

Collaborative Approaches to Addressing Mental and Physical Rehabilitation Needs after Emergency Care: The Roles of EMTs, Physiotherapists, and Social Workers in a Tertiary Hospital

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Abstract

This study explores the interdisciplinary collaboration between emergency medical technicians (EMTs), physiotherapists, and social workers in addressing the physical and mental rehabilitation needs of patients following emergency care in a tertiary hospital. Using qualitative interviews with healthcare professionals and focus groups with patients, the study highlights the importance of coordinated care in improving patient outcomes. Findings indicate that collaboration leads to enhanced physical recovery and mental well-being but is hindered by communication barriers and time constraints. The study suggests that improved communication channels and increased mental health resources are essential for optimizing interdisciplinary care.

Keywords: Interdisciplinary Collaboration, Emergency Care, Physical Rehabilitation, Mental Health, Post-Emergency Care, Emts, Physiotherapists, Social Workers

Introduction

Emergency care plays a critical role in stabilizing patients during acute medical crises, but recovery often extends beyond the immediate intervention provided in emergency departments. Patients frequently face both physical and mental health challenges after emergency care, which can hinder their full recovery and impact their long-term well-being (McKelvie et al., 2018). Addressing these rehabilitation needs requires a holistic approach that encompasses not only physical rehabilitation but also mental health support. Studies have shown that patients who do not receive comprehensive post-emergency care are at a higher risk of complications, delayed recovery, and even hospital readmission (Hunter and Birmingham, 2013).

Physiotherapists and social workers play essential roles in providing the extended care that many patients need after being treated by emergency medical technicians (EMTs). Physiotherapists help patients regain mobility, reduce pain, and recover physical function after injuries or trauma, while social workers address the psychological and social dimensions of recovery, including mental health support and access to community resources (Chudyk et al., 2009). EMTs, who are often the first responders to acute medical situations, are key in stabilizing patients, but the transition to long-term care involves a collaborative effort across disciplines.

Interdisciplinary collaboration between EMTs, physiotherapists, and social workers is essential in bridging the gap between emergency stabilization and full rehabilitation. This collaborative approach ensures that both the mental and physical rehabilitation needs of patients are met, leading to better recovery outcomes (Son et al., 2019). Despite the recognized importance of interdisciplinary care, challenges such as communication barriers, differing professional priorities, and limited resources often hinder effective collaboration (Weller et al., 2014).

This study aims to explore the collaborative efforts of EMTs, physiotherapists, and social workers in managing the mental and physical rehabilitation needs of patients following emergency care. It will assess how interdisciplinary teamwork improves patient outcomes and identify challenges faced by healthcare professionals in providing comprehensive post-emergency care.

Literature Review

1. Post-Emergency Care and Rehabilitation Needs

Patients often require extensive care after being stabilized in emergency departments, as the initial emergency care addresses only the acute phase of injury or illness. Post-emergency care, including both physical rehabilitation and mental health support, is critical for ensuring long-term recovery and preventing further complications. Hunter and Birmingham (2013) emphasize that effective discharge planning and follow-up care can reduce hospital readmission rates and improve patient outcomes. However, addressing both physical and mental health needs requires coordination across various healthcare professionals, including EMTs, physiotherapists, and social workers.

Studies have shown that patients who do not receive adequate post-emergency care face significant challenges in their recovery. For instance, physical impairments such as reduced mobility or chronic pain often persist after the initial trauma is treated, while mental health challenges, including anxiety and post-traumatic stress, can delay recovery (McKelvie et al., 2018). Therefore, interdisciplinary approaches are essential to meet the holistic needs of patients following emergency care.

2. Role of EMTs in Post-Emergency Care

Emergency medical technicians (EMTs) play a crucial role in the initial stabilization of patients, but their responsibilities often extend beyond the emergency phase. EMTs provide crucial medical interventions on-site and during transport, offering life-saving care that stabilizes patients before they enter the healthcare system (Henderson, 2009). However, EMTs also play a role in the transition from acute emergency care to long-term rehabilitation by ensuring that patients are transported to the appropriate facilities and communicating key information to healthcare teams.

Research suggests that EMTs are uniquely positioned to identify early indicators of mental and physical challenges that patients may face after stabilization. As first responders, EMTs often witness the immediate impact of trauma or medical emergencies on a patient's physical and psychological state, making them vital in providing relevant information for subsequent rehabilitation efforts (Aaronson et al., 2019). However, the transition of care from EMTs to rehabilitation professionals often lacks continuity, which can hinder long-term recovery (Weller et al., 2014).

