

# KEY ASPECTS OF MUTUAL RELATIONS IN INTERDISCIPLINARY COOPERATION

## Qualitative interview study

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### Purpose

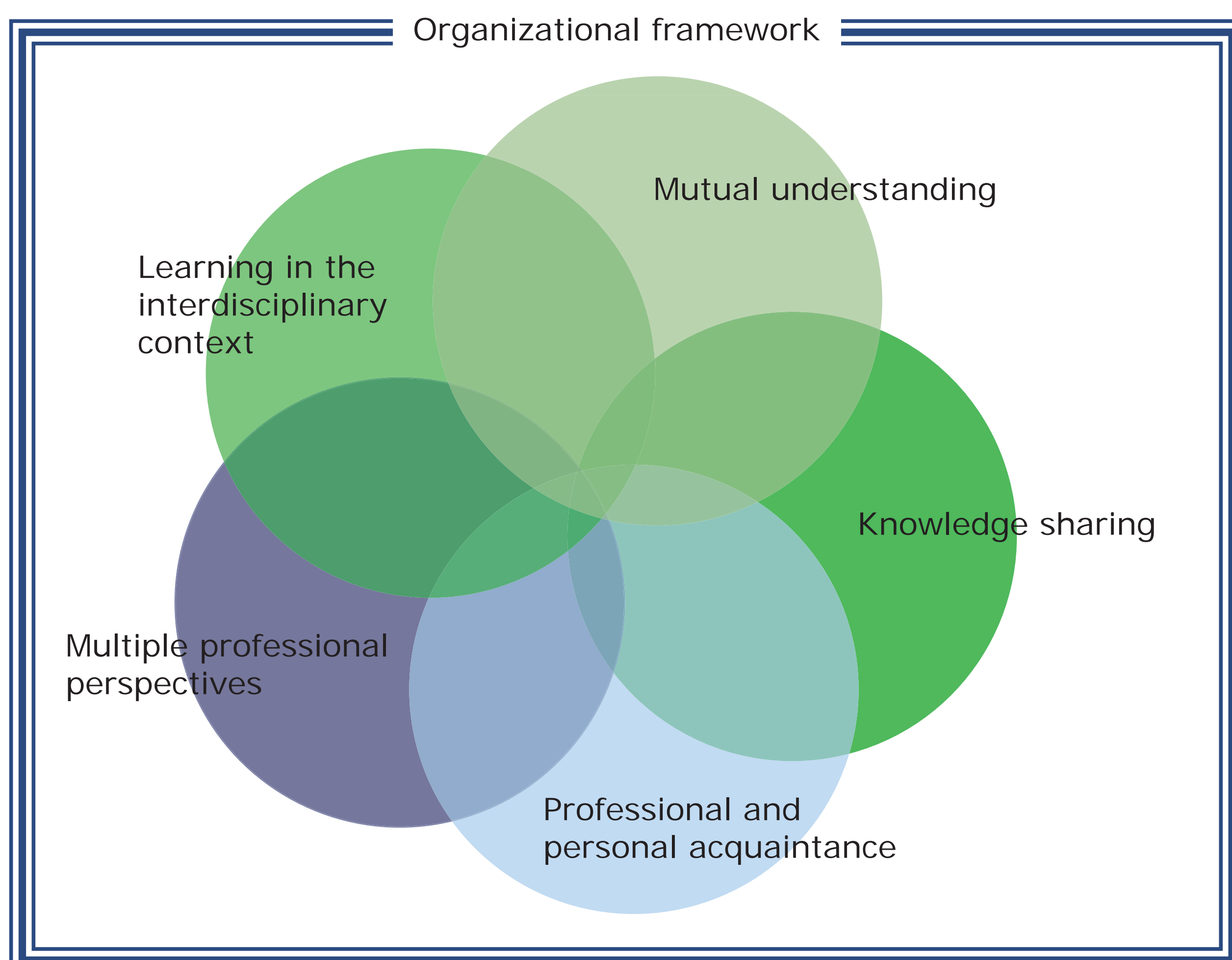
To describe how specialists experience mutual relations in interdisciplinary cooperation at a highly specialized neurorehabilitation hospital. Since 1997 the treatment of patients has been organised and performed by interdisciplinary teams.

### Methods

The empirical study comprises of two focus group interviews and three individual interviews with participants in interdisciplinary cooperation; physio- and occupational therapists, nurses and assistants. The data is analysed phenomenologically, using key concepts from systems theory, Wenger's social theory of learning and Wackerhausen's theory on the formation of professionalism.



### Highlights



- The professionals experience mutual understanding and that interdisciplinary cooperation is useful
- Knowledge sharing is key to success - both formal and informal sparring and communication. Knowledge sharing stabilises the social system and facilitates mutual understanding
- Important with professional and personal acquaintance between the participants in order to understand each other's reality
- Different professional perspectives can be perceived as a source of disagreement, but can also be rewarding. Successful negotiation of the different perspectives depends on whether the individual professional participates peripherally or fully in the mono-disciplinary and interdisciplinary cooperation
- High degree of learning between professions, but also a special and time-consuming effort in order to be integrated in the interdisciplinary cooperation
- The organizational framework and the condition of the patient constitute a changing context, which forces the professionals to continuously renegotiate mutual understanding of the situation. The organizational framework affects the other categories

### Perspectives

- Professionalizing the informal sparring and communication
- Learning and focusing on central aspects in interdisciplinary cooperation by recruitment of an interdisciplinary mentor
- Interdisciplinary cooperation as a part of the formalized introduction program
- Practice learning with Interdisciplinary cooperation in focus