

Interdisciplinary Rounds: A Significant Approach For Enhancing Doctor-Nurse Collaboration In Hospitals. A New Appraisal

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Abstract:

Interdisciplinary rounds (IDR) play a pivotal role in fostering collaboration between doctors and nurses within hospital settings. This structured approach brings together healthcare professionals from various disciplines to discuss patient cases, formulate care plans, and address complex medical issues. By facilitating comprehensive patient care, improving communication, and enhancing teamwork, IDR contributes to improved patient outcomes and increased satisfaction among healthcare providers. This article provides an overview of IDR, highlighting its significance, key components, and best practices for implementation.

Keywords: Interdisciplinary rounds, collaboration, doctor-nurse relationship, patient care, communication, teamwork, hospital, healthcare professionals.

Introduction:

In modern healthcare delivery, effective collaboration between doctors and nurses is essential for providing high-quality patient care. Interdisciplinary rounds (IDR) serve as a crucial strategy to facilitate this collaboration by bringing together healthcare professionals from various disciplines to discuss patient cases, formulate care plans, and address complex medical issues. This section introduces the concept of IDR and outlines its significance in enhancing doctor-nurse collaboration in hospitals.

In the realm of modern healthcare delivery, effective collaboration between doctors and nurses stands as a cornerstone for providing optimal patient care. One pivotal strategy that exemplifies this collaboration within hospital settings is the implementation of interdisciplinary rounds (IDR). These structured meetings bring together healthcare professionals from various disciplines, including physicians, nurses, pharmacists, social workers, and other specialists, to collectively address patient cases, formulate care plans, and tackle complex medical issues. Through IDR, the synergy of diverse expertise and perspectives aims to enhance the quality and comprehensiveness of patient care, while also fostering improved communication, coordination, and mutual respect among team members.¹

In this article, we delve into the significance of IDR in enhancing the collaboration between doctors and nurses within hospital environments. We explore the multifaceted benefits of IDR, including its role in promoting patient safety, improving outcomes, and optimizing resource utilization. Additionally, we discuss the key components that constitute effective IDR sessions, emphasizing the importance of a patient-centered approach, structured meeting format, and clear communication channels. Furthermore, we highlight best practices for implementing IDR initiatives, ranging from leadership support and staff education to the creation of a culture that values interdisciplinary teamwork.

By examining the intricacies of interdisciplinary rounds, this article seeks to underscore their significance as a key strategy for enhancing doctor-nurse collaboration in hospitals. Through the collaborative efforts fostered by IDR, healthcare teams can strive towards achieving the shared goal of providing exceptional patient care while navigating the complexities of modern healthcare delivery.

Significance of Interdisciplinary Rounds:

Facilitating Comprehensive Patient Care: IDR promotes a holistic approach to patient care by involving multiple perspectives and expertise from different disciplines. Interdisciplinary rounds (IDR) serve as a vital mechanism for facilitating comprehensive patient care within hospital settings. By bringing together healthcare professionals from diverse disciplines, including doctors and nurses, IDR ensures that all aspects of a patient's condition and treatment plan are thoroughly evaluated and addressed.

One of the primary advantages of IDR is its ability to promote a holistic approach to patient care. Rather than focusing solely on a patient's medical condition from a single perspective, IDR allows for a comprehensive assessment that considers medical, nursing, pharmacological, social, and psychological factors. This multidimensional evaluation enables healthcare teams to develop more nuanced and personalized care plans that take into account the unique needs and preferences of each patient.

Furthermore, IDR facilitates collaborative decision-making among doctors and nurses, allowing for the integration of different

perspectives and expertise. Doctors can provide insights into the medical diagnosis, treatment options, and prognosis, while nurses contribute valuable information regarding the patient's day-to-day care needs, response to treatment, and psychosocial well-being. This collaborative approach ensures that care plans are comprehensive, evidence-based, and aligned with the patient's overall goals and preferences.

