

**Enhancing Patient Care through Multidisciplinary Approaches: Insights from
Pharmacy, Family Medicine, General Nursing, and Midwifery Nursing**

By:

Ohud Khalid Ahmad Tirad

Pharmacy Technician in Central Sector Management

Rafat Fahad Mohammed Hawbani

Pharmacy Technician in King Fahad Central Hospital in Jazan

Awatif Mudhaya Mahbub

Nursing and Midwifery in Jazan Regional Health Command Center

Laila Ahmed Mohammed Alozayr

Nursing and Midwifery in Gharib Primary Health Care Center

Dr. Somaya Ebrahim Mansour Aljediba

Training Resident- Postgraduate program of family Medicine in Jazan Program in Jazan

Khadijah Essa Mohammad Ageeli

Nursing- Technician in Primary health care center in Al Shati

Hanan yousef kuriri

Nursing- Technician in Primary health care center in Maabouj

Ali Ahmed Garhadi

Nursing specialist in King Fahad central hospital

Samsiyyah Abdallah Mousa JALAL

Nursing- Technician in Primary health care Center in Al jabal

Dr. Bayan Ahmed Wafi

Senior registrar family medicine in Jazan Regional Health Command Center

Salhah Ali Ibrahim Saddeg

Nursing- Technician in Primary Health Care Center in Al-Baydh

Mariam Hussain Mohammed Alsalem

Nursing- Technician in King Fahad central hospital

Abstract

Multidisciplinary care is a collaborative approach that involves healthcare professionals from various disciplines working together to provide holistic and patient-centered care. This research study explores the role of multidisciplinary approaches in enhancing patient care, focusing on insights from pharmacy, family medicine, general nursing, and midwifery nursing. The study examines the benefits, challenges, and best practices of multidisciplinary care in improving patient outcomes and quality of care. Insights from healthcare professionals in these disciplines provide valuable perspectives on the importance of collaboration, communication, and teamwork in delivering comprehensive and coordinated care to patients. The findings of this research contribute to the existing knowledge on multidisciplinary care and offer recommendations for optimizing patient care through collaborative practice.

Keywords: Multidisciplinary care, patient care, collaboration, pharmacy, family medicine, general nursing, midwifery nursing, holistic care, patient-centered care, teamwork, communication.

1. Introduction

1.1. Research Background

In contemporary healthcare systems, the concept of multidisciplinary care has gained increasing recognition as a fundamental approach to delivering high-quality and patient-centered care. Multidisciplinary care involves the collaboration of healthcare professionals from different disciplines, each bringing their unique expertise and perspectives to address the diverse and complex needs of patients. This collaborative model emphasizes teamwork, communication, and shared decision-making to optimize patient outcomes and experiences [1].

Pharmacy, family medicine, general nursing, and midwifery nursing are integral components of the multidisciplinary healthcare team, each playing a vital role in the continuum of care. Pharmacists are medication experts who ensure the safe and effective use of medications, provide drug information, and collaborate with other healthcare providers to optimize medication therapy [2]. Family medicine practitioners serve as primary care physicians, offering comprehensive and continuous care to individuals and families, managing acute and chronic conditions, and promoting preventive health measures. General nurses are frontline caregivers who provide direct patient care, administer medications, monitor patient progress, and advocate for patients' needs. Midwifery nurses specialize in maternal and newborn care, supporting women throughout pregnancy, childbirth, and the postpartum period, and promoting the health and well-being of mothers and infants [1,2].

Despite the essential roles played by professionals in pharmacy, family medicine, general nursing, and midwifery nursing, the healthcare landscape is marked by fragmentation, inefficiencies, and disparities in care delivery. Fragmentation occurs when care is provided in silos, leading to gaps in communication, coordination, and continuity of care. Inefficiencies arise from redundant processes, lack of care coordination, and suboptimal use of resources, resulting in increased healthcare costs and decreased quality of care. Disparities in care delivery can stem from differences in access to care, healthcare provider biases, and social determinants of health, leading to inequities in health outcomes among diverse patient populations [3].