3. Role of Physiotherapists in Physical Rehabilitation

Physiotherapists are central to the rehabilitation of patients who have experienced physical trauma or illness, particularly in the recovery of mobility, strength, and functional independence. Their expertise is crucial in

designing individualized rehabilitation plans that focus on restoring physical function after injuries such as fractures, sprains, or neurological impairments (Chudyk et al., 2009). Research has consistently shown that early physical rehabilitation significantly improves patient outcomes, reducing the risk of complications such as muscle atrophy, joint stiffness, and decreased cardiovascular health (Pahor et al., 2014).

Physiotherapists collaborate closely with other healthcare professionals to ensure a seamless transition from emergency care to rehabilitation. However, studies suggest that the integration of physiotherapy into post-emergency care is not always consistent, leading to delayed recovery or incomplete rehabilitation (Cameron et al., 2013). Collaborative practices, where physiotherapists work alongside EMTs and social workers, have been shown to enhance the quality of care and promote quicker recovery (Chudyk et al., 2009).

4. Role of Social Workers in Addressing Mental Health and Social Support

Social workers play a vital role in addressing the psychosocial aspects of recovery after emergency care. Patients who experience traumatic events often face mental health challenges, including anxiety, depression, or post-traumatic stress disorder (PTSD), which can complicate their physical rehabilitation and overall recovery (Son et al., 2019). Social workers provide counseling, connect patients with mental health resources, and ensure that patients have access to essential social support systems, such as housing, financial assistance, and community-based care.

Studies have highlighted the importance of social work interventions in improving mental health outcomes and addressing social determinants of health. By offering mental health counseling and facilitating access to community services, social workers help mitigate the impact of trauma and support patients in achieving holistic recovery (Gale et al., 2018). Moreover, social workers ensure that patients are not only physically recovered but also reintegrated into their social environments, reducing the risk of isolation and ongoing mental health struggles (Nicholson et al., 2019).

5. The Importance of Interdisciplinary Collaboration in Post-Emergency Care

The complexity of post-emergency care requires the integration of multiple disciplines, with EMTs, physiotherapists, and social workers each playing a unique role in addressing the various needs of patients. Interdisciplinary collaboration is widely recognized as essential in healthcare, particularly in managing complex cases where physical, mental, and social needs must be addressed simultaneously (Weller et al., 2014). However, achieving effective interdisciplinary collaboration can be challenging due to differing professional priorities, communication barriers, and logistical constraints (Son et al., 2019).

Research has shown that coordinated care involving EMTs, physiotherapists, and social workers can lead to improved patient outcomes, including faster recovery times, reduced hospital readmissions, and better mental health (Chudyk et al., 2009). Interdisciplinary meetings, shared patient records, and regular communication between team members are key strategies for ensuring that all aspects of a patient's recovery are addressed (Weller et al., 2014). Despite the known benefits, challenges remain in integrating these roles seamlessly within healthcare systems, particularly in high-pressure environments like emergency departments.

6. Barriers to Effective Interdisciplinary Collaboration

Several barriers hinder the effectiveness of interdisciplinary collaboration in post-emergency care. Communication breakdowns between EMTs, physiotherapists, and social workers are common, often resulting from time constraints, high patient volumes, and the fast-paced nature of emergency care

(Aaronson et al., 2019). Additionally, professionals from different disciplines may have different priorities, with EMTs focusing on immediate stabilization, physiotherapists on physical recovery, and social workers on mental and social support. These differing priorities can create tension or gaps in care if not managed properly (Weller et al., 2014).

Resource limitations also play a significant role in restricting the ability of healthcare teams to provide comprehensive interdisciplinary care. Social workers, in particular, often face challenges in connecting patients to community services due to limited availability or long wait times for mental health support and social services (Byhoff et al., 2017). Addressing these barriers requires systemic changes, such as improved communication infrastructure, better resource allocation, and fostering a culture of collaboration within healthcare institutions.

Methodology

This study was conducted in a tertiary hospital to explore the interdisciplinary collaboration between emergency medical technicians (EMTs), physiotherapists, and social workers in addressing both the mental and physical rehabilitation needs of patients after emergency care. A qualitative research design was employed to capture in-depth insights into how these professionals work together to ensure holistic patient recovery.

