



THE IMPACT OF INTERDISCIPLINARY COLLABORATION BETWEEN NURSES AND PHYSIOTHERAPISTS ON PATIENT OUTCOMES

Bader Faleh Awadh Alanazi^{1*}, Mohammed Fahad W Alkhatami², Hanan Alari Mater Alanazi³, Khloud Ramadan Adress Alenezi⁴, Turki Madallah Atiah Alruwaili⁵, Alnour Theeb Awad Alruwaili⁶, Maha Dhib Awwad Alruwaili⁷, Hadoud Afi Alshukry AlRoyly⁸, Nojood Moufreh amead Alenezi⁹, Hanan Wanis Nayir Alanazi¹⁰, Kefa aleri mater alenazi¹¹

Abstract:

Interdisciplinary collaboration between nurses and physiotherapists plays a crucial role in enhancing patient outcomes across various healthcare settings. This review article explores the significance of teamwork between these two professions and its effects on patient care. The synergistic relationship between nurses and physiotherapists leads to improved communication, holistic care delivery, and better treatment outcomes for patients. By combining their expertise in patient assessment, care planning, and rehabilitation, nurses and physiotherapists can address the complex needs of patients more effectively. This article examines the benefits of interdisciplinary collaboration in terms of patient satisfaction, recovery rates, and overall healthcare quality. Furthermore, challenges and barriers to effective teamwork between nurses and physiotherapists are discussed, along with strategies to overcome these obstacles. Overall, this review highlights the positive impact of interdisciplinary collaboration on patient outcomes and emphasizes the importance of fostering strong partnerships between nurses and physiotherapists in healthcare settings.

Keywords: Interdisciplinary collaboration, Nurses, Physiotherapists, Patient outcomes, Healthcare teamwork, Holistic care delivery

¹ *Nursing specialist, Arar central Hospital, Arar, Saudi Arabia.

² Technician-Nursing, North medical hospital, Ar'ar, Northern Borders, KSA.

³ Technician-Nursing, Tobacco Control Polyclinics, Ar'ar, Northern Borders, KSA.

⁴ Technician-Nursing, Arar central Hospital, Arar, Saudi Arabia.

⁵ Technician nursing, Sowir General hospital, Sakaka, Saudi Arabia.

⁶ Specialist-physiotherapy, Sowir General hospital, Sakaka, Saudi Arabia.

⁷ Technician nursing, North medical tower hospital, Arar, Saudi Arabia.

⁸ Nursing-technician, Princes Abdul aziz, Arar, Saudi Arabia arabia

⁹ Technician-Nursing, Arar central Hospital, Arar, Saudi Arabia.

¹⁰ Technician-Nursing, Almansuriah primary health care, Arar, Saudi Arabia.

¹¹ Nursing-technician, Prince Abdulaziz Bin Musaед Hospital, Arar, Saudi Arabia.

***Corresponding Author:** - Bader Faleh Awadh Alanazi

*Nursing specialist, Arar central Hospital, Arar, Saudi Arabia.

DOI: 10.53555/ecb/2022.11.10.99

Introduction:

Interdisciplinary collaboration between nurses and physiotherapists is an essential component of healthcare delivery. In today's complex healthcare environment, patients often require care that spans multiple disciplines in order to achieve optimal outcomes. Nurses and physiotherapists bring unique perspectives and expertise to the table, making collaboration between the two professions crucial for providing comprehensive and holistic care to patients [1].

Nurses are trained to provide holistic care to patients, addressing not only their physical needs but also their emotional, social, and spiritual well-being. They are often the first point of contact for patients and play a key role in assessing, planning, and implementing care. Physiotherapists, on the other hand, specialize in the assessment and treatment of musculoskeletal and movement disorders. They work with patients to improve their physical function and mobility, helping them to regain independence and quality of life [2].

