

# ROLE OF ALLIED HEALTH CARE PROFESSIONALS IN DISEASE MANAGEMENT.

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**ABSTRACT:** Disease management is a multifaceted, complex process that necessitates the skills and cooperation of a variety of healthcare experts. Allied health care workers have emerged as key contributors to comprehensive illness management, even if physicians continue to play a significant role in disease diagnosis and treatment. This abstract focuses on the duties, capabilities, and influence on patient outcomes of allied health care workers in illness management. A wide range of people come under the category of allied health care professions, including, as example, physiotherapists, occupational therapists, language and speech therapists, nutritionists, chemists, and social workers. These specialists are vital to controlling and enhancing patients' overall health and wellbeing since they have specialized knowledge and abilities.

Their main duties are to diagnose, treat, and continuously monitor patients' ailments as well as to educate and support patients and their families.

Auxiliary health care providers contribute specific expertise to disease management that supports doctors' efforts. For instance, physiotherapists are essential in encouraging mobility, enhancing strength and flexibility, and controlling pain in people with long-term diseases like arthritis or neurological disorders. Occupational therapists put a strong emphasis on helping patients become more independent and effective in their daily activities while modifying their surroundings to promote optimal functioning. Speech and language therapists handle swallowing and communication issues, which are crucial in diseases like Parkinson's disease or stroke. Additionally essential to patient education and preventive care are allied health care workers. Dietitians create customized meal plans and offer nutritional guidance to treat chronic illnesses like hypertension or heart disease. The experience of chemists in medication management helps to improve treatment outcomes by assuring proper drug selection, dosage, and potential interactions. Social workers provide counselling and support to patients and their families, coordinate resources, and make it easier for people to access community services as they deal with the psychological aspects of disease management.

The results of patients are significantly affected by allied health care workers. It has been demonstrated that their therapies increase functional status, raise quality of life, decrease hospital readmissions, and cut healthcare expenditures. Their specialized training, along with a teamwork mentality, improves patient care and results. Delivering excellent care that prioritizes patients is becoming more and more dependent on acknowledging and incorporating the skills of allied health care workers into disease management strategies.

**KEYWORDS:**DISEASE MANAGEMENT, ALLIED HEALTH CARES, PATIENT MANAGEMENT

## INTRODUCTION

Disease management is a difficult task that involves more than just treatment. It includes a range of activities wanted at enhancing the health and wellbeing of patients, including assessment, intervention, education, and support. In order to offer patients with complete care, allied health care professionals collaborate with physicians and other members of the healthcare team in each of these areas.

The primary areas of illness management where allied health care practitioners excel are rehabilitation and therapy. Through targeted exercises, manual therapies, and pain management approaches, therapists work to improve their patients' physical function, independence, and mobility. Occupational therapists assist patients in recovering the abilities required to carry out activities of daily living, modify their environment, and attain the highest level of independence.

The role of allied health care workers in patient education and preventive care is crucial. Dietitians promote good eating practices and individual meal planning while offering individualized nutritional advice to treat chronic conditions. In order to ensure the safe and effective use of pharmaceuticals and to inform patients on how to administer them and any possible side effects, chemists play a crucial role in medication management. Assisting patients and their families in overcoming the difficulties of living with a chronic disease, social workers also connect them with neighborhood services and address their psychosocial needs.

Besides the level of the individual, allied health care providers have an impact on disease management. Their interventions have been demonstrated to lower hospital readmissions, enhance patient happiness, improve functional outcomes, and even help medical facilities conserve money. A comprehensive and holistic approach to care is advocated by allied health care workers by addressing the various facets of disease management.

The integration of allied health care employees into disease management methods has grown more and more relevant as healthcare continues to change. High-quality, patient-centered care can be delivered through collaborative care models that encourage teamwork and interdisciplinary collaboration. In order to improve patient outcomes and healthcare delivery overall, it is crucial to acknowledge and utilize the knowledge of allied health care providers.

The world of health care constantly shifts, necessitating creative approaches to illness treatment. A collaborative and multidisciplinary approach is crucial for providing patients with comprehensive treatment, despite the fact that doctors have historically been at the forefront of diagnosing and treating ailments. In this sense, allied health care professionals have proven themselves as essential partners in the management of disease, bringing specialized knowledge and a broad range of skills that have an important influence on patient outcomes and healthcare as a whole.

As healthcare develops, it is becoming more and more important to acknowledge and utilize the expertise of allied health care workers for efficient disease treatment. Delivering high-quality, patient-centered care has demonstrated encouraging results when using collaborative care models that encourage interdisciplinary interaction. To improve healthcare delivery, improve patient outcomes, and meet the changing requirements of a varied patient population, it is crucial to recognize and value the special contributions made by allied health care professionals.

The role of health care providers in disease management has grown crucial. Their specialized knowledge, interpersonal abilities, and teamwork style improve patient care, increase outcomes, and support a thorough and patient-centered approach to illness management. Healthcare systems can work to provide the best care possible by utilizing the knowledge of allied health care professionals to satisfy the varied needs of patients as well as all overall well-being.

## REVIEW OF LITERATURE

In recent years, allied health care workers' involvement in the management of disease has received widespread acknowledgment. This review of the literature indicates to investigate and produce recent studies and academic works that highlight the roles of allied health care workers for improving illness management and enhancing patient outcomes. We can learn more about the different contributions and effects of these professionals in various facets of disease management by reviewing the existing research.

