



IMPROVING PATIENT OUTCOMES THROUGH HOLISTIC APPROACHES AND COLLABORATION BETWEEN NURSES AND TECHNICIANS IN HOSPITAL SETTINGS

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Abstract:

Background: Holistic care, an approach that considers the patient as a whole encompassing body, mind, and spirit, has gained recognition for its positive impact on patient well-being and outcomes. The integration of holistic principles in healthcare settings has been linked to improved patient understanding, self-care, and quality of life. However, there is a gap in understanding and implementation of holistic care among healthcare professionals, particularly nurses. The advent of information and communication technologies (ICT) in healthcare, including Health Information Systems (HIS) and Electronic Medical Records (EMR), has revolutionized healthcare delivery, emphasizing the importance of integrated and collaborative care systems. The incorporation of oral health services into holistic care systems is also crucial in addressing systemic and oral health complications and promoting overall well-being.

Objective: This review aimed to investigate the role of different healthcare specialties in holistic care approaches and their impact on patient outcomes. Specifically, the roles of dental technicians, Health Administration specialists, health informatics technicians, specialist nurses, x-ray technicians, and medical record technicians in implementing holistic care approaches are explored.

Conclusion: The findings underscore the significance of holistic care in healthcare, emphasizing the pivotal role of healthcare specialists in delivering patient-centered and comprehensive care. By embracing holistic care principles, healthcare professionals can enhance patient outcomes, promote patient empowerment, and improve overall well-being. The integration of holistic care approaches not only benefits patients by addressing various aspects of their health but also enhances the quality and effectiveness of healthcare delivery, ultimately fostering healing and wellness across multiple dimensions.

Keywords: holistic care, nursing, medical record technician, health informatics, dental technician, Health Administration specialist.

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Introduction:

Providers of holistic care approach patient care by considering the patient as a whole entity within their environment, acknowledging that a patient comprises not only a physical body but also a mind and spirit [1]. In this approach, patients are actively involved in their treatment process, encouraged to engage in self-care practices, which in turn fosters therapeutic communication, instills hope, preserves dignity, promotes self-discipline, encourages social growth, nurtures a sense of autonomy, and enhances vigor and vitality.

Holistic care deepens healthcare providers' understanding of patients and their unique needs, emphasizing the importance of educating patients about self-care and empowering them to independently carry out daily activities [2]. Furthermore, holistic care encompasses palliative care, which enhances a patient's quality of life and overall emotional and physical well-being, ultimately leading to increased self-awareness and self-confidence among patients.

The realm of holistic medicine encompasses health promotion and disease prevention, underscoring the significance of education in this process [3]. Many holistic practitioners view well-being as a continuum that extends from the absence of clinical disease to a state of complete physical, mental, and social well-being, which the World Health Organization defines as health, and even further to a state of "super health." This concept encourages healthcare providers to not only treat clinical illnesses but also to help individuals maximize their biopsychosocial potential.

In holistic nursing, all facets of patients and their impact on the healing journey are carefully considered, with patients' thoughts, emotions, cultures, beliefs, and attitudes being recognized as vital contributors to recovery, happiness, and satisfaction [4]. Holistic care upholds human dignity by fostering relationships between healthcare providers and patients based on respect, openness, equality, and mutual participation in decision-making [5]. However, it is noted that many nurses have been predominantly trained with a biomedical focus and may lack a comprehensive understanding of holistic care principles.

The pervasive use of information and communication technologies (ICT) has significantly influenced various aspects of life, including the healthcare sector [6]. The introduction of health information systems (HIS) aims to leverage the Internet to enhance healthcare delivery. These systems facilitate the interaction between individuals, processes, and technology to streamline operations and management, thereby

improving the quality of healthcare services [7]. Health Informatics is a specialized field that focuses on the cognitive, information processing, and communication tasks within medical practice, education, and research, incorporating information science and technology to support these functions [8].

A key component of HIS is the Electronic Medical Record (EMR), which serves as a digital repository of a patient's medical history, while the Electronic Health Record (EHR) encompasses an individual's complete medical record in digital format. EHR systems enable the storage and retrieval of patient records using computer technology, often accessed through computer networks. A notable trend in healthcare informatics is the shift towards a universal Electronic Patient Record (EPR) [9, 10]. The oral health complications of systemic diseases and vice versa impose significant burdens on populations and public health infrastructure in terms of economic costs, disability, and mortality [11]. The lack of integrated services exacerbates these challenges, perpetuating disparities and negative health outcomes. Therefore, there is a pressing need to integrate oral health services into collaborative health systems to address these issues effectively.

Objectives:

review aimed to investigate the role of different healthcare specialties in holistic care approaches and their impact on patient outcomes. Specifically, the roles of dental technicians, Health Administration specialists, health informatics technicians, specialist nurses, x-ray technicians, and medical record technicians in implementing holistic care approaches are explored.

