

# The Role and Significance of The Interdisciplinary Approach in The Modern Concept of Patient Treatment

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## ABSTRACT

Nowadays, an interdisciplinary approach in the medical field plays a rather important role in ensuring the quality of medical services. This approach is a collaboration of various medical specialists, the basis for the organization of work within the framework of this approach is the association of doctors of various specialties to carry out joint professional activities aimed at improving the quality of medical services. The use of an interdisciplinary approach makes it possible to effectively solve certain problems with the patient's health, especially if solving them by one specialist may not bring the desired result. This applies to various severe chronic diseases, oncological processes, etc., in the treatment of which it is necessary to unite different specialists to achieve the best results. It should also be said that within the framework of an interdisciplinary approach, medical workers can realize their knowledge and skills at a creative level, which significantly reduces the degree of burnout of doctors and increases the efficiency of their work. It can be argued that it is the interdisciplinary approach that plays a key role in modern medical practice, since its principle is to unite the forces of a number of specialists and provide the patient with the most effective and individual treatment. This approach in medical practice is becoming more widespread, and its potential is increasing.

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## INTRODUCTION

According to the definition of the World Health Organization (WHO), teamwork in healthcare is the activity of specialists in various medical fields who jointly treat a patient, achieving the goal in accordance with their knowledge, skills and abilities. Medical teams are often engaged in solving complex clinical cases and achieve good results [1]. The importance of the above is determined by the fact that modern medical practice is facing challenges associated with an increase in the complexity of diseases, the variety of their manifestations, as well as an increase in patients' expectations regarding the quality of medical care. In such a situation, there is a need for an integrated and comprehensive approach to treatment that is able to combine various fields of medicine and scientific disciplines [2]. This is where the interdisciplinary approach plays a leading role.

## KEYWORDS:

Medical Practice,  
Interdisciplinary Approach,  
Cooperation Of Specialists,  
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The implementation of the interdisciplinary approach is carried out by interdisciplinary teams (MDTs), multidisciplinary teams (MDTs) and transdisciplinary teams (tDTS). The difference between these associations is related to the number of employees, the scale of the association and the territoriality [3]. The interdisciplinary approach is a collaboration of specialists from different fields, such as doctors of different specializations, nurses, physiotherapists, psychologists and other experts. Within the framework of this approach, the joint work of various specialists who apply their knowledge to cure the patient is carried out. Each of these specialists is able to contribute to the procedure of establishing a diagnosis, prescribing treatment, as well as subsequent rehabilitation of the patient [4].

In recent years, the interdisciplinary approach has been increasingly recognized and implemented in modern medicine. The importance of this approach has already been appreciated by theorists and practitioners, since the implementation of the joint work of physicians makes it possible not only to make the right decision regarding the treatment of the patient, but also to implement a creative approach to treatment, to find a search for various innovative solutions. This is especially important in relation to patients with chronic diseases, since they require not only medical intervention, but also support in psychological, rehabilitation and social aspects [5]. Thus, considering the role and significance of an interdisciplinary approach in modern medical practice will allow us to better understand its impact on the quality of healthcare and improving patient treatment outcomes. It is important to note that modern medicine relies on interdisciplinary cooperation in its development, since it will allow organizing the work of medical organizations most effectively and improves the quality of medical care [6].

The purpose of the work is to consider the role and significance of an interdisciplinary approach in modern medical practice.

## MATERIALS AND METHODS

During the preparation of this work, an array of literature was analyzed within the framework of the research topic, the data obtained were systematized and analyzed using a comparative research method, and the corresponding conclusions were made based on the results. Results. An interdisciplinary approach in medicine is a joint work of representatives of various medical specialties, whose activities are directly aimed at organizing medical care for the patient, but at the same time each of the team members represents a particular area of medicine, which allows the team as a whole to solve issues of patient treatment quickly and efficiently. This approach is based on the recognition of the fact that many diseases and conditions require a comprehensive approach and expert opinion of specialists from different fields to ensure the most effective treatment and care [7]. The modern healthcare system is constantly being improved, and the goals that it faces are as follows: - to improve the quality of care provided; - improve the health of the population; - reduce healthcare costs; - to increase the level of satisfaction with the work of medical workers. Researchers are convinced that it is in the cooperation of physicians of different specialties that the possibility of achieving such goals lies. Experts point out that the work of medical teams at an interdisciplinary level can improve the quality of work of physicians. In addition, this work makes it possible to increase the sense of responsibility of each team member. Accordingly, each of the team members gives their best in full, creatively approaches the issue related to the

treatment of the patient and searches for innovative solutions in this area [8].

