

Talent-Driven Gamechangers

ACQUISITION-PERFORMANCE-RETENTION-PLANNING-MODELS

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The Importance of Multidisciplinary Teams in Digital Healthcare



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Multidisciplinary teams in healthcare, enhanced by technology experts, offer a comprehensive approach to patient care. By incorporating data analysts and AI specialists, teams can utilise real-time health data from wearables and digital platforms, improving diagnostic accuracy and enabling personalised treatments. As digital health data grows, the need for tech-savvy teams will intensify, transforming healthcare through enhanced collaboration, predictive analytics and proactive interventions.

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key points

- Multidisciplinary teams address complex health needs through diverse expertise.
- Technology experts enhance data-driven, personalised healthcare.
- Wearables and AI improve real-time health monitoring and decision-making.
- Predictive analytics support preventive care and reduce hospital readmissions.
- Collaborative platforms optimise resources and enhance patient experience.

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Expanding Multidisciplinary Teams in Digital Healthcare

A multidisciplinary team in healthcare comprises professionals from various fields working together to manage patient care. This collaboration may include doctors, nurses, pharmacists, social workers, physical therapists, nutritionists, psychologists and other health specialists, each contributing their unique expertise. As healthcare becomes more digitised, the composition of these teams has expanded to include technology and data experts. Data analysts, systems engineers and digital health specialists play crucial roles in collecting and processing health information provided by patients, as well as in integrating technologies that enhance care delivery. By combining these specialities, teams can develop more comprehensive and personalised strategies for each patient, addressing their physical, mental and social health needs.

In today's healthcare landscape, the complexity of health challenges requires a coordinated and diverse approach that only multidisciplinary teams can provide. Health issues are increasingly multifactorial, encompassing everything from chronic diseases to new threats like pandemics and environmental changes. This context demands the involvement of multidisciplinary teams that extend beyond traditional roles like doctors, nurses and pharmacists. It is essential to include technology experts with crucial skills in data analysis, digital health and technology. These teams facilitate effective collaboration among professionals from various fields to address patient needs with a comprehensive approach.

Advances in remote monitoring technologies, wearables and digital health platforms have broadened the range of data available on patients, allowing for a more continuous and thorough view of their health. However, healthcare teams need professionals skilled in analysing and interpreting large volumes of information for this data to be useful in clinical decision-making.

The Current Healthcare Landscape and the Impact of Technology on Patient Care

In modern healthcare, the digitalisation of services and the increasing amount of data generated have reshaped care methods. Wearable devices now allow continuous monitoring of various factors such as heart rate, physical activity, sleep and other biomarkers. This information provides a valuable source of real-time data that, if properly analysed, can significantly improve the accuracy and speed of diagnosing and treating chronic diseases.

Additionally, integrating big data and predictive analytics enables more personalised approaches to medical care. However, these benefits can only be fully realised by including data analysts and technology experts in healthcare teams. These professionals interpret data in meaningful ways for clinical practitioners. In this sense, technology does more than complement medicine; it transforms the traditional healthcare model.

Advances in remote monitoring technologies, wearables, and digital health platforms have broadened the range of data available to patients, allowing for a more continuous and comprehensive view of their health. AI and AGI technologies enable these data to be analysed in real-time, providing actionable insights that can significantly improve clinical decision-making. For example, AI algorithms can predict potential health deteriorations, allowing for proactive interventions that enhance patient care and reduce hospital readmissions.

The Necessity of Advanced Technology: AI and AGI in Healthcare

As healthcare systems become increasingly digitised, integrating advanced technologies such as Artificial Intelligence (AI) and Artificial General Intelligence (AGI) has become indispensable. AI technologies facilitate the processing and analysis of vast amounts of health data, enabling more accurate diagnoses, personalised treatment plans and predictive analytics that can anticipate patient needs before they arise. AGI, with its potential to understand, learn and apply knowledge across a wide range of tasks, promises to revolutionise healthcare by providing even more sophisticated decision-making support and automation capabilities.

AI-driven tools, such as machine learning algorithms, can identify patterns in patient data that may be imperceptible to human clinicians, leading to earlier disease detection and more effective interventions. Although still in developmental stages, AGI holds the

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Integrating Technology Experts in Healthcare

The emergence of wearable devices and the explosion of user-generated health data are transforming healthcare. This shift makes it essential for multidisciplinary teams to incorporate professionals skilled in emerging technologies and data analysis. According to IDC projections, by 2027, 40% of health data will be provided directly by patients through wearables. To effectively make decisions based on this data, technology experts will be indispensable members of healthcare teams.

promise of enhancing these capabilities by offering a more adaptable and comprehensive understanding of complex health scenarios. This would support multidisciplinary teams in making more informed and holistic decisions.

