



ENHANCING INTERDISCIPLINARY CARE COORDINATION AND COMMUNICATION IN PSYCHIATRY, NURSING, SURGICAL NURSING, INTERNAL MEDICINE, PHYSICAL THERAPY, LABORATORY SERVICES, PHARMACY, AND HEALTH INFORMATICS: A COMPREHENSIVE APPROACH TO IMPROVING PATIENT OUTCOMES

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Abstract:

This review article explores the importance of enhancing interdisciplinary care coordination and communication in various healthcare fields including psychiatry, nursing, surgical nursing, internal medicine, physical therapy, laboratory services, pharmacy, and health informatics. The primary focus is on how a comprehensive approach to improving patient outcomes can be achieved through effective collaboration among these disciplines. The article highlights the challenges faced in current healthcare systems due to fragmented care and lack of communication between different specialties. It emphasizes the need for a more integrated and patient-centered approach to healthcare delivery. The review discusses the benefits of interdisciplinary care coordination, such as improved patient safety,

better treatment outcomes, and increased efficiency in healthcare delivery. It also examines the role of technology and health informatics in facilitating communication among healthcare professionals and enhancing the coordination of care. Various strategies and best practices for promoting effective interdisciplinary collaboration are explored, including team-based care models, care coordination tools, and communication protocols. Furthermore, the article examines the impact of interdisciplinary care coordination on patient satisfaction, healthcare costs, and overall quality of care. It also addresses the importance of education and training for healthcare professionals to develop the necessary skills for effective interdisciplinary collaboration. The review concludes with recommendations for healthcare organizations and policymakers to promote a culture of collaboration and communication across different specialties to improve patient outcomes.

Keywords: interdisciplinary care coordination, communication, patient outcomes, healthcare delivery, collaboration, patient-centered care, technology, health informatics, team-based care models, education and training.

Introduction:

In today's healthcare landscape, the delivery of quality patient care is increasingly reliant on interdisciplinary collaboration among various healthcare professionals. The coordination and communication between different healthcare disciplines play a crucial role in ensuring optimal patient outcomes. This is especially true in fields such as psychiatry, nursing, surgical nursing, internal medicine, physical therapy, laboratory services, pharmacy, and health informatics, where patients often require a multidisciplinary approach to address their complex healthcare needs [1].

Enhancing interdisciplinary care coordination and communication in these diverse healthcare settings is essential to improving patient outcomes and overall quality of care. By fostering effective collaboration among healthcare professionals from different disciplines, patients can receive more comprehensive and holistic care that addresses not only their physical health but also their mental and emotional well-being [2].

One of the key benefits of interdisciplinary care coordination is the ability to provide patients with a more personalized and tailored treatment plan that takes into account their unique needs and preferences. By bringing together healthcare professionals with different areas of expertise, patients can benefit from a more comprehensive assessment of their health status and a more coordinated approach to their care [2].

In the field of psychiatry, for example, patients often require a combination of medication management, therapy, and social support to effectively manage their mental health conditions. By involving psychiatrists, psychologists, social workers, and other mental health professionals in the care team, patients can receive a more holistic and integrated approach to their treatment that addresses both their psychological and social needs [3].

Similarly, in surgical nursing, patients undergoing complex surgical procedures may require a coordinated approach involving surgeons, nurses, anesthesiologists, and other healthcare professionals to ensure a successful outcome. By improving communication and collaboration among these different disciplines, surgical patients can benefit from a more seamless and coordinated care experience that minimizes the risk of complications and improves their overall recovery [4].

Internal medicine is another field where interdisciplinary care coordination is crucial for ensuring optimal patient outcomes. Patients with chronic conditions such as diabetes, hypertension, or heart disease often require ongoing management and coordination of care from multiple healthcare providers. By involving internists, nurses, dietitians, and other healthcare professionals in the care team, patients can receive a more comprehensive and integrated approach to managing their chronic conditions that focuses on prevention, education, and lifestyle modifications [5].

Physical therapy is another area where interdisciplinary care coordination can have a significant impact on patient outcomes. Patients recovering from injuries or surgeries often require a combination

of physical therapy, occupational therapy, and rehabilitation services to regain their mobility and function. By involving physical therapists, occupational therapists, and other rehabilitation professionals in the care team, patients can benefit from a more coordinated and personalized approach to their rehabilitation that focuses on improving their strength, flexibility, and overall functional abilities [6].