Allied health care professionals' role in rehabilitation

allied health care specialists who play key roles in treatment and rehabilitation during disease management. Numerous studies have shown how effective these professionals are at enhancing patients' functional outcomes and quality of life. In patients with chronic illnesses including arthritis and musculoskeletal problems, for instance, physiotherapy therapies significantly improved mobility and pain management, according to a study by Jones et al. (2018). The beneficial effects of occupational therapy interventions on improving independence and daily life abilities in people with neurological illnesses were also highlighted in a study by Smith et al. (2019).

Allied health care professionals' contributions to preventive care and education:

Health care technologists play a crucial role in patient education and preventative medicine, along with other allied health care professionals including nutritionists and chemists. Numerous studies have emphasized the importance of dietitians' contributions to successful illness management. For instance, Brown et al.'s (2020) systematic study found that dietitian-led interventions enhanced glucose control and dietary adherence in diabetic patients. On the other hand, it has been demonstrated that chemists enhance patient adherence and drug management, which results in improved therapeutic outcomes. According to a study by Anderson et al. (2017), pharmacist-led interventions helped patients with persistent illnesses better adhere to their prescribed medications and have fewer hospital readmissions.

coordination of care and psychosocial support:

Social workers in particular play a key role in addressing the psychological aspects of disease management. Their responsibilities include counselling, emotional support, and organizing access to local services. The benefits of social work treatments to improving patient wellbeing and lowering psychological distress during disease care were highlighted by research by Davidson et al. (2018). By working together with other healthcare providers, patients, and their families, social workers play a significant role in encouraging coordination and continuity of treatment.

Interprofessional Cooperation and Collaborative Care:

The necessity of collaborative care and collaboration among professionals in disease management is frequently highlighted in the research. Based on studies, patient outcomes considerably increase when allied health care practitioners collaborate with doctors and other healthcare providers. A study by Bryant et al. (2019), for instance, showed that a collaborative treatment model which includes physiotherapists, occupational therapists, and doctors improved functional results and reduced medical expenses in patients with persistent illnesses.

## RESULT AND DISCUSSION

The literature has thoroughly examined the role of allied medical workers in disease management, illustrating considerable contributions and beneficial effects. These people add an assortment of skills and expertise to the healthcare team, extending patient care and boosting the final outcome.

Interventions in rehabilitation and therapy often benefit from the work of allied health care providers. They help patients with a variety of diseases manage their pain and improve their ability to function, mobility, and treatment options. These experts assist

patients in regaining physical function, improving mobility, and reducing discomfort via customized workouts, manual therapies, and innovative techniques.

Allied health care workers make major contributions to the fields of prevention and education. Dietitians help patients create personalized dietary initiatives and increase adherence to dietary recommendations through offering evidence-based nutritional counselling. Better glucose control and nutritional adherence are the results of this, that contribute to better managing medical outcomes. The proper administration of medications, potential interactions, and patient adherence are all topics which chemists educate and counsel patients on. Their participation improves treatment outcomes, lowers adverse events, and increases medication safety.

Another essential aspect of managing diseases that allied health care suppliers excel at is psychosocial support. For patients and their families, social workers and psychologists offer therapy, where emotional support, and assist patients access local services. Their treatments focus on the psychosocial effects of illnesses, assisting patients in overcoming difficulties. These specialists increase the standard of life for patients by encouraging psychological wellness and lowering distress.

Effective illness treatment depends on interprofessional collaboration and collaborative care. To create thorough treatment plans, coordinate behaviors, and guarantee continuity of care, allied health care professionals work together with doctors, nurses, and other healthcare providers. Collaborative care models have shown positive results through promoting teamwork, shared decision-making, and better communication, including enhanced treatment adherence, optimized resource use, and improved patient outcomes, by encouraging cooperation, collaborative decision-making, as well as efficient interaction.

The results highlight the important part played by allied health professionals in the management of diseases. Their skills in teamwork, emotional support, preventive care, and rehabilitation add to the comprehensive and patient-centered approach to care. Developing complete disease management strategies that optimize patient outcomes and healthcare delivery necessitates recognizing and leveraging their contributions. In order to discover ways for efficient integration of allied health care workers into healthcare systems, further study is required to investigate novel models of care, encourage interdisciplinary collaboration, and look at new models of treatment.

## CONCLUSION

The literature review highlights the crucial part played by allied health care providers in the management of disease. These specialists make an important impact in a variety of areas, such as treatment and rehabilitation, preventive care and education, psychosocial assistance, and collaborative care. Their specialized knowledge and experience advance holistic care, improve treatment plan adherence, and improve patient outcomes. Patients who obtain rehabilitation and therapy from allied health care experts can regain physical function, enhance accessibility, and effectively manage pain. Better disease management outcomes and increased patient adherence are the results of their contributions to avoidance care and education, such as nutritionists' advice and chemists' prescription management. Social workers and psychologists provide psychosocial care to patients, treating their psychological and emotional demands while improving their general well-being and quality of life. A complete and patient-centered approach is fostered by the collaboration of allied health care professionals and other healthcare providers, which leads to greater treatment adherence and healthcare results. Developing integrated healthcare planning calls for understanding and exploiting the unique benefits of allied health care industries. Healthcare systems can enhance the quality of handling illnesses overall, improve patient care, and improve results by incorporating their knowledge and promoting interdisciplinary collaboration. Future studies should concentrate on creative care models, multifaceted partnership, and efficient allied medical professional integration into healthcare systems.

Delivering complete, patient-focused treatment as well as achieving the best results in disease management depend on incorporating allied health care staff members as crucial parts of the medical care team.

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