

# Developing Interdisciplinary Teams

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# Session Objectives

1. Understand the importance of interdisciplinary teams in athletic training.
2. Identify roles and responsibilities within an interdisciplinary team.
3. Apply best practices for developing and maintaining interdisciplinary teams.
4. Evaluate team dynamics and address common challenges in interdisciplinary settings.

A gap exists in the effective utilization and development of interdisciplinary teams within athletic training, often leading to less efficient healthcare delivery.

# Interprofessional Education (IPE) and Practice (IPP)

- According to the World Health Organization (WHO), interprofessional education (IPE) is when students from two or more disciplines “learn about, from, and with each other to enable effective collaboration and **improve health outcomes** (WHO, 2010).
- In order to deliver the **highest quality of care** collaborative **practice** must take place between healthcare workers (with different professional backgrounds) working with patients, families, and communities (WHO, 2010).



<https://cjsmblog.com/2011/11/20/working-in-teams-what-about-learning-in-teams-interpretation-of-interprofessional-education-in-sports-medicine/>

# IPP and Athletic Training

## Domain V: Healthcare Administration and Professional Responsibility

- The delivery of quality medical care requires a **team working together**. As healthcare providers, Athletic Trainers play an integral role within an interdisciplinary team **collaborating with physicians and other professionals** to provide evidence-based care that encompasses risk reduction, critical incident management, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. This teamwork requires knowledge of each healthcare professional's role and responsibilities to ensure patient-centered medical care. The Athletic Trainer's knowledge of, respect for, and nurturing of relationships with various other healthcare providers improves the clinical decision-making process and patient care. These relationships also foster interdisciplinary learning and the development of new approaches to care based on evidence.

Practice Analysis, 8th Edition (PA8) <https://bocatc.org/athletic-trainers/practice-analysis>

# IPE and Athletic Training Education

## CAATE Standard 8:

“Interprofessional education is incorporated within the professional program”

- Athletic Training Students are entering the workforce understanding IPE and IPP
- IPE can be addressed with numerous approaches



# CAATE

Commission on Accreditation  
of Athletic Training Education

<https://caate.net/>



# Importance of Interdisciplinary Teams in Athletic Training



- Athletic trainers are the initiators of interprofessional practice in most cases (Kraemer, et al., 2019; Meskimen, et al., 2022; Manspeaker & Hankemeier, 2019).
- Perceived benefits of interprofessional practice include:
  - Provide more comprehensive and efficient patient care
  - Treat the patient as a whole
  - Better understand the work of other healthcare providers
  - Decrease in treatment errors
  - Healthcare providers are more enthusiastic about their job
  - Better communication between healthcare provider (Kraemer, et al., 2019)



<https://www.myamericannurse.com/interprofessional-collaboration-made-easy/>



# Developing an Interdisciplinary Team



## Self Assess

- What medical resources are available in the area?
- What other medical professionals are in your setting?
- Communicate with your supervising physician

## Identify

- What potential barriers may exist?
- Patient insurance?

## Educate

- Patients
- Parents
- Supervisors
- Other healthcare professionals

# Developing an Interdisciplinary Team

- Kraemar, et al. (2019) found that athletic trainers (N=314) believe that the following healthcare providers should be included the primary sports medicine team
  - Orthopedic physicians (87.3%)
  - Physical therapists (58.6 %)
  - Primary care physicians (56.4%)
  - Strength and conditioning coaches (34.7%)
  - Psychologists, counselors, & psychiatrists (15.9%)
  - Doctors of osteopathic medicine (10.5%)
  - Emergency medical technicians (9.9%)
  - Physician assistants (9.6%)
  - Chiropractors (5.7%)



<https://brm.institute/starting-a-brm-team/>

# Identifying Roles and Responsibilities

Step 1: Know what each healthcare professional can contribute to the team and establish the best line of communication