The existing literature on multidisciplinary care has highlighted the benefits of collaborative practice, including improved patient outcomes, enhanced quality of care, increased patient satisfaction, and reduced healthcare costs. However, challenges such as communication barriers, professional hierarchies, role ambiguity, and lack of standardized protocols can impede effective collaboration among healthcare professionals from different disciplines. Addressing these challenges and optimizing the contributions of professionals in pharmacy, family medicine, general nursing, and midwifery nursing require a deeper understanding of their perspectives, experiences, and interactions within the multidisciplinary care team [4].

By exploring the insights and experiences of professionals in pharmacy, family medicine, general nursing, and midwifery nursing, this research seeks to contribute to the growing body of knowledge on multidisciplinary care and its impact on patient care delivery. Understanding the dynamics of interdisciplinary collaboration and identifying strategies to enhance communication, teamwork, and coordination among healthcare professionals can lead to improved patient outcomes, increased efficiency in care delivery, and ultimately, a more patient-centered healthcare system.

1.2. Research Problem

Despite the recognized benefits of multidisciplinary care in improving patient outcomes and enhancing the quality of healthcare delivery, challenges persist in effectively implementing and sustaining collaborative practices among professionals in pharmacy, family medicine, general nursing, and midwifery nursing. These challenges stem from various factors that hinder effective communication, teamwork, and coordination within multidisciplinary healthcare teams, ultimately impacting the delivery of patient-centered care [1,5].

One of the primary challenges facing multidisciplinary care is communication barriers among healthcare professionals from different disciplines. Communication breakdowns can lead to misunderstandings, errors in care delivery, and compromised patient safety. Professionals in pharmacy, family medicine, general nursing, and midwifery nursing may have distinct communication styles, terminologies, and practices, making it challenging to convey critical information, share patient updates, and collaborate effectively. Without clear and open communication channels, healthcare teams may struggle to coordinate care, make informed decisions, and provide seamless transitions of care for patients [6].

Another significant challenge in multidisciplinary care is role ambiguity, where professionals may have unclear or overlapping responsibilities within the healthcare team. Professionals in pharmacy, family medicine, general nursing, and midwifery nursing bring unique expertise and skills to patient care, but the lack of clarity about each other's roles and responsibilities can lead to confusion, duplication of efforts, and conflicts within the team. Role ambiguity can hinder collaboration, diminish trust among team members, and impede the efficient delivery of care. Establishing clear role definitions, promoting role clarity, and fostering mutual respect among professionals are essential to overcoming role ambiguity in multidisciplinary care settings [7].

Hierarchical structures within healthcare teams can also pose a challenge to effective collaboration among professionals in pharmacy, family medicine, general nursing, and midwifery nursing. Hierarchies based on professional status, seniority, or discipline can create power differentials, inhibit open communication, and limit the participation of team members in decision-making processes. Professionals may feel hesitant to voice their opinions, share their expertise, or challenge traditional practices within hierarchical environments, leading to missed opportunities for innovation, quality improvement, and patient-centered care. Overcoming hierarchical barriers requires fostering a culture of mutual respect, inclusivity, and shared leadership among healthcare professionals to promote collaboration and teamwork [8].

The absence of standardized protocols and guidelines for interdisciplinary collaboration can hinder the effective integration of professionals in pharmacy, family medicine, general nursing, and midwifery

nursing within multidisciplinary care teams. Without clear protocols for communication, care coordination, and decision-making processes, healthcare professionals may struggle to align their practices, workflows, and goals to deliver coordinated and comprehensive care for patients. Standardized protocols can provide a framework for defining roles, establishing expectations, and promoting consistency in care delivery across disciplines, enhancing the efficiency and effectiveness of multidisciplinary care [9].

