Inter-professional team and patient outcomes through nursing actions of: Compassion, advocacy, resilience, and evidence-based practice.

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# **Introduction**

 Every healthcare profession follows a unique set of culture which includes, beliefs, behaviors and customs. These professional cultures evolved as a result of evolutions in professional developments. The socialization of each professional that occurs during trainings strengthens common values, problem solving skills and enhance language skills. Thus these professional cultures shape effective interprofessional teamwork(Hall, 2005). Getting on board all the team members at a time is not possible and it is a significant challenge to leadership to include to get together the team members on a same page despite of their conflict or communication issues or high workloads. In the current working environment interprofessional work team rarely exists as team effectiveness is being compromised in areas like long day-night duties. A high professional work team needs to be created that will work well in this setting. A inter professional team that can be created and will be given opportunities to work together in areas like discharge planning, care transitions, length of stay, disclosure errors and medication reconciliation. This team will function by collaborating excellently among each other, by building trust and relationships and setting mutual goals (Eggenberger, Sherman, & Keller, 2014)

Interprofessional education is also needed to improve team coordination and to have effective patient care. IPE will effectively teach professionals to interact together for the purpose of improvement in the wellbeing of clients or patients(Reeves, Perrier, Goldman, Freeth, & Zwarenstein, 2013)

# **Compassion:**

 Collaboration and Compassion practices are always associated with quality health care. They are stated to improve health care, control costs of health, build up care provisions (Pfaff & Markaki, 2017) Compassion is a response to distress and a recognition of someone’s sufferings. It is a need that should be provided by health care professionals to patients. Compassion is only possible through collaboration of inter professional teams as without collaboration the services could not be effectively provided.(Lown, McIntosh, Gaines, McGuinn, & Hatem, 2016) Emotional support, strong relationship and clear communication are the basics of good patient care. A nursing action could contribute to compassion through inter professional team support by showing sympathy with the patient and by trying to lessening down the anxiety of the patient. A nurse can provide unique psychological and emotional care to the patient in time of emergencies. He/she can collaborate with the professional team to provide health serves including understanding the mental condition of the patient on time. It will have a positive impact on the organizational culture as compassion helps to bring positive changes in patient’s conditions. Compassion comes from a relationship base model and it will avoid the traditional anarchist environment of the organization. It will help to improve patient’s health and will handle the increasing coast as well by providing compensations by the team.

# **Advocacy:**

 Advocacy is supporting a cause actively. Advocacy is done through actual use of method and strategies. Such strategies that influence the choices and actions of individuals. For instance speaking up for moral goods of someone or collaborating with a group who are the victims and asking for their rights (Hofmeyer, 2016).

Well, Nursing has a huge culture of advocacy. Some of the nurses in history have struggled for better environment for nurses in hospital and they are accustomed to do advocacy for patients and families. Nurses are given promoters and mediators role for patient’s advocacy. Nurses support clients by making them act in terms of their interest and they tend to support patients by negotiation with the professional team and to build up good copping strategies in time of stress (Mood, Snyder, & Pope, 1995) .

Anyhow, the healthcare system is deliberately changing and nurses are always above all in providing health care for patients. Nurses take care of patient by taking care of the worth, dignity and uniqueness of every patient in the hospital. Advocacy by nurses will add up to the helping hands for patients in the organization. Patients will get support in psychological, emotional and physical level. The families of patient will get emotional support because of these advocates and it will add up to the pleasant environment of the organization(Subirana, Solá, Garcia, Gich, & Urrútia, 2005).

**Resilience:**

 After experiencing advocacy the bouncing back of individual is resilience and it is generally studied in relation of stress. Individuals who have experienced stress easily build inner strength and are called resilient. Resilient behaviors like accepting the realty and trying to adopt to changes in a hospital is difficult to experience without the supporting hand of a nurse along with interprofessional team. In workplaces resilient behavio8ur is adopted by lessening down stress level by the help of professional groups. The inter professional teams including doctors, nurses or student provide proper management system to handle multifactorial stress (Kosiol & Fitzgerald, n.d.). Resilience is important for nursing management because nurses remain in contact with the patients more frequently. They can help patients to relax and inform senior doctors in case of emergencies so that patients will not get into the period of advocacy again.it will defiantly have a positive impact patient’s health and organizational will be able to help patients individually by arranging resilient team of nurses.

### **Evidence-Based Practice:**

Nursing has a rich history of using evidence based health care practices in conditions like asthma, diabetes and heart failure. Nurse Managers has a very important role in EBP especially on clinical units. Nurses have understood to critically analyze a situation and to find out remedies. For instance they got to know to ice some injuries n then to provide heat for better blood flow and they got to find such techniques through researches by the help of interprofessional team support. The use of EBP will make the organization work more effective and will help to provide good patient care techniques.

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### **Summary**

 Interprofessional collaboration is a form of team work where people from different professional background work in collaboration with families, patients and caregivers. Such teams work based on perspectives of the patients and ensures better care for them. ICARE components such as compassion, advocacy, resilience and EBP are helpful to support interprofessional team in a way that some of the nurses in the team will be helping with advocacy while the other will be doing EPB to provide better patient care. So these components strengthen Interprofessional collaboration. This organization will get new techniques and modern methods of dealing with patient if it will manage to have an interprofessional team.

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