**Case study critical evaluation**

**Introduction**

In the case study of Gabby Trunk, a 78-year-old woman with recurrent respiratory infections and COPD, the registered nurse's (RN) function in a collaborative multidisciplinary healthcare network is essential to attaining the best patient outcomes. Therefore this study will examine the critical evaluation of the RN's leadership role, the expertise of three other healthcare team members, to support the RN's leadership position, Nursing and Midwifery Board of Australia (NMBA) Registered Nurse Standards must be implemented.

**Critical Appraisal of the RN's Role in a Collaborative Multidisciplinary Healthcare Team:**

The RN plays a pivotal role in coordinating and providing comprehensive care to patients, assuring effective communication, and facilitating teamwork. In the case of Gabby, the leadership and expertise of the RN are essential for managing her complex health requirements and enhancing her outcomes.The RN must first evaluate Gabby's physical and emotional health, taking into account her COPD, recent hospitalization, weight loss, and skin tear (Jankelová & Joniaková, 2021). This evaluation should include a thorough examination of her medication regimen, adherence patterns, and adverse effects. By identifying the underlying causes of her deterioration, the RN can develop an individualized care plan in collaboration with the team.

Secondly, for Gabby's outcomes to be maximized, the RN's role in establishing effective communication and collaboration with the healthcare team is crucial. (Sedaghat et al., 2020) Effective communication facilitates the interchange of information, fosters shared comprehension, and ensures that all team members are aligned in providing high-quality care. By participating in regular interprofessional meetings, the RN can actively participate in discussions about Gabby's care, share useful information from their assessment and observations, and contribute to the formulation of a comprehensive care plan (Finn et al., 2020). In addition to meetings, the RN should maintain continuous communication with team members through a variety of channels, such as face-to-face conversations, phone calls, emails, and electronic medical records (Sedaghat et al., 2020). By ensuring that all team members are well-informed, the RN encourages collaborative decision-making and enables prompt adjustments based on Gabby's changing requirements (Finn et al., 2020).In addition, the RN should participate actively in collaborative decision-making processes, involving Gabby and her family whenever practicable (Mills et al., 2019). By taking into account their perspectives, values, and objectives, the RN can ensure that Gabby's care plan reflects her preferences and promotes her autonomy. By involving the healthcare staff in these discussions, a more holistic and patient-centered approach to care can be achieved (Mills et al., 2019).

Thirdly, the importance of the RN's role in patient education and empowerment cannot be overstated. Gabby has definite ideas about managing her health and desires to maintain her independence while caring for Paul. The RN can educate patients on the significance of medication adherence, the correct use of bronchodilators, and the management of potential adverse effects. By involving Gabby in her care decisions and respecting her autonomy, the RN can empower her to actively participate in her own health management, thereby enhancing treatment adherence and improving overall outcomes.

**Expertise and Contribution of Three Healthcare Team Members:**

1. **Medical Intern:**

The medical intern plays a vital role in diagnosing and managing Gabby's respiratory The occurrence of infections and exacerbations of chronic obstructive pulmonary disease (COPD) are closely linked. Medical professionals make valuable contributions by prescribing suitable medications, requesting diagnostic tests, and organizing medical interventions. By closely collaborating with the registered nurse, the intern can ensure that the treatments prescribed are in accordance with Gabby's preferences, goals, and potential limitations.

1. **Physiotherapist:**

The involvement of a physiotherapist is pivotal in the management of respiratory ailments and can substantially enhance the quality of care provided to Gabby. According to Puhan et al. (2016), individuals possessing specialized knowledge and skills can administer interventions that target the enhancement of respiratory function, improvement of exercise tolerance, and mitigation of breathlessness.Initially, the respiratory status of Gabby can be evaluated by the physiotherapist through diverse methods, including pulmonary function tests, auscultation, and observation of her breathing pattern and effort, as suggested by Puhan et al. (2016). The authors of Spruit et al. (2013) suggest that a customized regimen of respiratory exercises can be developed based on the results of the assessment. This program aims to enhance the strength of respiratory muscles, encourage efficient breathing methods, and maximize lung capacity. The suggested interventions for Gabby's respiratory improvement may consist of various exercises such as , diaphragmatic breathing, deep breathing exercises, and pursed lip breathing. These techniques have been reported to aid in enhancing respiratory function, reducing breathlessness, and improving oxygenation, as per the findings of Puhan et al. (2016).

In addition, Gabby may also get energy conservation advice from the physiotherapist (Hill et al., 2005). She may be taught how to schedule her activities, take breaks, and optimize her body mechanics to lower task energy needs (Holland et al., 2014). According to Spruit et al. (2013), these strategies may help Gabby save energy, reduce weariness, and maintain a better balance between physical activity and rest. Besides, to create a specific treatment plan for Gabby, the physiotherapist and registered nurse must collaborate. The physiotherapist's knowledge of Gabby's respiratory function and exercise tolerance may aid the RN's evaluation and care planning. The registered nurse may set Gabby's respiratory and functional goals using the physiotherapist's expertise. A collaborative approach ensures that therapies match Gabby's entire care plan and achieve desired outcomes (Fernandez, et al., 2010).