Within the framework of an interdisciplinary approach, knowledge and skills are combined and integrated that make it possible to make an accurate diagnosis, as well as to prescribe the correct treatment to the patient and carry out his subsequent rehabilitation. Instead of considering a disease or condition from one point of view, specialists in the framework of interdisciplinary cooperation strive precisely for a comprehensive understanding of the problem based on a comprehensive analysis of the patient's health.

The interdisciplinary approach is based on a number of principles, let's consider some of them:

- collaboration and communication. Representatives of various medical specialties combine their opinions during the patient's treatment and jointly search for the most acceptable treatment options. They actively study various cases related to the patient's treatment, build treatment strategies, and coordinate actions aimed at providing medical services.;

- integration of knowledge and experience. On the part of each participant of the interdisciplinary team, different versions and solutions in the field of diagnosis or prescribing treatment come from. This allows you to get a comprehensive understanding of the disease, as well as to offer the most effective method of overcoming the disease or its consequences;

- the patient as a research center. The purpose of this approach is to identify the needs of the patient. At the same time, the latter actively participates in his own treatment, and the treatment plan is built taking into account the characteristics of his body. The interdisciplinary team strives to provide an individual and holistic approach to the patient based on consideration of his physical, emotional and social well-being;

- a common goal. Specialists of interdisciplinary teams pursue a common goal - to help the patient overcome the disease and improve his quality of life. Specialists work together to determine the optimal treatment path, taking into account various factors such as efficacy, safety and quality of life of the patient [9].

The WHO report from 2010 indicates that it was the above brigades that showed the best results in overcoming infectious diseases. Moreover, such brigades proved to be more effective in terms of combating epidemics and non-communicable diseases [10]. In particular, in organizations where interdisciplinary teams were organized, a reduction in the number of errors in diagnosis or treatment was noted. The mortality of patients has also significantly decreased. According to research data, the introduction of cooperation based on interdisciplinary teams reduces the frequency of complications in internal medicine departments. Also, the process of intravenous cannula insertion became more effective, since its installation was carried out jointly with specialists who could provide direct assistance in this procedure [11]. A decrease in the frequency of adverse reactions to medications has also been reported. This result was due to the fact that pharmacists take part in the teams under consideration, and their work made it possible to avoid mistakes and complications [12].

Interdisciplinary approach in medicine is applied in various fields, including oncology, cardiology, neurology, psychiatry and others. Due to this approach, it becomes possible to take a comprehensive look at the problem, which makes it possible to prescribe treatment in a timely manner and correctly diagnose.

An interdisciplinary team is one of the main forms of patient care in palliative and hospice care. An integrated approach within the framework of work on patient care in hospices allows to reduce the burden on persons who provide care to patients, as well as to increase the effectiveness of the work of such medical organizations. In addition, this work is associated with increased motivation, greater job satisfaction and the prospect of continuous development among medical professionals.

Among the advantages of the considered approach, it is necessary to indicate an increase in the accuracy of diagnostic procedures, as well as a reduction in the risk of possible complications and a reduction in treatment time. In addition, it promotes more complete and holistic patient care, improves communication between specialists and increases patient satisfaction with the medical care received.

As part of the work of an interdisciplinary team, the patient is perceived holistically, and the treatment itself is aimed at improving the health of the whole organism. This is what the joint experience of doctors from interdisciplinary teams allows us to do.

An interdisciplinary approach is of particular value in solving medical problems that are characterized by complexity and require an integrated approach. Thus, certain health conditions require the participation of several medical professionals at once: in particular, the treatment of oncological diseases may require the cooperation of oncologists, surgeons, radiologists, pathologists, psychologists and many other specialists. Each of these specialists will not only have to make an autonomous decision, but also coordinate it with their colleagues. The result of such coordination is an individualized treatment plan.