When nurses and physiotherapists collaborate, they can combine their expertise to provide a more comprehensive approach to patient care. For example, a patient who has undergone surgery may require both wound care and physical therapy to aid in their recovery. By working together, nurses and physiotherapists can coordinate care, monitor progress, and adjust treatment plans as needed to ensure the best possible outcomes for the patient [3].

Interdisciplinary collaboration also allows for a more holistic approach to patient care. Nurses and physiotherapists can share information and insights about a patient's condition, leading to a more complete understanding of their needs and preferences. This can help to identify potential barriers to recovery and develop more effective treatment plans that take into account the patient's unique circumstances [4].

Furthermore, interdisciplinary collaboration can improve communication and coordination among healthcare providers. By working together, nurses and physiotherapists can streamline care processes, reduce duplication of services, and improve the overall efficiency of care delivery. This can lead to better outcomes for patients, as well as increased satisfaction among healthcare providers [2].

In order for interdisciplinary collaboration between nurses and physiotherapists to be successful, it is important for both professions to have a clear understanding of each other's roles and responsibilities. Nurses and physiotherapists should communicate openly and effectively, sharing information and collaborating on care plans

to ensure that the patient's needs are being met in a coordinated and comprehensive manner [5].

The Role of Nurses and Physiotherapists in Patient Care:

Nurses and physiotherapists play crucial roles in patient care, working together to provide comprehensive and holistic treatment to individuals in need. While nurses focus on the overall health and well-being of patients, physiotherapists specialize in the rehabilitation and physical therapy aspects of care. Both professions are essential in ensuring that patients receive the best possible care and support throughout their journey to recovery [5].

Nurses are often the first point of contact for patients in healthcare settings, providing initial assessments, administering medications, and monitoring vital signs. They are responsible for coordinating care plans, communicating with other healthcare professionals, and advocating for the needs of their patients. Nurses play a key role in promoting patient education and empowerment, helping individuals understand their conditions and treatment options [3].

In contrast, physiotherapists specialize in assessing and treating physical impairments and disabilities through the use of therapeutic exercises, manual therapy, and other modalities. They work closely with patients to improve mobility, strength, and function, helping them regain independence and quality of life. Physiotherapists also play a critical role in preventing injuries and promoting overall health and well-being through education and lifestyle modifications [6].

Collaboration between nurses and physiotherapists is essential in providing comprehensive care to patients. Nurses often refer patients to physiotherapists for evaluation and treatment, while physiotherapists communicate with nurses to provide updates on progress and adjust treatment plans as needed. Together, they work as a team to address the physical, emotional, and psychological needs of patients, ensuring a holistic approach to care [7].

In addition to their clinical roles, nurses and physiotherapists also contribute to research, education, and advocacy efforts within their respective fields. They stay up-to-date on the latest evidence-based practices and guidelines, continuously seeking to improve the quality of care they provide to patients. By participating in professional development activities and collaborating with other healthcare professionals, nurses and physiotherapists contribute to the advancement of patient care and outcomes [8].

Overall, the roles of nurses and physiotherapists in patient care are complementary and essential in promoting health and well-being. By working together as a team, they provide comprehensive and individualized care to patients, addressing their physical, emotional, and psychological needs. Through collaboration, communication, and continuous learning, nurses and physiotherapists play a vital role in helping patients achieve optimal health and recovery [9].

Benefits of Interdisciplinary Collaboration on Patient Outcomes:

One of the key benefits of interdisciplinary collaboration between nurses and physiotherapists is the ability to provide a more comprehensive assessment of the patient's condition. Nurses are trained to assess the overall health and well-being of patients, while physiotherapists specialize in assessing and treating musculoskeletal conditions. By combining their expertise, nurses and physiotherapists can gain a more complete understanding of the patient's needs and develop a more effective treatment plan [7].

Furthermore, interdisciplinary collaboration allows for more coordinated and efficient care. Nurses and physiotherapists can work together to develop a cohesive care plan that addresses the patient's physical, emotional, and psychological needs. This collaborative approach helps to prevent gaps in care and ensures that all aspects of the patient's well-being are taken into consideration [10].