Moreover, IDR serves as a platform for interdisciplinary communication and coordination. During IDR sessions, doctors and nurses have the opportunity to discuss patient cases, share updates on clinical status, and coordinate care transitions effectively. This seamless exchange of information helps to prevent communication errors, reduce duplication of efforts, and ensure continuity of care across different healthcare settings.

Overall, by fostering collaboration, communication, and coordination among doctors and nurses, IDR plays a crucial role in facilitating comprehensive patient care. Through this interdisciplinary approach, healthcare teams can address the complex needs of patients more effectively, leading to improved outcomes, enhanced patient satisfaction, and ultimately, better overall quality of care.

Improving Communication and Coordination: Regular IDR sessions enable doctors and nurses to exchange vital information, clarify treatment plans, and address potential challenges in patient management.

Effective communication and coordination between doctors and nurses are essential components of high-quality patient care. Interdisciplinary rounds (IDR) serve as a key strategy for enhancing these critical aspects of healthcare delivery within hospital settings.

One of the primary benefits of IDR is its role in improving communication among healthcare team members. By providing a structured forum for discussion and collaboration, IDR ensures that doctors and nurses have the opportunity to share vital information, exchange perspectives, and clarify treatment plans. This open and transparent communication fosters a shared understanding of patient needs and facilitates consensus-building

among team members.

Furthermore, IDR promotes interdisciplinary coordination by enabling doctors and nurses to align their efforts and streamline care processes. During IDR sessions, healthcare professionals can identify potential barriers to effective care delivery, such as medication errors, care transitions, or resource constraints, and work together to develop solutions. This coordinated approach helps to optimize the use of resources, minimize inefficiencies, and ensure that patient care is delivered in a timely and efficient manner.

Moreover, IDR serves as a platform for interdisciplinary collaboration, allowing doctors and nurses to leverage each other's expertise and perspectives to address complex medical issues. Nurses can provide valuable insights into the patient's condition, response to treatment, and care needs, while doctors can offer medical guidance, diagnostic expertise, and treatment recommendations. By working together collaboratively, doctors and nurses can develop comprehensive care plans that address the full spectrum of patient needs and optimize clinical outcomes.²

Additionally, IDR facilitates continuity of care by promoting seamless transitions between different healthcare settings and providers. Through interdisciplinary communication and coordination, doctors and nurses can ensure that important information is shared effectively during care handoffs, reducing the risk of errors, omissions, or misunderstandings.

In conclusion, improving communication and coordination between doctors and nurses is crucial for delivering high-quality patient care. Interdisciplinary rounds provide a structured platform for enhancing these essential aspects of healthcare delivery, fostering collaboration, promoting consensus-building, and facilitating continuity of care. By embracing the principles of interdisciplinary teamwork and communication, healthcare teams can enhance patient safety, optimize clinical outcomes, and ultimately, improve the overall quality of care provided to patients.

Enhancing Patient Safety and Outcomes: Through interdisciplinary collaboration, healthcare teams can identify and mitigate risks,

prevent errors, and ensure continuity of care, leading to improved patient outcomes.

Fostering Mutual Respect and Understanding: IDR provides a platform for doctors and nurses to appreciate each other's roles, contributions, and challenges, fostering mutual respect and professional camaraderie.

Optimizing Resource Utilization: By streamlining care processes and aligning treatment goals, IDR helps hospitals utilize resources efficiently, reducing healthcare costs and enhancing operational efficiency.

Key Components of Interdisciplinary Rounds:

Multidisciplinary Team Composition:

IDR typically involves healthcare professionals from diverse backgrounds, including physicians, nurses, pharmacists, allied health professionals, and care coordinators. Interdisciplinary rounds (IDR) are characterized by the inclusion of healthcare professionals from diverse disciplines, forming a multidisciplinary team aimed at providing comprehensive patient care. The composition of this team typically encompasses various roles and specialties, each contributing unique perspectives and expertise to the discussion and decision-making process.

