

## **Improving Complex Case Outcomes Through Multidisciplinary Collaboration**

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### **IMPROVING COMPLEX CASE OUTCOMES THROUGH MULTIDISCIPLINARY COLLABORATION**

Medical conditions and behavioural disorders are frequently interrelated (1). In human medicine, the ‘multidisciplinary team’ approach (MDTA) is valuable in managing patients with chronic health conditions associated with complex pathologies (2).

This case series illustrates how applying a MDTA to complex veterinary cases, improves diagnosis, treatment and management for positive long-term outcomes in patient health and welfare. The first case discusses a two-year-old spayed domestic shorthair cat presented for repeated episodes of self-trauma to her face and other body regions. Detailed diagnostic work-up explored dermatological, behavioural and neurological signs. No single diagnosis explained the patient’s clinical signs or behaviour. A treatment plan involving medication, environmental and behaviour modification strategies was implemented to improve health and welfare for the patient. The second case discusses a three-year-old spayed domestic long-haired cat that presented post-surgical removal of a trichobezoar (second surgery). The diagnostics considered dermatological, behavioural and gastrointestinal causes. A working diagnosis was made of anxiety disorder with possible compounding factors of gastrointestinal discomfort and dermatological conditions. A medical, environmental and behaviour modification treatment plan resolved the overgrooming and fur ingestion behaviours with long-term strategies in place to maintain health and welfare.

Without an MDTA, neither patient would have received appropriate or effective care. Using a MDTA for managing complex veterinary cases provides skilful assessment in determining aetiologies, treatment of acute and chronic conditions and identification and management of contributing factors which may affect and predict flare-ups. The MDTA aids clinicians in treating patients effectively, providing improved outcomes for owners and most-importantly, patients.

References:

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