Laboratory services, pharmacy, and health informatics are also essential components of interdisciplinary care coordination in healthcare settings. Laboratory services play a critical role in providing accurate and timely diagnostic information that informs patient care decisions. By improving communication and collaboration between laboratory technicians, physicians, and other healthcare professionals, patients can benefit from more timely and accurate test results that facilitate faster diagnosis and treatment [7].

Pharmacy services are another key component of interdisciplinary care coordination, as medications play a crucial role in managing patients' health conditions. By involving pharmacists, physicians, and other healthcare professionals in the medication management process, patients can benefit from a more coordinated and personalized approach to their medication therapy that focuses on safety, efficacy, and adherence [7].

Health informatics is also an essential aspect of interdisciplinary care coordination, as electronic health records and other health information technologies play a crucial role in facilitating communication and collaboration among healthcare professionals. By implementing interoperable health information systems that enable seamless sharing of patient information across different disciplines, healthcare providers can improve care coordination, reduce medical errors, and enhance patient safety [8].

Importance of Interdisciplinary Care Coordination in Healthcare:

In today's complex healthcare system, the importance of interdisciplinary care coordination cannot be overstated. As patients navigate their way through a myriad of healthcare providers, specialists, and services, it is essential that all members of the healthcare team work together to ensure that the patient receives the best possible care. Interdisciplinary care coordination involves a team of healthcare professionals from different disciplines collaborating to develop and implement a comprehensive care plan for the patient. This approach has been shown to improve patient outcomes, reduce healthcare costs, and enhance the overall quality of care [9].

One of the key benefits of interdisciplinary care coordination is improved communication among healthcare providers. When multiple providers are involved in a patient's care, it is essential that they communicate effectively with one another to ensure that the patient's needs are being met. By working together as a team, healthcare providers can share information, coordinate care plans, and avoid duplication of services. This not only improves the efficiency of care delivery but also reduces the risk of errors and ensures that the patient receives consistent and cohesive care [10].

Another important benefit of interdisciplinary care coordination is the ability to address the complex and multifaceted needs of patients. Many patients have multiple chronic conditions, comorbidities, and social determinants of health that require a holistic approach to care. By bringing together healthcare providers from different disciplines, interdisciplinary care coordination can ensure that all aspects of the patient's health and well-being are taken into account when developing a care plan. This can lead to more personalized and effective care that addresses the root causes of a patient's health issues rather than just treating the symptoms [11].

Interdisciplinary care coordination also plays a crucial role in improving patient outcomes. Research has shown that patients who receive care from a coordinated team of healthcare providers are more likely to experience better health outcomes, reduced hospitalizations, and improved quality of life. By working together to develop a comprehensive care plan, healthcare providers can ensure that the

patient receives the right care at the right time, leading to better outcomes and a higher level of patient satisfaction [12].

In addition to improving patient outcomes, interdisciplinary care coordination can also help to reduce healthcare costs. By coordinating care across different providers and settings, healthcare teams can avoid unnecessary tests, procedures, and hospitalizations, leading to cost savings for both patients and the healthcare system as a whole. This can help to improve the efficiency of care delivery and ensure that resources are being used effectively to meet the needs of patients [12].

Overall, interdisciplinary care coordination is essential for providing high-quality, patient-centered care in today's healthcare system. By bringing together healthcare providers from different disciplines to collaborate on a comprehensive care plan, patients can receive more personalized, effective, and efficient care that addresses all aspects of their health and well-being. As the healthcare landscape continues to evolve, interdisciplinary care coordination will play an increasingly important role in improving patient outcomes, reducing costs, and enhancing the overall quality of care. It is essential that healthcare providers, policymakers, and stakeholders work together to promote and support interdisciplinary care coordination to ensure that all patients receive the best possible care [13].

Challenges in Current Healthcare Systems:

Healthcare systems around the world are facing a myriad of challenges that are impacting the quality, accessibility, and affordability of healthcare services. These challenges are complex and multifaceted, requiring innovative solutions and a collaborative effort from policymakers, healthcare providers, and the public [14].

One of the most pressing challenges in healthcare today is the rising cost of care. Healthcare expenditures continue to escalate, putting a strain on individuals, families, and governments. The increasing cost of healthcare is driven by various factors, including the rising prices of medical services and pharmaceuticals, the growing burden of chronic diseases, and the aging population. As a result, many people are struggling to afford essential healthcare services, leading to disparities in access to care and health outcomes [15].

