

Enhancing Post-Acute Patient Recovery: Specialized Collaboration between Nursing Care, Health Administration, and Physical Therapy Management

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ABSTRACT

Introduction: Post-acute care has been identified as a critically important segment of care delivery system as the patient undergoes the process of recovery or rehabilitation after the critical stage of illness or injury but still require close monitoring, medical attention, physical therapy or other types of intervention to enable independence. Post-Acute care is a series of intricate and approach multifaceted interventions that are tailored to help patients in the recovery process from major surgery, ongoing chronic illness, or trauma. Integral to this recovery path is the convergence of professionalisation of distinct specialty areas; nursing care, health administration, physical therapy management, each having its peculiar view in patient-centredness.

Aim of work: To explore the specialized collaboration between nursing care, health administration, and physical therapy management in enhancing post-acute patient recovery.

Methods: We conducted a comprehensive search in the MEDLINE database's electronic literature using the following search terms: Post-Acute, Patient Recovery, Collaboration, Nursing Care, Health Administration, and Physical Therapy Management. The search was restricted to publications from 2016 to 2024 in order to locate relevant content. We performed a search on Google Scholar to locate and examine academic papers that pertain to my subject matter. The selection of articles was impacted by certain criteria for inclusion.

Results: The publications analyzed in this study encompassed from 2016 to 2024. The study was structured into various sections with specific headings in the discussion section.

Conclusion: Recovery following an acute phase is a convoluted and not a simple phase, requiring the input of many health personnel in different fields. Nursing care, health administration and physical therapy management are some of the critical factors that horn in this process in order to help patients to regain their independence, increase functionalities and fulfill the overall recovery

results. Although faced with different challenges, nurses gave direct care, taught patients and offered emotional support, health administrators secured efficient coordination, supervision of resources and financial representation while physical therapists primarily led the team in the process of regaining function and movement. Such professionals ensure that they develop a holistic post-acute care model which shows how much post-acute care doctors and other care givers rely on each other in order to make their patients recover as soon as possible. Of course, as the healthcare systems are changing, collaboration between these disciplines will play a crucial role in advancing the quality and outcomes of the post-acute care setting and help patients reach the desired result.

Keywords: Post-Acute, Patient Recovery, Collaboration, Nursing Care, Health Administration, and Physical Therapy Management

INTRODUCTION

Post-acute care is defined as that part of the healthcare spectrum following the acute stage of an illness or injury when patients require more extensive medical care, treatment or therapy, or assistance to live independently for some more time (Beutler, 2016). Postacute care can refer to the period of variable length of time after major surgery, chronic illness, or trauma to facilitate the patients' recovery, motor and cognitive functioning and overall well-being. At the core of this recovery mission is the Interprofessional teamwork involving the nursing care, Health administration and Physical Therapy management where each arm or team operates from a different perception yet is charged with the similar responsibility of enhanced patient care (Leung, 2022).

Skilled nursing is typically the cornerstone of post-acute rehabilitation as this is the type of care that may entail the highly personal, close to the bone kind of assistance required to address medical issues and track outcomes. Nurses are responsible for patient's care, voices and education of the patient on the required procedures to follow to avoid adverse implications. The knowledge they possess as specialist in wound management, administration of pain, administration of medication, psychological support, they are very crucial in the transition phase between being a hospital inpatient and being exact a full recomposition. Further, nurses facilitate a healing ambiance by subsidizing a patient's emotional and psychological issues that normally relate to long recovery times(Gutenbrunner et al., 2022)

Post acute care services have essential organizational and logistical support role that is played by health administration. Managers and/or directors supervise staff resources for the service, adherence to rules and guidelines, and pay attention to processes that integrate varied professionals from different disciplines into patient care. They also participated actively in the growth of care maps that streamline care delivery, have fewer re-admissions and higher patient satisfaction. Health administrators also involve themselves in strategic planning, meaning that they incorporate new knowledge in care delivery within post-acute facilities besides implementing technologies (Wang et al., 2019).