Professional silos, where professionals in pharmacy, family medicine, general nursing, and midwifery nursing work independently or within their respective disciplines, can impede collaboration and integration within multidisciplinary care teams. Siloed practices can lead to fragmented care, missed opportunities for information sharing, and limited cross-disciplinary learning and innovation. Breaking down professional silos requires fostering a culture of collaboration, interprofessional education, and shared decision-making among healthcare professionals to promote a team-based approach to patient care. By overcoming professional silos, healthcare teams can leverage the diverse expertise and perspectives of professionals from different disciplines to deliver holistic and patient-centered care [10].

The challenges of communication barriers, role ambiguity, hierarchical structures, lack of standardized protocols, and professional silos pose significant obstacles to effective collaboration among professionals in pharmacy, family medicine, general nursing, and midwifery nursing within multidisciplinary care teams [11]. Addressing these challenges requires a multifaceted approach that involves improving communication practices, clarifying roles and responsibilities, dismantling hierarchical barriers, implementing standardized protocols, and breaking down professional silos to foster a culture of collaboration and teamwork. By addressing these challenges, healthcare organizations can enhance the delivery of patient-centered care, optimize healthcare outcomes, and improve the overall quality of healthcare services.

Research Questions:

1. What are the perceptions of healthcare professionals in pharmacy, family medicine, general nursing, and midwifery nursing regarding multidisciplinary care?
2. What are the barriers to effective collaboration among professionals from different disciplines in healthcare settings?
3. How can multidisciplinary approaches be leveraged to enhance patient care and improve healthcare outcomes?

1.3. Aim and Objectives

The aim of this research is to explore the role of multidisciplinary approaches in enhancing patient care, with a specific focus on pharmacy, family medicine, general nursing, and midwifery nursing. The objectives of the study are:

1. To investigate the perspectives and experiences of healthcare professionals in pharmacy, family medicine, general nursing, and midwifery nursing regarding multidisciplinary care.
2. To identify the barriers to effective collaboration among professionals from different disciplines in healthcare settings.
3. To propose strategies for leveraging multidisciplinary approaches to improve patient care and healthcare outcomes.

1.4. Research Significance

This research on multidisciplinary care in pharmacy, family medicine, general nursing, and midwifery nursing holds significant implications for healthcare practice, policy, and education. By addressing the challenges and barriers to effective collaboration among professionals in multidisciplinary care teams, this research has the potential to drive positive change and improve patient outcomes in the following ways:

1. **Enhanced Patient Care:** By improving communication, teamwork, and coordination among professionals in pharmacy, family medicine, general nursing, and midwifery nursing, this research can lead to enhanced patient care delivery. Effective multidisciplinary collaboration can result in better care coordination, reduced medical errors, improved treatment outcomes, and increased patient satisfaction.
2. **Improved Healthcare Efficiency:** Overcoming the challenges of role ambiguity, hierarchical structures, lack of standardized protocols, and professional silos can optimize the efficiency of healthcare delivery. Streamlining communication practices, clarifying roles and responsibilities, and promoting interdisciplinary collaboration can lead to more efficient use of resources, reduced healthcare costs, and enhanced workflow processes within multidisciplinary care teams.
3. **Advancement of Interprofessional Education:** This research can contribute to the advancement of interprofessional education and training programs for healthcare professionals. By identifying strategies to foster collaboration, promote shared decision-making, and enhance teamwork among professionals from different disciplines, this research can inform the development of curricula, training modules, and continuing education initiatives that prepare healthcare professionals for effective multidisciplinary practice.

4. **Policy Implications:** The findings of this research can have implications for healthcare policy development and implementation. By highlighting the importance of interdisciplinary collaboration in improving healthcare quality and patient outcomes, this research can inform policy decisions aimed at promoting team-based care, enhancing interprofessional communication, and incentivizing collaborative practices within healthcare organizations.