Another significant challenge facing healthcare systems is the shortage of healthcare professionals. The demand for healthcare services is outpacing the supply of qualified healthcare providers, leading to workforce shortages in various healthcare settings. This shortage is particularly acute in rural and underserved areas, where access to healthcare services is already limited. Addressing the healthcare workforce shortage requires strategic investments in education, training, and retention programs to attract and retain healthcare professionals [16].

In addition to cost and workforce challenges, healthcare systems are also grappling with issues related to quality and patient safety. Medical errors, hospital-acquired infections, and other adverse events continue to pose a threat to patient well-being and trust in the healthcare system. Improving quality and safety in healthcare requires a culture of transparency, continuous learning, and the implementation of evidence-based practices. Healthcare organizations must prioritize patient safety initiatives and invest in technologies that enhance the quality of care delivery [16].

Furthermore, healthcare systems are facing increasing pressure to embrace digital transformation and adopt innovative technologies. The shift towards digital health solutions, such as electronic health records, telemedicine, and wearable devices, has the potential to improve care coordination, enhance patient engagement, and drive efficiencies in healthcare delivery. However, the adoption of digital health technologies also presents challenges related to data privacy, interoperability, and cybersecurity. Healthcare organizations must navigate these challenges while harnessing the power of technology to transform healthcare delivery [17].

Moreover, healthcare systems are contending with the growing burden of non-communicable diseases, such as cardiovascular disease, diabetes, and cancer. These chronic conditions are major contributors to morbidity and mortality worldwide, placing a significant strain on healthcare resources and infrastructure. Preventing and managing chronic diseases require a holistic approach that

encompasses health promotion, disease prevention, early detection, and comprehensive care management. Healthcare systems must prioritize preventive measures and invest in population health initiatives to address the growing burden of chronic diseases [17].

The challenges facing current healthcare systems are complex and multifaceted, requiring a coordinated and strategic response from stakeholders across the healthcare ecosystem. Addressing these challenges will necessitate innovative solutions, policy reforms, and investments in healthcare infrastructure, workforce development, and technology. By working together to overcome these challenges, we can create a more sustainable, equitable, and patient-centered healthcare system that meets the needs of individuals and communities around the world [18].

Strategies for Enhancing Interdisciplinary Collaboration:

In today's complex and interconnected world, interdisciplinary collaboration has become increasingly important in order to tackle the multifaceted challenges that we face. By bringing together individuals from different disciplines, interdisciplinary collaboration can lead to innovative solutions that would not be possible through a single disciplinary approach. However, effective interdisciplinary collaboration is not always easy to achieve [18].

One of the key strategies for enhancing interdisciplinary collaboration is to foster a culture of collaboration within an organization or team. This involves creating an environment where individuals feel comfortable sharing their ideas and perspectives, regardless of their disciplinary background. This can be achieved through team-building exercises, regular meetings to discuss progress and challenges, and recognition of the value that each team member brings to the table. By promoting a culture of collaboration, team members are more likely to work together effectively and leverage each other's expertise to achieve common goals [19].

Another important strategy for enhancing interdisciplinary collaboration is to build trust among team members. Trust is essential for effective collaboration, as team members must be able to rely on each other to fulfill their roles and responsibilities. Building trust can be achieved through open and honest communication, active listening, and a willingness to compromise and find common ground. By fostering trust among team members, interdisciplinary collaboration can be more productive and successful [20].

In addition to fostering a culture of collaboration and building trust among team members, leveraging technology can also enhance interdisciplinary collaboration. Technology can facilitate communication and knowledge sharing among team members, regardless of their physical location or disciplinary background. Tools such as video conferencing, collaborative project management software, and shared online platforms can help team members to work together more effectively and efficiently. By leveraging technology, interdisciplinary collaboration can be more seamless and productive [21].

Interdisciplinary collaboration is essential for addressing the complex challenges that we face in today's world. By implementing strategies such as fostering a culture of collaboration, building trust among team members, and leveraging technology to facilitate communication and knowledge sharing, interdisciplinary collaboration can be enhanced and lead to innovative solutions. By working together across disciplines, we can achieve greater impact and make a positive difference in the world [22].