It is also important that specialists who are part of an interdisciplinary team must necessarily rely on the experience of their colleagues. For example, in diabetes mellitus or cardiovascular diseases, it is important to take into account the patient's lifestyle, nutrition, physical activity and psychological well-being. Thanks to specialists from different fields, the patient will be able to receive comprehensive treatment recommendations.

Due to the aging process of the population, there is a need for comprehensive medical care. In this regard, it is extremely important to organize a comprehensive work of geriatric teams that are able to provide patients and their relatives not only medical, but also social and psychological support [13].

The interdisciplinary approach also makes it possible to effectively solve problems related to multiple and interrelated factors, such as infectious diseases, psychiatric disorders and traumatic injuries. In such cases, a team of specialists can combine their efforts to diagnose, treat and rehabilitate the patient, providing a complete and comprehensive approach to his health.

## DISCUSSION

An interdisciplinary approach in medicine has many advantages, but various problems may arise in the process of its implementation. For example, different specialists have their own terms, concepts and methods of communication. This situation can make it difficult for them to communicate and reduce the effectiveness of communications. Differences in language and notation can lead to misunderstandings and misunderstandings.

It is known, for example, that certain aspects of the work of the participants of the therapeutic team overlap, respectively, the basis for collaboration is present. But the generally accepted opinion is that it is the doctor who acts as the leader of the team, although in some cases the opinion of the middle and junior medical personnel who provide round-the-clock care for the patient can be decisive in making a diagnosis or prescribing treatment [14].

The researchers note that the therapeutic process based on an interdisciplinary model improved the quality of medical care, increased patient safety, improved communication between members of the therapeutic team and stimulated satisfaction with the work of medical workers.

Differences of opinion may also be related to the public perception of the two professions, as well as to the tradition associated with the history of their development. Until recently, nurses were perceived as physician assistants. They have now become independent medical professionals, legitimate members of the therapeutic team and fully responsible for the medical care they provide.

Measuring and evaluating the results of an interdisciplinary approach can be challenging. Sometimes it is difficult to determine exactly what contribution each specialist makes and what changes are associated with an interdisciplinary approach. This may make it difficult to assess the effectiveness and evidence base of the approach [15].

It is most effective to introduce elements of interprofessional education into the curricula in the first years of study, as well as to form curricula in the last year according to the principles of interprofessional education [16]. First of all, it allows students to develop their professional identity and identification with their profession. In addition, it forms the ability to work in a team and develops an attitude of openness to representatives of other medical professions [17].

Despite these problems, an interdisciplinary approach in medicine still remains a valuable and important tool for achieving the best treatment results [18]. Overcoming these problems requires joint efforts on the part of the medical community, the development of agreed standards and common platforms, as well as the promotion of training and the development of interdisciplinary work skills among medical professionals.

## CONCLUSION

An interdisciplinary approach in modern medical practice plays an important role in achieving the best results for patients. It contributes to the effective solution of medical problems, especially those that require an integrated approach. It combines the knowledge and experience of specialists from different fields for a more complete and comprehensive understanding of the patient's health.

The development of teamwork skills, including the ability to listen to and respect the opinions and expertise of other team members, is an integral part of the successful implementation of an interdisciplinary approach. This promotes cooperation, the exchange of ideas and the adoption of common decisions.

An interdisciplinary approach has a number of advantages, including more accurate diagnoses, optimal treatment planning, improved outcomes for patients and improved quality of healthcare in general. However, the implementation of an interdisciplinary approach may face obstacles, such as

communication problems, organizational difficulties, differences in approaches and cultures, limited resources and the lack of common platforms and standards.

The development of curricula for medical students that would include interprofessional education may prove to be a serious problem. However, the development of integrated educational programs can solve this problem, and in the future an interdisciplinary approach may become quite common in the activities of medical organizations, since students will master the methodology of teamwork and acquire skills in organizing work within the intersection of various medical fields.

In general, the development and implementation of an interdisciplinary approach in modern medical practice are important steps towards improving the quality of healthcare and improving outcomes for patients. This requires the collective efforts of the medical community, the use of digital solutions and continuous training and development of specialists.

## CONFLICT OF INTEREST

The authors declare no conflict of interest.

## AUTHOR CONTRIBUTIONS

All authors contributed in reviewing the final version of this paper

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