Overall, this research on multidisciplinary care in pharmacy, family medicine, general nursing, and midwifery nursing has the potential to make a meaningful impact on healthcare practice, policy, and education by promoting effective collaboration, enhancing patient care delivery, improving healthcare efficiency, advancing interprofessional education, and informing policy decisions to support multidisciplinary care initiatives.

2. Multidisciplinary Care in Pharmacy

Multidisciplinary care in pharmacy refers to the collaborative practice involving pharmacists and other healthcare professionals from various disciplines, working together to optimize patient care outcomes. This approach recognizes the unique expertise and contributions of pharmacists in medication management, patient education, and counseling, as well as the importance of integrating their skills with those of other healthcare providers to deliver comprehensive and patient-centered care [12].

2.1. Definition of Multidisciplinary Care in Pharmacy

Multidisciplinary care in pharmacy is founded on the principle of interprofessional collaboration, where pharmacists work alongside physicians, nurses, and other healthcare professionals to address the complex healthcare needs of patients. This collaborative model emphasizes the importance of teamwork, shared decision-making, and communication among all members of the healthcare team to ensure the best possible outcomes for patients. The integration of pharmacy professionals in multidisciplinary care teams is essential for several reasons. Pharmacists are experts in medication management, possessing in-depth knowledge of drug interactions, side effects, and dosing regimens. By including pharmacists in care teams, healthcare providers can benefit from their expertise in optimizing medication therapy, preventing medication errors, and promoting medication adherence among patients [13].

Furthermore, the collaboration between pharmacy professionals and other healthcare disciplines is crucial for delivering comprehensive and coordinated care to patients. Pharmacists play a key role in educating patients about their medications, counseling them on proper medication use, and monitoring their medication adherence. By working collaboratively with physicians, nurses, and other healthcare providers, pharmacists can ensure that patients receive holistic care that addresses their medical, social, and emotional needs [14].

2.2. Benefits of Multidisciplinary Care in Pharmacy

One of the primary benefits of multidisciplinary care in pharmacy is the improved management of medications for patients. Pharmacists play a critical role in conducting medication reviews, identifying drug-related problems, and optimizing medication regimens to ensure the best possible outcomes for patients. By working closely with physicians and other healthcare providers, pharmacists can help prevent medication errors, reduce adverse drug reactions, and enhance the overall safety and effectiveness of medication therapy [12,13].

Another significant benefit of multidisciplinary care in pharmacy is the enhanced patient education and counseling provided by pharmacists. Pharmacists are well-positioned to educate patients about their medications, including proper dosing, administration techniques, and potential side effects. By offering personalized counseling and support, pharmacists can empower patients to take an active role in managing their health and medication therapy, leading to improved treatment outcomes and patient satisfaction [14].

Multidisciplinary care in pharmacy also facilitates better coordination of care for patients with complex medical conditions. Patients with multiple chronic conditions or comorbidities often require a coordinated approach to their care, involving input from multiple healthcare providers. Pharmacists can contribute valuable insights into the management of complex medication regimens, drug interactions, and treatment strategies, ensuring that patients receive comprehensive and integrated care that addresses all aspects of their health [15].

2.3. Challenges in Multidisciplinary Care in Pharmacy

One of the primary challenges in multidisciplinary care in pharmacy is communication barriers with other healthcare professionals. Effective collaboration among team members requires clear and open communication channels to ensure that all providers are working towards common goals and objectives. However, differences in communication styles, professional jargon, and organizational hierarchies can hinder effective communication and lead to misunderstandings or breakdowns in care coordination [12]. Another challenge in multidisciplinary care in pharmacy is role ambiguity within care teams. Each healthcare professional brings unique skills, expertise, and perspectives to the team, but without clearly defined roles and responsibilities, there can be confusion about who is responsible for specific aspects of patient care. Role ambiguity can lead to duplication of efforts, gaps in care delivery, and conflicts among team members, undermining the effectiveness of the multidisciplinary care approach [13]. A further challenge in multidisciplinary care in pharmacy is the lack of standardized protocols for interprofessional collaboration. While teamwork and communication are essential for effective care

delivery, the absence of clear guidelines or protocols for how healthcare providers should work together can impede collaboration and coordination. Standardized protocols can help streamline care processes, improve communication among team members, and ensure that all providers are aligned in their approach to patient care [10].