The role of dental technician in holistic care approaches:

The involvement of dental technicians in holistic care approaches is a vital component in delivering comprehensive and patient-centric dental services. Holistic care underscores the interconnected nature of the human body and the significance of addressing the entirety of an individual, rather than solely concentrating on specific symptoms or concerns [12]. Dental technicians play a pivotal role within this framework by collaborating closely with dentists and other healthcare professionals to craft personalized dental prosthetics and devices that not only cater to the patient's dental requirements but also consider their overall health and wellness. This may entail the utilization of biocompatible materials, taking into account the patient's bite and jaw alignment, and ensuring

seamless integration of the prosthetic with the patient's oral structures as a whole. Through active engagement in holistic care practices, dental technicians contribute significantly to the holistic well-being and contentment of the individuals under their care. Furthermore, they facilitate the advancement of a more cohesive and cooperative approach to dental healthcare, which can result in enhanced outcomes and superior patient experiences [13].

The role of Health Administration specialist in holistic care approaches:

The primary objective of any healthcare system is to furnish top-notch care that leads to favorable patient results. Patient outcomes serve as a yardstick for gauging the efficacy and triumph of healthcare interventions and services. These outcomes encompass a broad spectrum of elements, including the patient's general well-being, contentment with the care received, recuperation, and notably, the prevention of untoward incidents specific to their treatment or ailment. Enhancing patient outcomes is not only a moral obligation but also a pivotal facet of assessing healthcare quality and operational efficiency. Hospitals and healthcare establishments are persistently striving to boost patient outcomes, acknowledging the intrinsic link between these outcomes and the standing and prosperity of the institution, as well as the welfare of the local populace it caters to [14]. Professionals in Health Administration play an indispensable role in instituting comprehensive care approaches within healthcare entities. These experts are tasked with supervising the operational and administrative facets of healthcare facilities, ensuring seamless coordination and delivery of all aspects of patient care in a holistic manner [15]. Through close collaboration with healthcare providers, personnel, and patients, Health Administration specialists can aid in devising and executing holistic care strategies that cater to the physical, mental, and emotional requirements of patients. This entails coordinating various services like medical interventions, counseling, dietary guidance, and social assistance to guarantee that patients receive all-encompassing care addressing every facet of their health and well-being. Furthermore, Health Administration specialists are pivotal in appraising the efficacy of holistic care methodologies and making necessary modifications to enhance patient outcomes as required [16].

The role of health informatics technician in holistic care approaches:

Health information technology (HIT) has become an essential component of modern medical practice, offering numerous benefits and potential concerns. HIT enhances patient safety by reducing medication errors, adverse drug reactions, and promoting adherence to clinical guidelines [17]. The quality of HITs has a significant positive impact on hospital performance and health information, serving as a crucial input for clinical and administrative decision-making [18].

Health informatics technicians play a vital role in promoting holistic care approaches within healthcare settings by managing and organizing health information data to ensure its accuracy and availability for healthcare providers. Through the use of electronic health records and other information systems, these professionals facilitate communication and collaboration among healthcare teams, leading to more coordinated and patient-centered care. Moreover, they analyze health data to identify trends and patterns that inform treatment decisions and enhance patient outcomes [18].

By integrating technology and data analysis into healthcare delivery, health informatics technicians contribute to the effectiveness and efficiency of holistic care approaches. Their efforts help ensure that patients receive comprehensive and personalized care that addresses their physical, emotional, and social needs, ultimately leading to improved health outcomes and patient satisfaction [19].

The role of specialist nursing in holistic care approaches:

Holistic nursing care (HNC) is a pivotal component of nursing practice, placing paramount importance on treating patients in a comprehensive manner, addressing not just their physical ailments but also their emotional, mental, and spiritual well-being [20]. The overarching objectives of holistic nursing revolve around enhancing overall health, alleviating suffering, and proactively preventing illnesses. Holistic nurses are dedicated to safeguarding, fostering, and optimizing health and wellness, while also offering invaluable support to individuals in their quest for tranquility, solace, and equilibrium during periods of illness [20].

The demand for holistic nursing care is steadily rising on a global scale, as the correlation between quality of life and holistic care becomes increasingly evident. It is imperative that any assessment of quality of life takes a holistic approach, recognizing that various facets of an

individual's life are interconnected and can impact one another significantly [21].

The implementation of holistic care strategies not only serves as an effective means of disease prevention and mortality reduction but also plays a pivotal role in enhancing the quality of healthcare services extended to patients. This has led to a growing shift towards holistic healthcare practices, with a notable statistic indicating that one in every three individuals in the United States seeks holistic care [22]. The absence of holistic nursing care not only escalates treatment expenses and prolongs hospital stays but also heightens the likelihood of developing new complications.