Physical therapy management relies strictly on the movements and the ability of the patient to be mobile and initiate necessary changes on their own and improve overall. Physical therapy is planned on each client's case dependent on the chronic or acute illness or injury they are suffering from and the resultant disability. They use their hands on approaches and exercise schedules not only early the patient's physical rehabilitation but also reduce the risk of other conditions such as

wastage away or joint stiffness. In addition, physical therapists are equally involved in providing patients and care givers with long term management advice on how to avoid similar situations (Alotaibi et al, 2022).

These three disciplines, nursing, health administration, and physical therapy, are built into the core of quality post-acute care. Through it, they guarantee that while meeting the recovery needs of a patient, the process is not only efficient and comprehensive, but also smooth. For instance, a plan of care to prepare a patient that has undergone hip replacement surgery might have a plan of care where nurses will be assessing and treating pain and wound care, physiotherapist will oversee exercising regimes, and health administrators will oversee appointment schedules and insurance approvals. Combined, they form a synergistic system of care, that encompasses medical, functional and transport needs for healing and recovery (Rouch, 2023).

Since the enhancement of post-acute care services, the need for such services will increase because of increasing global population age, increase in the prevalence of chronic diseases, and improvement in effective medical treatments. This changing environment gives rise to a requirement for specialized integration of nursing care, health administration, and management of physical therapy. Besides, both types of caregivers' interaction contributes not only to the patients' better well-being but also to the higher effectiveness, availability, and cost-effectiveness of healthcare services and improved quality of life for patients in the further development of post-acute recovery initiatives (Geng et al., 2024).

AIM OF WORK

The purpose of this review is to examine the specialized collaboration of nursing, health administration, and physical therapy management in improving recovery after acute care among patients. It aims to delineate the roles and contributions of each profession in order to demonstrate how they work together to create a holistic, patient-centered approach toward optimizing recovery outcomes. The review thus emphasizes the need for interdisciplinary teamwork in enhancing post-acute care and the patients overall health as they transition from acute care settings to rehabilitation and recovery. By examining these healthcare professionals' specific synergies, the essay aims to demonstrate the necessity of these professionals working and collaborating together for the enhancement of post-acute care in institutions and healthcare organizations.

METHODS

A thorough search was carried out on well-known scientific platforms like Google Scholar and Pubmed, utilizing targeted keywords such as Post-Acute, Patient Recovery, Collaboration, Nursing Care, Health Administration, and Physical Therapy Management. The goal was to collect all pertinent research papers. Articles were chosen according to certain criteria. Upon conducting a comprehensive analysis of the abstracts and notable titles of each publication, we eliminated case reports, duplicate articles, and publications without full information. The reviews included in this research were published from 2016 to 2024.

RESULTS

The current investigation concentrated on the specialized collaboration between nursing care, health administration, and physical therapy management in enhancing post-acute patient recovery between 2016 and 2024. As a result, the review was published under many headlines in the discussion area, including: The Role of Nursing Care in Post-Acute Recovery, Health Administration: Ensuring Effective Coordination and Resource Management, Physical Therapy Management: Restoring Functionality and Independence and Specialized Collaboration: The Key to Comprehensive Post-Acute Recovery

DISCUSSION

The period after recent hospitalization and recovery is a critical part of the continuum of health care between acute care and rehabilitation, home care, or long-term care. It signifies a period during which complications of hospital admission must be avoided with readmission being prevented in possible terms. Effective recovery can be achieved as a multi-faceted process characteristic of a collaborative interdisciplinary approach requiring specialized teams within the healthcare system (Burke et al., 2016). Nursing care, health administration, and physical therapy management are the most important contributors during post-acute care. They collaborate in the development of an integrated and cohesive patient care plan individualized to each patient focusing on the holistic aspect of well-being. The significance of this essay, therefore, rests on analyzing the roles and contributions of nursing, health administration, and physical therapy management to successful post-acute patient rehabilitation, with a focus on how their certain touch might optimize outcomes.

The Role of Nursing Care in Post-Acute Recovery

Most of the time, when a patient recovers post-acute, most nursing care brings nurses into closer contact with the patient. They provide bedside care and are alert to any potentials for complications and monitor goal achievement during recovery (Hatch, 2021). For post-acute care, nursing primarily includes assessment of patients, which has very many areas. Some areas include taking regular vital signs, dressing wounds, giving medicines, and assisting in movement. Nurses learn to identify symptomatology early and, by rapid intervention, avert further problems from developing. Other areas of support for chronic disease management include monitoring patients' compliance with the drug regimens and providing strategies for symptom control in the case of pain, anxiety, or depression (Shi et al., 2021).