3. Multidisciplinary Care in Family Medicine

Multidisciplinary care in family medicine is essential for improving patient outcomes and satisfaction. By embracing collaboration and teamwork, healthcare professionals can deliver high-quality, patient-centered care that addresses the diverse needs of patients. Continued research and innovation in multidisciplinary care are needed to address current challenges and enhance healthcare delivery in primary care settings. It is imperative for healthcare professionals to prioritize collaboration and teamwork in order to provide the best possible care for their patients [16].

3.1. Role of Family Medicine in Multidisciplinary Care

Multidisciplinary care in family medicine plays a crucial role in providing comprehensive and holistic care to patients of all ages and backgrounds. Family medicine physicians serve as the cornerstone of primary care, offering a wide range of services that focus on preventive care, management of acute and chronic conditions, and addressing the physical, emotional, and social aspects of patient health [15]. Collaboration with other healthcare professionals, such as pharmacists and nurses, is essential in enhancing the quality of care provided to patients. Pharmacists play a vital role in medication management, education, and adherence, ensuring that patients receive the right medications at the right doses. Nurses contribute to care coordination, patient education, and support, helping to bridge the gap between patients and their healthcare providers. By working together, these professionals can leverage their expertise to improve patient outcomes and satisfaction [16].

3.2. Benefits of Multidisciplinary Care in Family Medicine

The benefits of multidisciplinary care in family medicine are numerous. Patients receive comprehensive and coordinated care that addresses their unique needs and preferences. Team-based approaches to prevention and management of chronic diseases can lead to better health outcomes and improved quality of life. Patients also benefit from enhanced education, empowerment, and self-management skills, enabling them to take an active role in their own healthcare. However, there are challenges that healthcare professionals face in delivering multidisciplinary care in family medicine [17].

3.3. Challenges in Multidisciplinary Care in Family Medicine

Limited time for interprofessional collaboration in primary care settings can hinder communication and coordination among team members. Fragmentation of care due to lack of communication can result in gaps in patient care and suboptimal outcomes. Additionally, resistance to change in traditional healthcare models may impede the adoption of collaborative care approaches [18]. To overcome these

challenges, healthcare professionals can implement strategies to optimize time management, enhance communication, and promote a culture of teamwork and collaboration. Utilizing tools such as technology and electronic health records can facilitate information sharing and care coordination among team members. Providing training and education on interprofessional collaboration and teamwork can help healthcare professionals develop the skills and mindset needed to work effectively in multidisciplinary teams. Advocating for policy changes that support multidisciplinary care in family medicine can also help create an environment that fosters collaboration and innovation in patient care [19].

4. Multidisciplinary Care in Nursing

Multidisciplinary care in nursing is a vital component of healthcare delivery, as nurses play a central role in providing holistic and patient-centered care. In this section, we explore the diverse roles and responsibilities of nurses in healthcare settings, the importance of collaboration with other healthcare professionals, the benefits of multidisciplinary care in nursing, and the challenges faced in this approach [20].

4.1. Role of Nurses in Multidisciplinary Care

Nurses are essential members of the healthcare team, with diverse roles and responsibilities that contribute to the overall well-being of patients. They are involved in various aspects of patient care, including assessment, planning, implementation, and evaluation. Nurses collaborate with other healthcare professionals, such as pharmacists, physicians, and allied health professionals, to ensure comprehensive and coordinated care for patients. This collaboration allows nurses to leverage the expertise of other team members and provide high-quality care that meets the unique needs of each patient [21].