Integrating AI and AGI into healthcare teams ensures that technological advancements are leveraged to their full potential, enhancing the capabilities of healthcare professionals and improving patient outcomes. These technologies are not merely supplementary tools; they are becoming central components of modern healthcare delivery, making their inclusion in multidisciplinary teams necessary.



Advantages of Multidisciplinary Teams in Healthcare

- **Improved Communication and Coordination in Data-Guided Care.** One key benefit of multidisciplinary teams with technology experts is enhanced communication and coordination through digital systems and centralised data. For instance,

large-scale data analysis—boosts their sense of control over their health. A multidisciplinary team that includes technology professionals can design applications and digital health platforms that provide easy access to information on their health status, along with personalised reminders and advice. This creates a more centralised and coherent care experience, increasing patient satisfaction and trust.

“AI algorithms can predict potential health deteriorations, allowing for proactive interventions that enhance patient care and reduce hospital readmissions.”

electronic health record (EHR) systems allow all team members to access the most up-to-date patient information, reducing redundant tests and communication errors. Technology experts can also set up data flows that facilitate real-time decision-making, contributing to more timely and efficient care.

- **Holistic and Personalised Approach.** Integrating technology and data analysis in multidisciplinary teams allows for a more precise and personalised approach to patient health. This is particularly critical for managing chronic diseases, where data from wearables and other digital devices enables continuous monitoring tailored to each patient's specific needs. Data specialists can identify patterns and trends that help anticipate potential complications, allowing for early intervention and improved health outcomes.
- **Resource Optimisation and Reduced Healthcare System Burden.** Including technology experts not only facilitates more effective care but also optimises the use of healthcare resources. By implementing predictive analytics, teams can better anticipate and manage patient needs, reducing the risk of hospitalisations and associated costs. Automating processes through information technologies allows clinical staff to focus on more specialised tasks while data experts process large volumes of information more quickly and accurately.
- **Enhanced Patient Experience.** Patients' ability to receive personalised care based on their own data—enriched with insights from similar cases through

Similarly, robotics combined with 5G technology can connect professionals remotely, overcoming geographical barriers by enabling surgeries or prescribing treatments without the need to be physically present at the patient's location.

Examples of Technology-Focused Multidisciplinary Teams in Different Health Areas

- **Chronic Disease Management.** Chronic conditions, such as diabetes and hypertension, greatly benefit from wearables and real-time data analysis tools. A multidisciplinary team that includes technology specialists can develop continuous monitoring systems that alert healthcare professionals when anomalies are detected in patient data. This rapid and individualised response improves patients' quality of life and reduces complications.
- **Mental Health Care.** In the field of mental health, technology integration can include wellness apps and telemedicine platforms. Professionals within the multidisciplinary team develop tools for symptom tracking, allowing continuous mental health monitoring. This enables therapists and psychiatrists to receive real-time alerts and make immediate adjustments to treatments, enhancing both effectiveness and personalisation in care. However, achieving the expected outcomes requires a multidisciplinary team of doctors, therapists and technologists.

- **Palliative and End-of-Life Care.** Palliative care is another area where multidisciplinary teams with technological support have a positive impact. Through wearable and remote monitoring devices, teams can provide more comfortable and personalised care, allowing patients to stay home while maintaining constant symptom monitoring. Data experts analyse the generated information and share it with doctors, ensuring that any change in the patient's condition is quickly detected.

The Future of Multidisciplinary Teams with Integrated Technology in Healthcare

In the future, as the amount of data directly from patients via wearables increases, multidisciplinary teams in healthcare will become even more focused on technology. Big data analytics and artificial intelligence are expected to enable not only continuous monitoring but also advanced predictive capabilities. This shift will lead to more preventive and personalised healthcare

“These teams facilitate effective collaboration among professionals from various fields to address patient needs with a comprehensive approach.”

Challenges and Considerations in Implementing Technology-Focused Multidisciplinary Teams

Integrating technology into multidisciplinary teams presents several challenges. One major issue is the need to create adequate interoperability infrastructures and communication systems that facilitate teamwork across different professional roles. Implementing effective shared platforms and EHR systems is essential, though it requires significant investment and organisational change.

Continuous training is also crucial. Both healthcare and technology professionals must understand each other's roles within the team and foster a collaborative culture so that data is correctly interpreted and used in clinical decision-making.

and enable multidisciplinary teams to rely on increasingly accurate data to collaborate effectively across various disciplines.

In conclusion, multidisciplinary teams in healthcare, enhanced by the integration of technology experts, will not only improve patient care but also transform the health system to meet future needs better. In a context where real-time information and predictive analytics are becoming essential, collaboration between clinical professionals and technology experts will be crucial for addressing the challenges of 21st-century healthcare.

Conflict of Interest

None



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