Physicians: Doctors from different specialties, including attending physicians, residents, and fellows, play a central role in IDR. They provide medical expertise, diagnostic insights, treatment recommendations, and clinical decision-making support.

Nurses: Registered nurses (RNs), nurse practitioners (NPs), and other nursing staff are integral members of the multidisciplinary team. Nurses offer valuable insights into the patient's condition, monitor vital signs, administer medications, coordinate care activities, and provide ongoing support to patients and families.

Pharmacists: Clinical pharmacists contribute expertise in medication management, including drug interactions, dosing adjustments, and medication reconciliation. They collaborate with doctors and nurses to ensure safe and effective pharmacotherapy for patients.³

Allied Health Professionals:

This category includes professionals such as physical therapists, occupational therapists, speech therapists, dietitians, and respiratory therapists. Allied health professionals provide specialized interventions and therapies to support patient recovery and rehabilitation.

Social Workers: Social workers play a crucial role in addressing psychosocial issues, discharge planning, and coordination of support services for patients and families. They assist with navigating healthcare systems, accessing community resources, and addressing socioeconomic factors that may impact patient care.

Care Coordinators:

Care coordinators or case managers facilitate care transitions, coordinate services across different healthcare settings, and ensure continuity of care for patients. They collaborate with the interdisciplinary team to address logistical and administrative aspects of patient care.

Specialists:

Depending on the patient's needs, specialists from various medical disciplines may be involved in IDR. This may include cardiologists, pulmonologists, surgeons, neurologists, oncologists, and other subspecialists who provide consultations and expertise in managing specific medical conditions.

The multidisciplinary composition of the IDR team reflects the complex nature of patient care and the diverse range of expertise required to address patients' medical, nursing, pharmacological, social, and psychological needs. By leveraging the collective knowledge and skills of healthcare professionals from different disciplines, IDR promotes a holistic approach to patient care and enhances the quality and effectiveness of clinical decision-making.

Structured Meeting Format:

IDR sessions follow a structured agenda, with designated time for case presentations, discussion, decision-making, and documentation.

Patient-Centered Approach: The focus of IDR is on individual patient needs, preferences, and goals, ensuring that care plans are tailored to meet specific requirements.

Shared Decision-Making: Doctors and nurses collaborate closely to develop consensus-based care plans, incorporating input from all team members and respecting each other's expertise.

Clear Communication Channels:

IDR promotes open communication among team members, with opportunities for asking questions, seeking clarification, and sharing updates on patient progress.

Documentation and Follow-Up:

Important decisions and action plans discussed during IDR are documented systematically, with clear responsibilities assigned to team members for follow-up and implementation. Effective documentation and follow-up procedures are integral components of interdisciplinary rounds (IDR), ensuring that decisions made during discussions are accurately recorded and followed through for optimal patient care.⁴

Comprehensive Documentation:

Following IDR sessions, it is essential for healthcare professionals to document key discussions, decisions, and action plans in the patient's medical record. This documentation should include a summary of the patient's current status, treatment goals, care plans, and any follow-up actions required. Standardized documentation templates or electronic medical record (EMR) systems may be utilized to ensure consistency and completeness in documentation.

Assigning Responsibilities:

Clear assignments of responsibilities are crucial to ensure that action plans developed during IDR are implemented effectively. Each member of the interdisciplinary team should be assigned specific tasks or follow-up actions, with designated timelines for completion. This may involve tasks such as medication adjustments, diagnostic tests, consult requests, or referrals to other healthcare providers or services.

Communication of Follow-Up Plans:

Following IDR discussions, healthcare professionals should communicate follow-up plans and responsibilities to all relevant team members, including doctors, nurses, pharmacists, and other allied health professionals involved in the patient's care. This ensures that everyone is aware of their roles and responsibilities in executing the agreed-upon care plan.