4.2. Benefits of Multidisciplinary Care in Nursing

One of the key benefits of multidisciplinary care in nursing is enhanced patient safety. Through collaboration with pharmacists and physicians, nurses can engage in medication reconciliation and monitoring, reducing the risk of medication errors and adverse drug reactions. Coordinated care delivery among healthcare professionals ensures that patients receive timely and appropriate interventions, leading to improved patient outcomes. Additionally, nurses play a crucial role in supporting patients and their families in navigating the complex healthcare system, providing education, emotional support, and advocacy throughout the care process [22-25].

4.3. Challenges in Multidisciplinary Care in Nursing

Despite the numerous benefits of multidisciplinary care in nursing, there are challenges that healthcare professionals face in implementing this approach. Scope of practice limitations for nurses in certain healthcare settings may restrict their ability to fully engage in collaborative care. Lack of

interprofessional education and training opportunities can hinder effective communication and teamwork among healthcare professionals. Additionally, resistance to shared decision-making and collaborative practice may impede the integration of multidisciplinary care in nursing practice [26]. Multidisciplinary care in nursing is essential for providing high-quality and patient-centered care. Nurses play a crucial role in collaborating with other healthcare professionals to ensure comprehensive and coordinated care for patients. By addressing the challenges and barriers to multidisciplinary care, healthcare organizations can promote a culture of teamwork and collaboration that enhances patient outcomes and improves the overall quality of care. It is imperative for nurses and other healthcare professionals to prioritize collaboration and communication in order to deliver the best possible care for their patients [27-29].

Conclusion

The research study on enhancing patient care through multidisciplinary approaches has highlighted the significant role of collaboration, communication, and teamwork in delivering high-quality and patient-centered care. Insights from pharmacy, family medicine, general nursing, and midwifery nursing have underscored the benefits of multidisciplinary care in improving patient outcomes, enhancing patient safety, and promoting a holistic approach to care delivery. The study has identified key challenges, such as scope of practice limitations and resistance to shared decision-making, that healthcare professionals face in implementing multidisciplinary care. By addressing these challenges and prioritizing collaboration among healthcare professionals, organizations can optimize patient care and achieve better outcomes for patients.

Recommendations:

1. **Promote Interprofessional Education:** Healthcare organizations should prioritize interprofessional education and training opportunities to enhance communication, teamwork, and collaboration among healthcare professionals from different disciplines. This will help build a culture of mutual respect and understanding, leading to improved patient care outcomes.
2. **Address Scope of Practice Limitations:** Advocacy efforts should be made to address scope of practice limitations that hinder nurses and other healthcare professionals from fully engaging in collaborative care. Policy changes and support from regulatory bodies are essential to empower healthcare professionals to work together effectively in multidisciplinary teams.
3. **Foster a Culture of Collaboration:** Healthcare organizations should promote a culture of collaboration, shared decision-making, and teamwork among healthcare professionals. Encouraging

open communication, mutual respect, and a patient-centered approach to care delivery will enhance the effectiveness of multidisciplinary care and improve patient outcomes.

4. **Utilize Technology and Data Sharing:** Leveraging technology and data sharing platforms can facilitate communication and information exchange among healthcare professionals involved in multidisciplinary care. Electronic health records, telehealth platforms, and secure communication systems can streamline care coordination and improve the continuity of patient care.
5. **Evaluate and Monitor Outcomes:** Regular evaluation and monitoring of patient outcomes, quality indicators, and patient satisfaction metrics are essential to assess the effectiveness of multidisciplinary care approaches. Continuous quality improvement initiatives based on data-driven insights can help healthcare organizations optimize patient care delivery and enhance overall quality of care.

By implementing these recommendations and fostering a collaborative and patient-centered approach to care delivery, healthcare organizations can enhance patient care outcomes, improve patient safety, and promote a culture of teamwork and innovation in multidisciplinary care. Embracing multidisciplinary approaches in healthcare practice is crucial for addressing the complex needs of patients and ensuring that they receive the highest quality of care across various healthcare settings.

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