Interprofessional Practice and Collaboration

Kaplan University

MN 566: Introduction to Primary Care for the Nurse Practitioner

Multidisciplinary teamwork is a crucial mechanism to respond to the challenges of the health care system by improving quality of care. It is a complex process that involves different types of staff who work together to share knowledge, expertise, and skills to impact on patient care (Brock et al,2013). Primary health care has a mandate to deliver services provided by a collaborative team of professionals. Team-based multidisciplinary collaboration in healthcare setting tends to promote quality care through giving patient care across a diverse set of professionals (Brock et al, 2013). A nurse practitioner is one of the primary stakeholders who play various crucial roles in promoting and maintaining an active multidisciplinary team.

As a nurse practitioner, some of the multitude tasks in the multidisciplinary team include enhanced communication that helps to employ the practices of collaboration, expand the roles of health professionals and make effective decisions that solve health problems. (Brock et al, 2013). The other role involves conflict resolution. As a nurse practitioner, it is essential to resolve any tension or conflict arising as soon as possible to avoid communication breakdowns and division of the team members (Lowe, Plummer, O’Brien, & Boyd, 2012). Defining responsibilities is another NP role in a multidisciplinary team. It is crucial to define each team member’s role and responsibilities, to avoid conflict of interest among the team members and to enable prompt meeting of the set expectations (Lowe, Plummer, O’Brien, & Boyd, 2012). However, it is also equally important to encourage the team to help one another when necessary. Also, a nurse practitioner has a role in creating, substituting and delegating some duties to the rest of the multidisciplinary team to further promote interdisciplinary collaboration and teamwork (Lowe, Plummer, O’Brien, & Boyd, 2012).

An active multidisciplinary team is achieved through better understanding of the roles, skills, and values of the team members. It could be through asking probing question about the challenges facing the teams to understand them better, making a regular assessment of the team members, having frequent discussions with them and also getting some recommendations from them (Mitchel et al, 2012).Some of the fundamental values and skills required for efficient and integrated multi-disciplinary team include flexibility, cooperation, trust, respect and communication skills (Mitchell et al, 2012).These roles, values, and skills are further enhanced by the use of evidence-based policies, guidelines, and protocols pertinent to the multi-disciplinary team.

The hospital-based multidisciplinary teams promote inter-professional collaboration among the various stakeholders who are the staffs in the treatment pyramid including aides, nurses, physician, physical therapists, social workers, and anesthesiologists. The roles coordination of the different professionals creates a cohesive and complementary set of services for the benefit of both the patients and the team members. Utilizing such a consistent multidisciplinary team is of great importance to the patient. It limits adverse events such as mortality, improves patient outcomes, and decreases patient length of stay, reduced health care costs, and increases patient satisfaction. Researchers have found that multidisciplinary teamwork in healthcare system minimizes the number of medical errors and improves patient safety (McCrae, 2012).Also, because teamwork is centered on solid communication, patients feel at ease and therefore report to be more satisfied with their health care. Additionally, there is evidence that multi-disciplinary teams improve patient outcomes in both acute and primary care settings (McCrae, 2012).

For the team members, the benefits of multidisciplinary team and inter-professional collaboration include break down of the communication barriers between specialists, and providing better cooperation among all the professionals, improved job performance, reduced adverse event complications, and increased job satisfaction. Evidenced-based research indicates that health teams help break down hierarchy and centralized power of health organizations, giving more leverage to health workers. In addition, a study found that nurses who go through successful team building efforts have job satisfaction (McCrae, 2012).

Other additional benefits of multidisciplinary team are to the institution. The hospitals benefit from greater retention of experienced personnel. Research has shown that interdisciplinary teamwork is of great significance to the healthcare system and therefore the various stakeholders especially the nurses must continue to work with other health professionals to ensure that the multidisciplinary team stays together for the greater good of the patient, the staff, and the healthcare institutions.

# References

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