Monitoring and Review: Continuous monitoring and review of follow-up actions are essential to ensure that care plans are being implemented as intended and to identify any deviations or barriers to care. This may involve regular progress updates during subsequent IDR sessions, as well as ongoing communication among team members through electronic messaging systems or care coordination platforms.

Addressing Barriers and Challenges: In the event of barriers or challenges hindering the implementation of follow-up actions, interdisciplinary collaboration is key to problem-solving and finding alternative solutions. This may involve reassessment of the care plan, modification of treatment strategies, or escalation of concerns to higher levels of clinical leadership or care management.

Documentation of Outcomes: Once follow-up actions have been completed, healthcare professionals should document the outcomes of these interventions, including any changes in the patient's clinical status, response to treatment, or achievement of treatment goals. This documentation provides a record of the patient's progress and facilitates continuity of care during transitions between different healthcare settings or providers.

By emphasizing thorough documentation and follow-up procedures, IDR ensures accountability, continuity, and quality in patient care delivery. Through effective communication, coordination, and monitoring of follow-up actions, interdisciplinary teams can optimize patient outcomes and enhance the overall quality of care provided.⁵

Best Practices for Implementing Interdisciplinary Rounds:

Leadership Support and Engagement: Hospital administrators and clinical leaders should endorse and actively participate in IDR initiatives, demonstrating commitment to interprofessional collaboration.

Staff Training and Education: Providing training sessions and educational resources on teamwork, communication skills, and interdisciplinary collaboration can prepare healthcare professionals for effective participation in IDR.

Standardized Protocols and Tools: Developing standardized protocols, documentation templates, and decision-support tools can facilitate consistency and efficiency during IDR sessions.

Regular Evaluation and Feedback: Continuous evaluation of IDR processes and outcomes, along with soliciting feedback from participants, can help identify areas for improvement and ensure ongoing refinement.

Culture of Collaboration:

Creating a culture that values teamwork, mutual respect, and shared accountability is essential for sustaining the success of IDR initiatives in the long term.

Conclusion:

Interdisciplinary rounds represent a vital strategy for enhancing doctor-nurse collaboration in hospitals, promoting comprehensive patient care, improving communication and coordination, and optimizing resource utilization. By embracing the principles of interdisciplinary teamwork and adopting best practices for implementation, healthcare institutions can foster a culture of collaboration that benefits both patients and healthcare providers alike.

In conclusion, interdisciplinary rounds (IDR) stand as a cornerstone for enhancing collaboration, communication, and coordination between doctors and nurses within hospital settings. Through structured discussions and decision-making processes, IDR fosters a holistic approach to patient care, leveraging the diverse expertise and perspectives of multidisciplinary healthcare teams.

By bringing together professionals from various disciplines, including physicians, nurses, pharmacists, social workers, and

allied health professionals, IDR ensures that all aspects of patient care are comprehensively addressed. This collaborative approach promotes patient safety, improves clinical outcomes, and enhances the overall quality of care provided.

Furthermore, IDR serves as a platform for interdisciplinary communication and coordination, facilitating the exchange of vital information, the development of consensus-based care plans, and the seamless transition of patients between different healthcare settings. Through effective documentation, follow-up procedures, and ongoing evaluation, interdisciplinary teams can monitor progress, address barriers to care, and optimize patient outcomes.

As healthcare continues to evolve, the importance of interdisciplinary collaboration in achieving optimal patient care outcomes cannot be overstated. By embracing the principles of teamwork, communication, and mutual respect, doctors and nurses can work together synergistically to provide patient-centered care that meets the complex needs of individuals and their families. Interdisciplinary rounds represent a vital strategy for enhancing doctor-nurse collaboration in hospitals, promoting comprehensive patient care, improving communication and coordination, and optimizing resource utilization. By embracing the principles of interdisciplinary teamwork and adopting best practices for implementation, healthcare institutions can foster a culture of collaboration that benefits both patients and healthcare providers alike.

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Special Issue On Multidisciplinary Research

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