Interdisciplinary Teamwork Approach to Palliative Care

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Palliative Care

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.
• Allied health and rehabilitation in palliative care is well established.

• Meeting patients’ physical, psychological, social and spiritual needs, palliative care rehabilitation fits the adopted bio-psycho-social approach to health care, suggested by the World Health Organization.
Palliative care is interdisciplinary care focusing on improving quality of life and symptom management for people with serious illnesses.
Characteristics of an Interdisciplinary teamwork

- Interdisciplinary teamwork provides increase complexity of skills and knowledge needed to provide comprehensive care.
- No single professional can meet all the complex needs
Value of an Interdisciplinary teamwork

• Shared Goal of a Palliative care: identify and manage suffering among patients and families
• Team members are interdependent, meaning they cannot relieve total pain (i.e., spiritual, emotional, physical, psychological) unilaterally, but must rely on teamwork
Patient & Caregiver

- Nurse
- Dietician
- Social Worker
- Chaplain
- Speech Therapist 
  & PT/OT
- Physician
Patient & Caregiver

- Nurse
- Pharmacist
- Speech Therapist & PT/OT
- Music Therapist
- Physician
- Art Therapist
- Social Worker
- Child Life Specialist
- Dignity Therapy
- Chaplain
- Dietician

Adapted from capcsd.org
Members of Interdisciplinary teamwork
Allied health professionals in palliative care

• Counsellors
• Dietitians
• Music therapists
• Occupational therapists
• Orthotists and prosthetists
• Pastoral care workers

• Pharmacists
• Physiotherapists
• Podiatrists
• Psychologists
• Social workers
Nurses

THE NURSING ROLE IN PALLIATIVE CARE:

• Relief for physical symptoms
• Achieving quality of life
• Maintaining an independent patient
• Relief for mental anguish and social isolation
• Family support
• Reducing isolation, fear and anxiety
• Good death or dying well
THE NURSING ROLE IN PALLIATIVE CARE TEAM

• Understanding the role of each individual within the team
• Shared decision making
• Effective communication
• Common goals
• Set roles overlap, overload.
• Conflicts solving
Physicians

Palliative Medicine is a medical specialty that focuses on relieving and reducing the experience and severity of pain and other disease symptoms. The goal is to prevent and relieve suffering and to improve quality of life for people facing serious, complex illness.

• Physicians and Surgeons
• General practitioners
• Palliative care consultants
• Psychiatrists
• Pediatrician....
Pharmacists

- Pharmacists are essential in developing an individualized treatment regimen for each patient.
- Pharmacists can play a vital role in palliative care in several ways, including the timely provision of medications, assessment of medication plans and counseling of the palliative care team.
Physiotherapist

Physiotherapy aims to maximise movement and function, where threatened by ageing, injury or disease, essential for optimal wellbeing.
Teams with multiple disciplines
Interdisciplinary team

Interdisciplinary Team- a group of health care professionals from diverse fields who work in a coordinated fashion toward a common goal for the patient.
Intraprofessional team

Intraprofessional team: a team of professionals who are all from the same profession, such as three physical therapists collaborating on the same case.
Multidisciplinary team

Multidisciplinary team: a team of professionals including representatives of different disciplines who coordinate the contributions of each profession, which are not considered to overlap, in order to improve patient care.
Transdisciplinary team

Transdisciplinary team: a team composed of members of a number of different professions cooperating across disciplines to improve patient care.
The benefits of teamwork in palliative care

When all clinical and nonclinical staff collaborate effectively, health care teams can improve patient outcomes, prevent medical errors, improve efficiency, increase patient satisfaction and quality of life.
Barriers to teamwork in palliative care

- Lack of a clearly stated, shared, and measurable purpose
- Lack of training in interprofessional and intraprofessional collaboration
- Role and leadership ambiguity
- Team too large or too small
- Team not composed of appropriate professionals
- Lack of appropriate mechanism for timely exchange of information;
- Need for orientation
- Lack of awareness of roles and responsibilities
- Cultural differences between team members
- The power
- Palliative care delivery model
- Personality of members and how to communicate
Overcoming barriers to effective teamwork in palliative care

To overcoming barriers to effective teamwork, leader must first determine what barriers to collaboration exist within their teamwork:

• Understand the roles of each member and the value he/she provide.
• Establish open, interpersonal communication with those leading other functions.
• Develop respectful, trusting relationships with all member.
• Share information to develop a common understanding of the problems they face.
Thank you for your attention.