowledge utilization and dissemination in education; furthermore, several intervention and implementation strategies have a pedagogical dimension and related to education of health professionals. The remaining two research domains are ongoing: theoretical and practical development, and evaluation and measuring of person-centred care. Based on the ideas developed in stimulation projects (initiated the previous year), four projects were approved, and all of these received external funding before the end of the year.

## GPCC in numbers

Year of establishment	2010
Researchers	100
Faculties represented (Researchers from UG)	7
External universities represented; Principal investigators	3
Research projects (total)	
- completed	40
- of which testing interventions	25
- on-going projects	19
Original articles published in scientific journals (total)	
- in total	465
- during 2018	64
- during 2019	74
Graduated PhDs during 2019	1
Performance rating 2015 (Swedish Research Council)	Performance: Good Strategy: Excellent Added Value: Excellent/Good

## Financial report

For the financial year 2019, the Centre for person-centered care received SEK 21.9 million in grants directly via the government approval document to University of Gothenburg. In addition, the principal co-financed the Centre with SEK 4.2 million, which gave a total allocation of SEK 26.1 million.

At the time of the budget process in autumn of 2018, a surplus was forecasted for the 2018 financial year, which would be available in the balanced capital for 2019. The budget for 2019 was set at costs of SEK 27.8 million.

The budget was distributed according to the following items (SEK thousand):

Ongoing projects	13 688
PhD students	1 595
Postdoctoral researchers	4 391
Amanuenses	27
Overall business	3 662
Incentives	2 598
Buffer	1 883
Total:	27 844

The amount of the ongoing projects was divided between 19 different projects. Two projects were funded with an amount of SEK 1.7 million each, MOSAIC and PCP4. Subsequently, two projects received SEK 1.3 million each, PCC Narrative and Control towards person-centered care in Sweden.

The projects Psykos, PEP-walk, Documentation and OSA-PCV received funding between SEK 800,000 - SEK 1 million. The remaining projects financing was below SEK 800,000.

The Centre showed significant surpluses at each financial statement in 2019. It was mainly other operating costs that were lower than the budget, which was due to the fact that several projects included staff from other departments at GU and other universities that would invoice their costs. Invoicing took place at an uneven pace during the year, which is why the Centre showed a surplus.

The Centre ended the year with a deficit of SEK 600,000. The Centre budgeted for a deficit of SEK 2.2 million, but a number of projects did not have time for all the planned activities why funds were remained at the end of the year.

On January the 1th 2019, the balanced capital of the Centre amounted to SEK 2.7 million.

The balanced capital at the end of 2019 amounted to SEK 2.1 million. The difference of SEK 600,000 thus corresponded to the negative result for the year.

### Members of the GPCC Steering Committee in 2019

Chair, Joakim Öhlén, Professor in Nursing, PhD in Health Care Pedagogics, RN, the GPCC Centre Director.

Representative of the host Institute, Karin Ahlberg, Associate Professor, Institute of Health and Care Sciences, Sahlgrenska Academy.

Eric Carlström, Professor in Health Care Sciences specialized in Management, Sahlgrenska Academy, PhD in Public Administration.

Representative of junior researchers, Caroline Fedthusen, postdoc, registered Physiotherapist, Sahlgrenska Academy; completed her assignment in December 31.

Patient representative, Håkan Hedman, chair of the National Kidney Association, Honorary Doctor and member of the Council for Research Ethics at the Sahlgrenska Academy, chair of the GPCC Person Council for patients and carers.

Lead of the research domain theoretical and practical development of person-centred care, Eva Jakobsson Ung, Professor in Nursing, Institute of Health and Care Sciences, Sahlgrenska Academy.

Senior advisor in education and pedagogics, Irma Lindström Kjellberg, Licentiate in Health Care Sciences, Sahlgrenska Academy; completed her assignment in December 31.

Lead of the research domain pedagogics and education in person-centred care, Mari Lundberg, Professor in Physiotherapy, Institute of Neuroscience and Physiology, Sahlgrenska Academy.

Lead of the research domain measurement and evaluation of person-centred care, Philip Moons, Professor in Nursing, Institute of Health and Care Sciences, Sahlgrenska Academy, and Professor of Healthcare and Nursing Science at the Department of Public Health and Primary Care of the KU Leuven – University of Leuven, Belgium.

Research advisor, Karl Swedberg, Senior Professor in Cardiology and Health Care Sciences at the Sahlgrenska Academy, and Professor in Cardiology at the Imperial College, London, UK.

Charles Taft, Associate Professor in Psychology at the Sahlgrenska Academy.

Lead of the research domain implementation, organization, leadership and governance of person-centred care, Lars Wallin, Visiting Professor at the Sahlgrenska Academy, and Professor in Nursing and Center Director at the Centre for Knowledge Implementation and Patient Safety at Dalarna University, and Director of Research in Region Dalarna.

Lead of utilization and innovation, Tina Verolin, Innovation Advisor, Grants and Innovation Office at the University of Gothenburg.