Impact of Interdisciplinary Care Coordination on Patient Outcomes:

Interdisciplinary care coordination is a collaborative approach to healthcare that involves various healthcare professionals working together to provide comprehensive and coordinated care to patients. This approach recognizes that healthcare is complex and requires input from multiple disciplines to ensure that patients receive the best possible care. In recent years, there has been growing recognition of the importance of interdisciplinary care coordination in improving patient outcomes. This essay

will explore the impact of interdisciplinary care coordination on patient outcomes and discuss the benefits of this approach [23].

Interdisciplinary care coordination has been shown to have a number of benefits for patients. One of the key benefits is improved communication between healthcare providers. When healthcare professionals from different disciplines work together, they are able to share information more effectively and ensure that all aspects of a patient's care are taken into account. This can help to prevent errors and ensure that patients receive the most appropriate care [23].

Interdisciplinary care coordination also helps to ensure that patients receive holistic care that takes into account their physical, emotional, and social needs. By involving professionals from different disciplines, patients can benefit from a more comprehensive approach to their care that addresses all aspects of their health and well-being. This can lead to improved patient satisfaction and better outcomes [24].

Another benefit of interdisciplinary care coordination is improved efficiency and coordination of care. When healthcare professionals work together, they can streamline processes and ensure that care is delivered in a timely and efficient manner. This can help to reduce wait times, prevent unnecessary tests and procedures, and improve the overall quality of care that patients receive [25].

The impact of interdisciplinary care coordination on patient outcomes has been well documented in the literature. Studies have shown that patients who receive care from a coordinated team of healthcare professionals have better outcomes than those who do not. For example, a study published in the *Journal of General Internal Medicine* found that patients with diabetes who received care from an interdisciplinary team had better glycemic control and were more likely to achieve their treatment goals than those who received care from a single provider [26].

Interdisciplinary care coordination has also been shown to improve patient safety. By involving professionals from different disciplines in a patient's care, errors are less likely to occur and patients are less likely to experience adverse events. This can help to reduce hospital readmissions, prevent medication errors, and improve overall patient safety [27].

In addition, interdisciplinary care coordination has been shown to improve patient satisfaction. When patients receive care from a coordinated team of healthcare professionals, they are more likely to feel that their needs are being met and that their care is being managed effectively. This can lead to higher levels of patient satisfaction and improved patient engagement in their care [28].

Interdisciplinary care coordination has a significant impact on patient outcomes. By involving healthcare professionals from different disciplines in a patient's care, patients can benefit from improved communication, holistic care, efficiency, and coordination of care. This can lead to better outcomes, improved patient safety, and higher levels of patient satisfaction. As healthcare continues to become more complex, interdisciplinary care coordination will play an increasingly important role in ensuring that patients receive the best possible care [29].

Role of Technology and Health Informatics:

Technology and health informatics have become integral components in the healthcare industry, revolutionizing the way patient care is delivered and managed. Health informatics is the intersection of healthcare, information technology, and business, aimed at improving the quality and efficiency of healthcare delivery through the use of data, technology, and information systems. This essay will explore the role of technology and health informatics in healthcare, highlighting their benefits and challenges [30].

One of the key roles of technology in healthcare is to improve patient care and outcomes. Electronic Health Records (EHRs) have replaced traditional paper-based records, allowing healthcare providers to access and share patient information easily and securely. This has led to better coordination of care, reduced medical errors, and improved patient safety. Additionally, telemedicine and remote monitoring technologies have enabled healthcare providers to deliver care to patients in remote or underserved areas, improving access to healthcare services and reducing healthcare disparities [31].

Technology has also played a crucial role in medical research and innovation. Advanced imaging technologies, such as MRI and CT scans, have revolutionized the diagnosis and treatment of various medical conditions. Genetic testing and precision medicine have enabled personalized treatment plans based on an individual's genetic makeup, leading to more effective and targeted therapies. Furthermore, wearable devices and health apps have empowered individuals to take control of their health by tracking their fitness, nutrition, and overall well-being [31].

Health informatics has also transformed healthcare administration and management. Health information systems, such as Electronic Medical Records (EMRs) and Practice Management Systems, have streamlined administrative tasks, such as scheduling appointments, billing, and claims processing. Data analytics and business intelligence tools have enabled healthcare organizations to analyze large volumes of data to improve operational efficiency, identify trends, and make informed decisions. Additionally, interoperability standards and Health Information Exchanges (HIEs) have facilitated the seamless exchange of patient information among different healthcare providers, improving care coordination and continuity [32].