1. **Social Worker:**

Given Gabby's rural location, her caring responsibilities for her husband, and her desire to remain independent, the social worker's expertise is vital. They can assess Gabby's support network, explore available community resources, and provide assistance in coordinating home support services. By collaborating with the RN, the social worker can address Gabby's psychosocial needs, reduce caregiver burden, and enhance her overall well-being.

**Application of NMBA Registered Nurse Standards:**

The Registered Nurse Standards for Practice of the NMBA provide a framework for RNs to assure the delivery of safe and effective care. In Gabby's case, the following standards support the RN's leadership role:

**Standard 1: Critically considers and evaluates nursing practice.**

Critically considers and analyzes the ability to critically appraise Gabby's condition, assess her requirements, and analyze the influence of her COPD exacerbation and respiratory infections on her overall health status is essential to nursing practice (NMBA, 2016). Gabby's care requires the RN to collect pertinent information, interpret clinical data, and make informed decisions. In the case of Gabby, the RN must conduct a thorough assessment to collect information regarding her current health status, including her respiratory symptoms, functional abilities, and psychosocial well-being. This evaluation may include a review of her medical history, physical examinations, and the use of spirometry for assessing lung function (Zwerink et al., 2014). The RN can determine the severity of Gabby's COPD exacerbation, the existence of any complications, and the influence of her respiratory infections on her overall health by analyzing this information critically.

**Standard 2: Engages in professional and therapeutic relationships.**

The responsibility of the RN to provide patient-centered care includes fostering therapeutic and professional relationships. The RN has to develop a therapeutic relationship with Gabby that is characterized by empathy, active hearing, and respect for her autonomy (NMBA, 2016). This relationship is essential for establishing Gabby's trust, comprehending her requirements and preferences, and involving her in the process of care planning. To establish a therapeutic relationship with Gabby, the RN must demonstrate empathy and comprehension for her situation. This includes recognizing and acknowledging her physical and emotional challenges, such as her shortness of breath, fatigue, and medication side effect concerns. By demonstrating empathy, the RN can foster a supportive environment that encourages Gabby to express her concerns, anxieties, and aspirations openly (Ibáez-Masero et al., 2019). Active listening is an additional crucial skill that the RN must possess to cultivate a therapeutic relationship. This entails providing Gabby with undivided attention, concentrating on her verbal and nonverbal indicators, and pursuing clarification when necessary. The RN can obtain valuable insight into Gabby's values, priorities, and aspirations by actively listening to her experiences and viewpoints. This data can then be used to guide the care planning process and ensure that interventions are tailored to Gabby's specific requirements (Bramhall, 2014).

**Standard 3: Maintains the capability for practice.**

Maintaining competence in practice is a crucial aspect of the RN's responsibility to ensure safe and effective care. This case of Gabby, the RN should ensure that they have the required knowledge and skills to manage respiratory conditions and remain current with evidence-based practices to optimize Gabby's outcomes (NMBA, 2016). Continuous professional development is necessary for the RN to maintain competence in managing respiratory conditions. This involves actively seeking out learning opportunities and remaining current on the latest research, recommendations, and guidelines in the field of respiratory health. By attending conferences, seminars, and webinars, participating in relevant training programs, and gaining access to credible information sources, the RN can improve their knowledge and skills in managing COPD and respiratory infections (Rickards & Kitts, 2018). In addition, the RN should exchange knowledge and experiences with other healthcare professionals, such as respiratory therapists and pulmonologists. Through participation in interprofessional discussions and consultations, the RN can acquire knowledge of advanced respiratory management techniques and strategies. This collaboration ensures a coordinated and holistic approach to Gabby's care by promoting a shared comprehension of best practices (Rickards & Kitts, 2018).

By adhering to these standards, the RN will be able to provide effective leadership within the multidisciplinary healthcare team, resulting in better outcomes for Gabby.

**Conclusion**

The role of registered nurse's in a collaborative multidisciplinary healthcare team is crucial for attaining optimal outcomes for patients like Gabby Trunk. The RN can substantially contribute to Gabby's care through critical evaluation, effective leadership, and compliance with the NMBA Registered Nurse Standards. By collaborating with other members of the healthcare team, such as the medical intern, physiotherapist, and social worker, the RN can provide Gabby with comprehensive and holistic care that meets her physical, emotional, and psychosocial requirements. Combined with the RN's leadership qualities and skills, this interdisciplinary approach promotes patient-centered care, improves treatment adherence, and improves the overall outcomes for patients in comparable complex healthcare situations.

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