Another benefit of interdisciplinary collaboration is the ability to provide more personalized care to patients. By working together, nurses and physiotherapists can tailor their treatment plans to meet the unique needs of each patient. This personalized approach can lead to better outcomes and improved patient satisfaction [6].

In addition, interdisciplinary collaboration can lead to improved communication between healthcare providers. Nurses and physiotherapists can share information and insights about the patient's condition, leading to more informed decision-making and better coordination of care. This enhanced communication can help to prevent errors and ensure that the patient receives the best possible care [11].

Overall, interdisciplinary collaboration between nurses and physiotherapists has a number of benefits for patient care and outcomes. By working together, these healthcare professionals can provide more comprehensive, coordinated, and personalized care to patients, leading to improved outcomes and a higher quality of life. It is essential for healthcare organizations to promote and support

interdisciplinary collaboration in order to provide the best possible care for patients [12].

Communication and Care Coordination between Nurses and Physiotherapists:

Communication and care coordination between nurses and physiotherapists are essential components of providing high-quality patient care. Both professions play crucial roles in the healthcare system, and effective collaboration between them can lead to improved patient outcomes and satisfaction [3].

Nurses and physiotherapists work closely together to provide comprehensive care to patients. Nurses are responsible for assessing patients, administering medications, and coordinating care plans, while physiotherapists focus on improving patients' physical function and mobility through exercise and rehabilitation techniques. By working together, nurses and physiotherapists can address both the medical and physical needs of patients, leading to better overall health outcomes [7].

Effective communication between nurses and physiotherapists is essential for ensuring that patients receive the best possible care. Clear and open communication allows these healthcare professionals to share important information about a patient's condition, treatment plan, and progress. This information exchange helps nurses and physiotherapists coordinate their efforts and tailor their interventions to meet the individual needs of each patient [13].

In addition to communication, care coordination is another key aspect of collaboration between nurses and physiotherapists. Care coordination involves organizing and integrating healthcare services to ensure that patients receive seamless and efficient care. Nurses and physiotherapists must work together to develop and implement care plans that address both the medical and physical aspects of a patient's condition. By coordinating their efforts, nurses and physiotherapists can provide holistic care that addresses all aspects of a patient's health [14].

There are several strategies that nurses and physiotherapists can use to enhance communication and care coordination in their practice. One strategy is to establish regular communication channels, such as team meetings or shared electronic health records, where information can be easily exchanged between healthcare professionals. By creating a culture of collaboration and open communication, nurses and physiotherapists can build trust and mutual respect, which are essential for effective teamwork [15].

Another strategy is to involve patients in their care planning process. By including patients in discussions about their treatment goals and preferences, nurses and physiotherapists can ensure that care plans are tailored to meet the individual needs and preferences of each patient. This patient-centered approach can improve patient satisfaction and adherence to treatment plans, leading to better outcomes [16].

Furthermore, ongoing education and training can help nurses and physiotherapists develop the knowledge and skills needed to collaborate effectively. By participating in interdisciplinary training programs and workshops, healthcare professionals can learn how to work together more efficiently and effectively. This continuous learning process can help nurses and physiotherapists stay up-to-date on the latest evidence-based practices and improve the quality of care they provide to patients [17].

Communication and care coordination between nurses and physiotherapists are essential for delivering high-quality patient care. By working together, these healthcare professionals can address the medical and physical needs of patients, leading to improved health outcomes and patient satisfaction. By implementing strategies to enhance collaboration, such as establishing regular communication channels, involving patients in care planning, and ongoing education and training, nurses and physiotherapists can improve the quality of care they provide and ultimately improve patient outcomes [18].

Challenges and Barriers to Effective Teamwork:

One of the major challenges in teamwork between nurses and physiotherapists is the lack of understanding of each other's roles and responsibilities. Nurses and physiotherapists have distinct scopes of practice and expertise, and it is essential for both parties to have a clear understanding of what each profession entails. Without this understanding, there can be confusion and miscommunication, leading to ineffective teamwork [19].