Despite the proven benefits of holistic care, a substantial number of nurses in various healthcare settings fail to integrate holistic approaches into their practice. Recent surveys have indicated that a significant proportion of patients in the United States are not exposed to holistic care, contrasting starkly with the situation in Germany where a significantly higher percentage of patients receive holistic care [23]. The lack of holistic care provision poses a critical challenge for the nursing profession, as it plays a pivotal role in fostering health promotion and restoration.

Moreover, research data underscores the prevalent lack of familiarity among nurses with holistic care principles, leading to neglect of the holistic care model and a tendency to focus solely on patients' physical needs, often treating them as mere biological entities while overlooking their spiritual, emotional, and social requirements [24]. Various factors such as time constraints, limited experience, motivational and organizational hurdles, and resource shortages serve as impediments to the integration of holistic care practices in nursing.

Furthermore, studies suggest that the predominant reason for the non-adherence to holistic care practices among nurses stems from their education within the biomedical allopathic system, which predominantly centers on disease treatment rather than holistic patient care. This educational gap contributes to a lack of comprehensive understanding of holistic nursing care principles among healthcare professionals [25].

The role of x ray technician in holistic care approaches:

X-ray technicians occupy a pivotal position within the realm of patient care and treatment, as highlighted by recent studies [26]. Their contribution extends far beyond the mere acquisition of diagnostic images, encompassing a multifaceted role that involves direct interaction with patients. In addition to providing high-quality

imaging services, x-ray technicians offer invaluable emotional support and reassurance to patients undergoing potentially distressing procedures. Embracing a holistic approach to care, these professionals collaborate closely with other healthcare providers to address not only the physical aspects of a patient's well-being but also their emotional and mental needs. Moreover, x-ray technicians engage in patient education, elucidating the imaging process, associated risks, and the importance of adhering to prescribed treatments. By integrating principles of holistic care into their practice, x-ray technicians significantly enhance patient satisfaction and overall health outcomes [27].

The role of medical record technician in holistic care approaches:

The advent of Electronic Medical Records (EMR) heralds a paradigm shift in healthcare, with its potential to revolutionize various facets of the industry [28]. From a patient care standpoint, EMR systems are poised to enhance the accuracy of medical information, facilitate clinical decision-making, and improve the accessibility of patient data for seamless continuity of care. Operationally, EMR platforms are expected to yield vital healthcare statistics that are instrumental in the strategic planning and efficient management of healthcare services. In this transformative landscape, medical record technicians emerge as indispensable agents of holistic care delivery within healthcare settings. Tasked with maintaining meticulous and current medical records, these professionals play a pivotal role in enabling comprehensive and coordinated care provision. By ensuring the thorough documentation and easy retrieval of pertinent patient information, medical record technicians empower healthcare providers to deliver personalized care that addresses the diverse physical, emotional, and social needs of each individual [29]. Furthermore, these technicians foster communication and collaboration among healthcare team members, fostering a cohesive environment geared towards enhancing patient outcomes. Safeguarding patient privacy and confidentiality, medical record technicians cultivate an atmosphere of trust that fosters candid and open communication between patients and healthcare providers, thereby underpinning the foundation of effective care delivery [30].

Impact of holistic care approaches on patient health:

The holistic care approach, as defined by healthcare professionals, encompasses a comprehensive

method of healthcare that takes into account not only the physical well-being of an individual but also their emotional, social, and spiritual welfare [31]. This approach places emphasis on treating the entirety of a person rather than solely focusing on alleviating the symptoms associated with a particular ailment or condition. By addressing all facets of a patient's health, holistic care strives to enhance overall well-being and prevent the occurrence of future health issues.

Numerous studies have indicated that patients who are recipients of holistic care exhibit enhanced health outcomes, such as decreased pain levels, improved mental well-being, and an overall better quality of life. Furthermore, this approach empowers patients to actively participate in their own healthcare, resulting in improved adherence to treatment regimens and the adoption of healthier lifestyle choices. In essence, the impact of holistic care on patient health is profound, as it delves into the underlying causes of health problems and fosters healing on multiple levels.

Healthcare providers who adopt a holistic care approach are better equipped to deliver personalized and efficient care that genuinely benefits their patients [32]. By embracing this methodology, they can offer a higher standard of care that not only addresses immediate health concerns but also promotes long-term well-being and healing.

Conclusion:

In conclusion, this research article highlights the importance of holistic care in healthcare settings, emphasizing the interconnectedness of the body, mind, and spirit in patient treatment. The role of various healthcare specialists, including dental technicians, Health Administration specialists, health informatics technicians, specialist nurses, x-ray technicians, and medical record technicians, in implementing holistic care approaches is crucial for improving patient outcomes and overall well-being. Holistic care aims to address all aspects of a patient's health, leading to improved health outcomes, reduced pain, better mental health, increased quality of life, and patient empowerment in their healthcare journey. Embracing holistic care principles not only benefits patients but also enhances the quality and effectiveness of healthcare delivery, ultimately promoting healing and wellness on multiple levels.

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