In addition, patients are empowered through nurses in education. Post-acute recovery is often a phase where patients have most often to change lifestyle, including trading some things for healthier ones, starting different medication regimens, and learning how to adapt to symptoms of chronic illnesses. They will provide the necessary education and information between the two during this transition such as teaching right nutrition, physical exercise, self-monitoring techniques, and preventive care. For example, a nurse could teach a patient recovering from surgery about proper incision care and how to identify infection signs, as well as exercises to improve mobility. Such knowledge is critical in empowering, enhancing adherence to care plans, and potentially reducing readmission rates for patients (Ponpinij, 2017).

From an emotional, psychological, and supportive perspective, nurses take care of both the patient and their family members. It's tough for patients since this is the stage where they are getting used to their newly found physical and emotional realities. Nurses are trained to address and refine the patient's experience in a way that demonstrates empathetic understanding, the establishment of trust, and an ear to listen. It's one of the ways they help patients move through and overcome the psychological challenges of recovery. Families are also helped and provided with information around the care for their loved one so that transferring from the acute environment of their loved one back to home or rehabilitation care could be smooth (Shorofi et al, 2016).

Health Administration: Ensuring Effective Coordination and Resource Management

In a post-acute recovery scenario, health administration becomes instrumental in the building of bridges to create smooth pathways in the entire healthcare system. A health administrator will coordinate the logistical aspects of care-allocation of resources and recruitment of staff, policy implementation-by ensuring that people receive services as soon as possible and in the best manner possible. For example, health infrastructures and resources must be put in place to make a patient's recovery possible (Greenhalgh et al., 2020).

Care coordination, in fact, one of the most import roles of health administration. as post-acute patients, probably, require quite a triage of services, for instance, nursing care, physical therapy, medication management, and sometimes even psychological counseling or support. They will be able to present himself to the health administrator who will facilitate the communication process between the various departments when everyone on the entire team is trying to get to the same goal simultaneously. Therefore, all those who will schedule appointments for the patient's therapy, deliver medical supplies, and provide a means of transport to those who will be going under treatment or follow up after treatment will be managed by a health administrator. Hence, by coordinating care, health administrators ensure that there will be less chance to have fragmented care, prevent delays in treatment, and provide that the patient receives consistent and continuous support throughout the recovery process (Rundall et al., 2016).

In addition to coordination, health administrators will also be responsible for the financial aspect of managing post-acute recovery. Many patients will need either long-term rehabilitation or home care or outpatient services, and the costs are often astronomically high for all of these services. Required services may include helping patients understand insurance and billing, contacting insurance companies, and working with patients and families to improve understanding of their options and out-of-pocket costs. This financial advocacy is vital in reducing the pressure and burden placed on patients and families that otherwise distract them from focusing on the process of recovery (Wang et al., 2019) .

Other functions of health administration include continuous evaluation and improvement of post-acute care services. To measure the effectiveness of the care offered, administrators use data from patient outcomes along with satisfaction surveys and quality measures. Thus, improvement initiatives may be implemented based on data analysis that indicates areas that need development. On a parallel level, health administrators make efforts to stay updated with healthcare regulations and policies for their health organizations to keep in compliance and uphold maximum standards of care (Bhati et al., 2023).

Physical Therapy Management: Restoring Functionality and Independence

Physical therapy is the mainstay of post-acute recovery, particularly for patients recovering from surgeries, accidents, or serious illnesses. Physical therapists move people's bodies; they work their magic in post-acute care so that patients can really use their bodies and regain their mobility. The aims of post-acute physical therapy are pain reduction, increased strength, bigger range of motion, and avoiding injury (Smith et al., 2020).

