What is multidisciplinary care?

Cancer is a complex disease. Optimal patient care requires input from specialists, allied health workers and primary care clinicians, and of course the patient.

Care may be delivered locally, or some distance from where the patient lives, often involving both public and private systems.

Bringing to together all the essential elements of best practice to ensure optimal outcomes for all patients, involves an integrated team approach - multidisciplinary care.

A multidisciplinary approach should underpin care throughout the patient journey. A critical first step is the multidisciplinary team meeting. Regular meetings provide a forum for prospective treatment planning, for education and for networking.

For many of us, finding time for another meeting can be a real challenge, however, when team meetings work effectively the benefits can spread beyond the meeting to improve many activities within the health service.