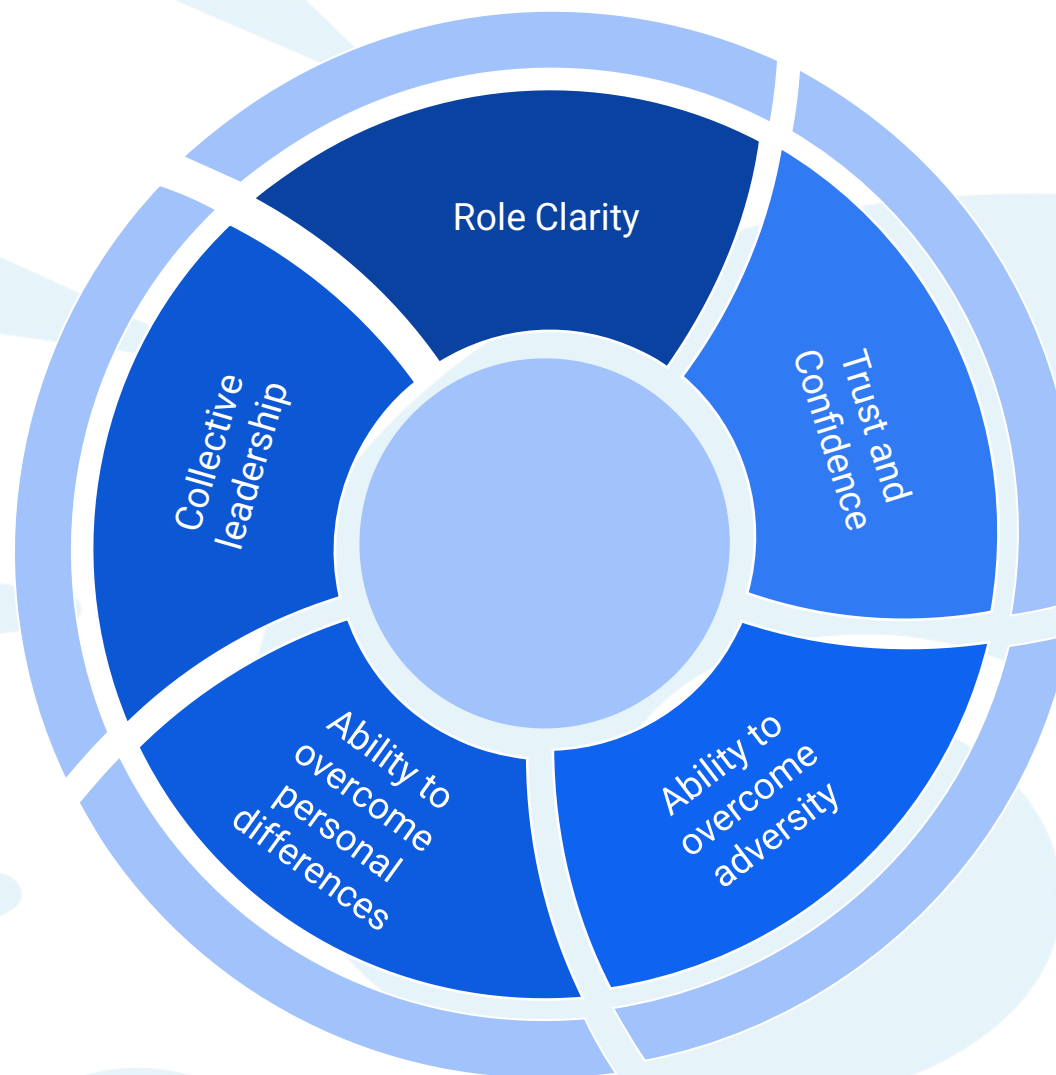
Step 2: Identify any overlap between healthcare professionals so modifications can be made

Step 3: Ensure there is a sense of mutual respect for what each healthcare professional brings to the table

- Manspeaker and Hankemeier (2019) surveyed 513 ATS - one challenge for participation in interprofessional practice was “respect for those on the team”
- ATs are typically the referral point for patients to other healthcare providers. Use these opportunities to educate those other providers about your involvement in patient care (Manspeaker & Hankemeier, 2019).



<https://teamhood.com/agile/scrum-team-size/>



# Challenges

- Other professions not understanding AT
- Electronic medical records
- Communication (+/-)
- Time

(Manspeaker & Hankemeier, 2019)



<https://teambuilding.com/blog/healthcare-team-building>

# Questions to Consider

1. In the athletic training profession where do you see **MOST** interprofessional practice taking place?
2. Within your clinical setting, who do you **currently** include as part of your interdisciplinary team?
3. Who could you **add** to your current interdisciplinary team?  
\*Think back to patients that may have required more care than you were able to provide\*



# Interdisciplinary Team Examples

- Mental Health
  - Athletic trainer, clinical psychologist, psychiatrist, dietitian and nutritionist, social worker, nurse, and physician assistant (associate)
  - NCAA Mental Health Best Practices
- Disordered Eating
  - Athletic trainer, physician, registered dietitian, and mental health professional

# Clinical Bottom Line

- Developing and sustaining interdisciplinary teams based on interprofessional best practices may lead to improved patient outcomes and more effective healthcare systems.
- By embracing interprofessional best practices for developing interdisciplinary teams, athletic trainers may be able to enhance both the quality and efficiency of healthcare delivery.



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