Assess the patient's current physical condition incognizantly from head to toe. This would include examination of the patient's strength, flexibility, coordination, and endurance, and identification of the factors that may complicate his recovery. Informed of the evaluation, the physiotherapist now formulates a program to meet specific rehabilitation objectives that include exercises and techniques readily available to achieve maximum results from the patient. For example, for hip replacement, he might prescribe exercises essential for muscle strengthening around the joint and for maintaining balance, while a stroke patient would be expected to perform specific tasks and exercises aimed at reprogramming the brain to relearn fine motor skills (Malone & Bishop, 2024).

Once again, the physical therapist ensures that the patient understands the need for exercise and movement for recovery. Most times, post acute recovery entails an active involvement of patients in physical exercise programs; these encourage the patient developed weak musculature to regain its strength and help in preventing problems like muscle atrophy or joint stiffness. The physical therapist guides the patient through rehabilitation-exercise program, but it also educates the patient on how to utilize and incorporate physical activity into the daily routine. This education helps understand patients what rehabilitation means for them for the long term, which will enhance compliance and even better motivation at knowing their end of recovery (McNeely et al., 2016).

In addition to your specific body rehab, a physical therapist will have worked to consider environmental barriers in the recovery process. For example, they may advise the home health assessment to assess safety in the home environment; for example, they may recommend adding grab bars in bathrooms or adding a ramp for wheelchair access. These changes are critical for reducing the risk of falls and creating a recovery environment. Physical therapists liaise with nurses and health administrators to ensure that such changes are made in broad comprehensive care (Coletta et al, 2022).

Specialized Collaboration: The Key to Comprehensive Post-Acute Recovery

It is very important to have integrated nursing care, health administration, and management of physical therapy in order to maximize recovery after an acute condition. It is through the combined integrated systems that a comprehensive patient-centered approach to recovery is designed because each discipline brings in specialized expertise and competences (Chen et al., 2024). These collaborations provide to ensure that, at the end of the treatment, a patient leaves with the best possible quality of care toward meeting recovery goals while preventing any setbacks.

The attempted joint efforts between each of the healthcare providers with whom a patient consults include a starting point in creating such a process: clear communication and mutual respect among professionals. Nurses conduct a physical assessment and monitor patient progression, sharing with physical therapists their relevant findings to enable the development of individualized rehabilitation plans. Service coordination such as home care, transportation, and financial assistance is ensured under the health administrators to enable patients to access all resources and assistance they may need. In this way, the healthcare professional together can make transitions as seamless as possible from the acute care system to post-acute recovery, improving overall outcomes and minimizing the chances of readmission (Chiu et al., 2021).

In addition, interdisciplinary collaboration will ensure that the patients' needs are met in terms of the emotional and psychosocial. Nurses and physical therapists work together to ensure rapport with patients, encouragement, and addressing concerns about recovery. They will be supported by health administrators by providing counseling or linking patients to mental health professionals. All of these will improve physical recovery and, what is more interesting, even form an emotional well-being that is vital for a successful process of recovery (Ranford et al., 2019).

CONCLUSION

This intense high-acute patient recovery properly takes place at this stage of the healthcare continuum and requires the best synergized and multidisciplinary collaboration approach. Nursing care, health administration, and physical therapy all add value in supporting patients toward this transition. Nurses provide direct care, monitor patient progress, educate, give emotional support, or empower patients throughout the recovery process. Health administrators ensure that post-acute care functions smoothly in terms of coordinating various services offered, managing resources, and overseeing financial aspects that reduce logistical barriers for patients in improving care delivery. Physical therapists concern themselves with the restoration of physical function and mobility through individualized rehabilitation plans to enhance the capability of patients to regain strength and independence.

The cooperation of these specialties forms the foundation upon which recovery will be built. Post-acute patient care multidisciplinary: nursing, health administration, and physical therapy seamless and holistic form care that incorporates into its design the emotional and psychological and logistical needs alongside the physical in the recovery process. Such patient management would avert unwanted complications and readmissions on the way to a shared understanding for the same health goal. Further, mutual respect and effective communication among these professionals would be vital for the collaborative efforts as they went through all the patient needs and continued to evaluate progress. Most importantly, teamwork and collaborative actions toward the entire care plan would lead to fruitful results for the patient. As healthcare systems evolve, fostering interdisciplinary collaboration will remain essential in enhancing the quality and efficiency of post-acute care, ensuring that patients have the resources and support needed for a successful recovery and a better quality of life.

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