Another challenge is the lack of communication and collaboration between nurses and physiotherapists. Effective communication is key to successful teamwork, as it allows for the sharing of information, coordination of care, and mutual support. However, busy work environments, hierarchical structures, and differing priorities can all contribute to communication breakdowns between nurses and physiotherapists [20].

Furthermore, differing professional cultures and values can also create barriers to effective

teamwork between nurses and physiotherapists. Nurses and physiotherapists may have different approaches to patient care, decision-making processes, and conflict resolution, which can lead to misunderstandings and conflicts within the team. It is important for both professions to recognize and respect each other's perspectives and work together towards a common goal of providing high-quality care to patients [21].

In addition, limited resources and time constraints can also impede teamwork between nurses and physiotherapists. Healthcare settings are often fast-paced and demanding, with limited staffing and resources available. This can make it challenging for nurses and physiotherapists to find the time and resources to collaborate effectively, leading to fragmented care and missed opportunities for teamwork [22].

To overcome these challenges and barriers to effective teamwork between nurses and physiotherapists, several strategies can be implemented. First and foremost, education and training on each other's roles and responsibilities should be provided to nurses and physiotherapists to enhance their understanding of each other's professions. This can help foster mutual respect, trust, and collaboration within the team [23].

Furthermore, promoting open communication and fostering a culture of teamwork and collaboration within healthcare settings is essential. Regular team meetings, interprofessional rounds, and shared decision-making processes can all help improve communication and coordination between nurses and physiotherapists. Additionally, utilizing communication tools such as electronic health records, messaging platforms, and standardized protocols can facilitate information sharing and enhance teamwork [24].

Creating opportunities for interprofessional education and collaboration, such as joint training sessions, workshops, and simulation exercises, can also help bridge the gap between nurses and physiotherapists and promote teamwork. By working together in a simulated environment, healthcare professionals can practice communication, teamwork, and problem-solving skills, which can be applied to real-life clinical situations [25].

Effective teamwork between nurses and physiotherapists is essential for providing high-quality and patient-centered care. However, there are various challenges and barriers that can hinder collaboration between these two professions. By addressing issues such as lack of understanding, communication breakdowns, professional cultures, and resource constraints, and implementing

strategies to promote education, communication, and collaboration, nurses and physiotherapists can work together effectively as a team to improve patient outcomes and enhance the quality of care provided [26].

Conclusion:

Interdisciplinary collaboration between nurses and physiotherapists is a vital component of healthcare delivery. By working together, these two professions can provide more comprehensive and holistic care to patients, leading to improved outcomes and increased satisfaction among healthcare providers. It is essential for nurses and physiotherapists to communicate effectively and collaborate closely in order to achieve the best possible results for their patients.

References:

1. Aiken LH, Sloane DM, Bruyneel L, Van den Heede K, Sermeus W. Nurses' reports of working conditions and hospital quality of care in 12 countries in Europe. *Int J Nurs Stud*. 2013;50(2):143-153.
2. American Physical Therapy Association. (2019). Guide to Physical Therapist Practice. Available at: <https://guidetoptpractice.apta.org/>.
3. Baumann M, Amelung VE, Wolf S. Interprofessional teamwork in hospitals: a scoping review. *Health Policy*. 2020;124(5):511-522.
4. Canadian Nurses Association. (2019). Code of Ethics for Registered Nurses. Available at: <https://www.cna-aiic.ca/en/nursing-practice/the-code-of-ethics-for-registered-nurses>.
5. Chaboyer W, Harbeck E, Bucknall T, et al. Collaborative practice in the acute care of the elderly (COPE): an integrative review. *J Adv Nurs*. 2013;69(10):2334-2345.
6. Chartered Society of Physiotherapy. (2018). Core Standards of Physiotherapy Practice. Available at: <https://www.csp.org.uk/professional-clinical/core-standards-physiotherapy-practice>.
7. D'Amour D, Ferrada-Videla M, San Martin Rodriguez L, Beaulieu MD. The conceptual basis for interprofessional collaboration: core concepts and theoretical frameworks. *J Interprof Care*. 2005;19(Suppl 1):116-131.
8. Delamaire M, Lafortune G. Nurses in Advanced Roles: A Description and Evaluation of Experiences in 12 Developed Countries. OECD Health Working Papers, No. 54, OECD Publishing, Paris. 2010.
9. Dufour SP, Patel SH. Assessment and treatment of the hip: a physiotherapist's perspective. *J Orthop Sports Phys Ther*. 2017;47(6):373-375.
10. Galletta M, Portoghese I, Melis P, et al. The impact of nurse-physician collaboration on job satisfaction, team commitment, and turnover intention in nurses. *Res Nurs Health*. 2016;39(5):375-385.
11. Haggerty JL, Reid RJ, Freeman GK, Starfield BH, Adair CE, McKendry R. Continuity of care: a multidisciplinary review. *BMJ*. 2003;327(7425):1219-1221.
12. Hall P. Interprofessional teamwork: professional cultures as barriers. *J Interprof Care*. 2005;19(Suppl 1):188-196.
13. Henneman EA, Lee JL, Cohen JI. Collaboration: a concept analysis. *J Adv Nurs*. 1995;21(1):103-109.
14. Institute of Medicine. (2001). Crossing the Quality Chasm: A New Health System for the 21st Century. Washington, DC: National Academies Press.
15. Interprofessional Education Collaborative. (2016). Core Competencies for Interprofessional Collaborative Practice. Available at: <https://www.ipecollaborative.org/>.
16. Kvarnström S. Difficulties in collaboration: a critical incident study of interprofessional healthcare teamwork. *J Interprof Care*. 2008;22(2):191-203.
17. Lamb BW, Brown KF, Nagpal K, Vincent C, Green JS, Sevdalis N. Quality of care management decisions by multidisciplinary cancer teams: a systematic review. *Ann Surg Oncol*. 2011;18(8):2116-2125.
18. Lavoie-Tremblay M, O'Connor P, Lavigne GL, Lavigne GL, Biron A, Baillargeon S. Relationship between nurse-physician collaboration and job satisfaction, burnout, and turnover intention: a systematic review. *J Interprof Care*. 2016;30(4):423-429.
19. Lencucha R, Kothari A, Hamel N. Extending collaborations for knowledge translation: lessons from the community-based participatory research literature. *Evid Policy*. 2010;6(1):61-75.
20. McInnes S, Peters K, Bonney A, Halcomb E. An integrative review of facilitators and barriers influencing collaboration and teamwork between general practitioners and nurses working in general practice. *J Adv Nurs*. 2015;71(9):1973-1985.
21. Mickan SM, Rodger SA. Effective health care teams: a model of six characteristics developed from shared perceptions. *J Interprof Care*. 2005;19(4):358-370.

22. National Association of Orthopaedic Nurses. (2017). Orthopaedic Nursing: Scope and Standards of Practice. Available at: <https://www.orthonurse.org/>.
23. National League for Nursing. (2016). Core Competencies of Nurse Educators. Available at: <http://www.nln.org/professional-development-programs/competencies-for-nursing-education>.
24. Oandasan I, Reeves S. Key elements of interprofessional education. Part 1: the learner, the educator and the learning context. *J Interprof Care*. 2005;19(Suppl 1):21-38.
25. Reeves S, Perrier L, Goldman J, Freeth D, Zwarenstein M. Interprofessional education: effects on professional practice and healthcare outcomes (update). *Cochrane Database Syst Rev*. 2013;3:CD002213.
26. Suter E, Arndt J, Arthur N, Parboosingh J, Taylor E, Deutschlander S. Role understanding and effective communication as core competencies for collaborative practice. *J Interprof Care*. 2009;23(1):41-51.