Despite the numerous benefits of technology and health informatics in healthcare, there are also challenges that need to be addressed. One of the major challenges is data security and privacy concerns. With the increasing use of electronic health records and digital health technologies, there is a risk of data breaches and unauthorized access to sensitive patient information. Healthcare organizations need to implement robust security measures and compliance with regulations, such as the Health Insurance Portability and Accountability Act (HIPAA), to protect patient data [33].

Another challenge is the digital divide, where certain populations may not have access to or be proficient in using technology. This can lead to disparities in healthcare access and outcomes. Healthcare providers need to ensure that technology is accessible and user-friendly for all patients, regardless of their socioeconomic status or digital literacy [33].

Technology and health informatics play a vital role in transforming healthcare delivery, improving patient care, and driving innovation in the healthcare industry. While there are challenges that need to be addressed, the benefits of technology in healthcare far outweigh the risks. By leveraging technology and health informatics effectively, healthcare organizations can enhance the quality, efficiency, and accessibility of healthcare services, ultimately improving the health and well-being of individuals and communities [34].

Recommendations for Promoting Effective Interdisciplinary Care Coordination:

Effective interdisciplinary care coordination is essential for providing high-quality healthcare to patients. When healthcare providers from different disciplines work together seamlessly, patients receive more comprehensive and holistic care that addresses their physical, emotional, and social needs. However, coordinating care across disciplines can be challenging due to differences in training, communication styles, and organizational structures. In order to promote effective interdisciplinary care coordination, healthcare organizations must implement strategies that facilitate collaboration and communication among team members [35].

One of the key recommendations for promoting effective interdisciplinary care coordination is to establish clear roles and responsibilities for each team member. By defining the roles of physicians, nurses, social workers, therapists, and other healthcare professionals, team members can understand their contributions to the patient's care plan and work together more effectively. Clear communication of roles and responsibilities can prevent duplication of efforts, reduce conflicts, and improve efficiency in care delivery [36].

Another recommendation for promoting effective interdisciplinary care coordination is to use technology to facilitate communication and information sharing among team members. Electronic health records, secure messaging platforms, and telehealth tools can help team members access patient information, communicate with each other, and coordinate care more efficiently. By

leveraging technology, healthcare organizations can streamline care coordination processes, reduce errors, and improve patient outcomes [37].

Furthermore, healthcare organizations should prioritize interdisciplinary team meetings and case conferences to discuss complex cases and develop coordinated care plans. These meetings provide an opportunity for team members to share their expertise, collaborate on treatment strategies, and address any challenges in care coordination. By fostering a culture of collaboration and teamwork, healthcare organizations can enhance interdisciplinary care coordination and improve patient outcomes [38].

In addition, healthcare organizations should invest in training and professional development opportunities for team members to enhance their skills in interdisciplinary care coordination. By providing education on effective communication strategies, conflict resolution techniques, and teamwork skills, healthcare organizations can empower team members to work together more effectively and deliver high-quality care to patients. Training programs can also help team members understand the importance of interdisciplinary care coordination and motivate them to collaborate with each other [38].

Lastly, healthcare organizations should involve patients and their families in the care coordination process to ensure that their preferences, values, and goals are incorporated into the care plan. By engaging patients as active partners in their care, healthcare providers can promote patient-centered care and improve patient satisfaction. Patients and families can provide valuable insights into their healthcare needs, preferences, and goals, which can inform the development of a comprehensive and personalized care plan [39].

Promoting effective interdisciplinary care coordination is crucial for delivering high-quality healthcare to patients. By implementing the recommendations discussed [40].

Conclusion:

In conclusion, enhancing interdisciplinary care coordination and communication in psychiatry, nursing, surgical nursing, internal medicine, physical therapy, laboratory services, pharmacy, and health informatics is essential to improving patient outcomes and overall quality of care. By fostering effective collaboration among healthcare professionals from different disciplines, patients can receive more comprehensive, personalized, and holistic care that addresses their unique healthcare needs. As healthcare continues to evolve and become more complex, it is imperative that healthcare organizations prioritize interdisciplinary care coordination as a key strategy for delivering high-quality, patient-centered care.

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