

Advocacy for Preventive Medicine: Insights from Integrated Healthcare Teams

Najla Turkey Alotaibi¹, Zainah Sarhan Al Qarni¹, Tahani Farhan Alenazi¹, Majed Muqbil Alotaibi¹, Afrah Dhafi Alanazi², Salwa Falah Alharbi¹, Ebtessam Homoud Alkwikby¹, Monerah Naif Al Otaiby¹

1. Pharmacist King Faisal Hospital - Makkah
2. Pharmacy Technician Medical Supply - Madinah
3. Pharmacy Technician King Faisal Hospital -Makkah
4. Senior Pharmacist King Faisal Hospital - Makkah
5. Pharmacy Technician Hera General Hospital - Makkah
6. Pharmacist King Abdelaziz Hospital - Makkah

ABSTRACT

Preventive healthcare has now become an aspect of medical care that stresses the importance of tackling health risks proactively before they escalate into chronic or acute illnesses. This article delves into how collaborative healthcare teams play a role, in promoting and executing measures. With the power of teamwork in play these teams can bridge gaps in education early detection methods and long term health planning. The research sheds light on advocacy principles like communication, patient empowerment and collaborative decision making while navigating obstacles such, as limited resources and reluctance to embrace change. Here are some helpful suggestions to improve the involvement of groups, in promoting healthcare and nurturing healthier societies.

KEYWORDS: preventive healthcare, acute illnesses.

1. Introduction

The saying "prevention is better, than cure" holds true in the field of healthcare today like it always has been. Tracking and addressing health risks through medicine has been shown to be a highly successful method for enhancing overall population health and easing the strain on healthcare systems. From handling lifestyle related illnesses to stopping the spread of diseases prioritizing prevention is key, to maintaining a healthcare system. The execution of methods can encounter obstacles, like disjointed healthcare services and insufficient patient involvement and conflicting clinical agendas. Met integrated healthcare teams including practitioners nurses dietitians mental health experts and more provide a remedy. Through joint efforts these teams can develop holistic approaches centered on patients, for preventive healthcare.

This study investigates how collaborative teams can support the promotion of healthcare by discussing their advantages and obstacles while offering approaches to achieve this goal effectively and sustainably.

Main Principles of advocating for medicine.

To effectively advocate for medicine it is essential to adhere to three principles.

1. Proactive Communication

Ensuring open and proactive communication is key, to keeping all team members and patients informed about measures such, as regular updates regarding screening schedules and risk assessments alongside lifestyle advice.

Empowering Patients

2. Patient Empowerment

Advocacy extends past treatments. Includes empowering individuals to assume responsibility, for their well being by educating them on risk factors and the importance of preventive screenings and adopting healthy habits, for long term wellness.

3. Shared Decision-Making

When various viewpoints, from the healthcare team are considered and patients are included in making decisions, about care plans the result's personalized and more efficient preventive care strategies. This approach helps build trust and encourages compliance with measures.

These principles establish a foundation for teams to function smoothly and ensure that preventive healthcare is not just promoted but also put into practice successfully.

Advantages of Collaborative Teams in Preventive Healthcare

- Holistic Patient Care

Combined teams unite a set of skills to adopt a strategy, toward prevention of health issues as a whole picture scenario is taken into account in addressing patients needs effectively.

- Early Detection and Intervention

Early detection of health risks is facilitated by working as a team to communicate regularly and identify potential issues, like high blood pressure or abnormal lab results swiftly for prompt resolution. This proactive approach not enhances outcomes. Also helps in cutting down healthcare expenses by averting complications.

- Patient Engagement

When patients witness a team supporting their well being collectively and spreading a message, about the significance of preventive care at various interactions like appointments and follow up communications; they tend to be more inclined towards adopting preventive measures, for their health.

- Reduced Systemic Burden

Preventive healthcare helps lighten the load, on healthcare systems by lowering the number of hospital admissions and emergency visits while minimizing the requirement, for treatments. Team collaboration enhances measures by making them

more effective and cutting down on efforts.

Difficulties Encountered When Applying Preventive Healthcare Practices

- **Competing Priorities**

In healthcare environments precautionary measures are frequently overshadowed by urgent matters. Incorporating tactics, into procedures demands a change, in perspective and emphasis.

- **Resource Limitations**

Preventive healthcare depends on tools, for screening patients and educating them about their health issues in order to offer counseling time afterwards—however many healthcare systems struggle with budget restrictions that prevent them from investing in these crucial areas.

- **Resistance to Change**

Both patients and healthcare professionals may hesitate to embrace measures; patients tend to focus on issues rather, than potential future risks while providers may be reluctant to stray from their usual practices.

- **Coordination Gaps**

Communication breakdowns, between team members can disrupt the execution of measures. Make it challenging to maintain consistency and effectiveness, in implementing preventative strategies without established protocols and collaborative systems in place.

Tips for Improving Advocacy

- **Establishing a culture focused on prevention.**

Healthcare groups ought to include care as a principle, in their practices by holding routine team gatherings to talk about preventive objectives and achievements while acknowledging and appreciating team members who lead the way, in preventive initiatives.

- **Leverage Technology**

Tools, like health records (also known as EHR systems) along with platforms for managing population health can help pinpoint patients at risk and keep track of measures while improving communication among healthcare teams effectively. It's also beneficial to utilize automated reminders for screenings or check ups to encourage adherence, to protocols.

- **Educating patients.**

Educating patients plays a role, in healthcare efforts by offering easy to access materials, like pamphlets or online resources to help them grasp the significance of prevention techniques better and longer lasting by involving them in setting goals and planning actions.

- **Define Roles Clearly**

Effective teamwork relies on role distinctions to ensure that each team member plays a part in preventive measures. Such, as conducting screenings by nurses s providing counseling by GPs and monitoring medication adherence, by pharmacists.

- **Enhance Leadership Skills**

Effective leadership plays a role, in driving progress and transformation within an organization or team environment. Leaders must actively support measures. Allocate necessary resources while also ensuring that teams receive the required training and assistance to achieve their goals effectively.

Future Directions

As healthcare systems progress, over time the significance of medicine will only increase. Moving forward there should be a concentration on incorporating analytics and artificial intelligence to better pinpoint at risk groups. Moreover it will be vital to enhance the availability of services in marginalized areas to strive for equality, in healthcare. Studying the lasting effects of collaborative prevention efforts can offer lessons for enhancing results and expanding approaches.

2. Conclusion

Preventive healthcare goes beyond being a goal. It's an essential method, for enhancing health results and lessening overall burdens on the systems shoulders. Teams in healthcare that are integrated play a part, in supporting and putting into effect tactics by pooling a range of skills to meet patients intricate needs effectively.

Despite facing obstacles, like resources and reluctance to change that still persist today in the healthcare sector these issues can be tackled with communication empowering patients and effective leadership. Through promoting a mindset of prevention and utilizing technology healthcare professionals can develop frameworks that emphasize healthcare.

The advancement of healthcare relies on teamwork and partnership collaboration, among groups of professionals in the healthcare sector to revolutionize the way we approach health management and create more resilient and effective healthcare systems, for the well being of communities.

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