Study Design

A qualitative, descriptive study design was used to investigate the collaborative approaches in post-emergency care. Semi-structured interviews were conducted with healthcare professionals, while focus group discussions were held with patients who had experienced emergency care and rehabilitation. This approach allowed for the collection of rich data on the processes and outcomes of interdisciplinary collaboration.

Participants

The study involved two main participant groups: healthcare professionals (EMTs, physiotherapists, and social workers) and patients who received care in the hospital's emergency department and underwent subsequent rehabilitation.

1. Healthcare Professionals:

- A purposive sampling technique was used to recruit 15 healthcare professionals from the hospital, consisting of:
 - 5 EMTs who were involved in emergency patient stabilization and initial care.
 - 5 physiotherapists who managed the physical rehabilitation of patients post-emergency.
 - 5 social workers who provided mental health and social support to patients after their emergency care.
- Inclusion criteria for professionals required that they have at least one year of experience working in emergency or rehabilitation settings and have participated in interdisciplinary care for at least five post-emergency patients.

2. Patients:

- A total of 10 patients who had been treated in the hospital's emergency department and received interdisciplinary care involving at least two of the three healthcare professions (EMTs, physiotherapists, social workers) participated in a focus group.

- Patients were included if they were over 18 years old, had experienced a trauma or medical emergency requiring rehabilitation, and were willing to share their experiences of care.
- Patients who were non-verbal or had severe cognitive impairments that prevented meaningful participation were excluded.

Data Collection

1. Interviews with Healthcare Professionals:

- Semi-structured interviews were conducted with EMTs, physiotherapists, and social workers to explore their experiences and perceptions of working collaboratively to address both the physical and mental health needs of patients post-emergency care. The interviews lasted between 30 to 60 minutes and were conducted in a private room within the hospital.
- The interview guide included open-ended questions designed to explore the roles of each profession, the dynamics of interdisciplinary collaboration, and the challenges faced in providing holistic care. Sample questions included:
 - “Can you describe your role in post-emergency patient care?”
 - “How do you collaborate with other healthcare professionals in managing both physical and mental rehabilitation for patients?”
 - “What challenges do you encounter in coordinating care with physiotherapists and social workers/EMTs?”

2. Focus Group with Patients:

- A focus group was held with 10 patients who had undergone emergency care followed by rehabilitation. The focus group lasted 90 minutes and was moderated by a trained researcher.
- The discussions aimed to gather patients' perspectives on their experiences with interdisciplinary care, particularly how their physical and mental health needs were addressed. Questions focused on the perceived quality of care, the coordination between different professionals, and the impact on their recovery.
- Sample focus group questions included:
 - “How did the care you received after your emergency help with your physical recovery?”
 - “Were your emotional and mental health needs addressed during your recovery process?”
 - “How did the different healthcare professionals—such as EMTs, physiotherapists, and social workers—work together to support your recovery?”

3. Document Review:

- A review of patient records was conducted to assess the interventions provided by EMTs, physiotherapists, and social workers. This review included emergency department reports, rehabilitation plans, and social work assessments to gain a comprehensive understanding of the interdisciplinary care provided.

Data Analysis

Data from the interviews and focus group were transcribed verbatim and analyzed using thematic analysis following Braun and Clarke's (2006) six-phase framework:

1. Familiarization with the Data: The researchers read through the transcripts multiple times to gain an understanding of the content and key themes.
2. Generating Initial Codes: The data were systematically coded to identify key ideas and recurring concepts related to interdisciplinary collaboration, patient outcomes, and challenges faced by healthcare professionals.

3. Searching for Themes: Codes were grouped into broader themes, such as “collaboration in patient rehabilitation,” “challenges in communication,” and “improving patient outcomes.”
4. Reviewing Themes: The themes were reviewed to ensure they accurately represented the data, with refinements made where necessary.
5. Defining and Naming Themes: Themes were defined, and illustrative quotes were selected to support each theme.
6. Writing the Report: The findings were integrated into the results section, providing a clear narrative of the impact of interdisciplinary collaboration on post-emergency care.

Ethical Considerations

Ethical approval for the study was obtained from the ethics committee. All participants were provided with written and verbal information about the study, including its purpose, the voluntary nature of participation, and their right to withdraw at any time. Written informed consent was obtained from all participants prior to the commencement of data collection. The confidentiality and anonymity of participants were ensured by assigning codes to interview and focus group data and removing any identifying information from the transcripts.

Trustworthiness

To ensure the trustworthiness of the study, the following strategies were implemented:

- Credibility: Triangulation was achieved by collecting data from multiple sources (interviews with healthcare professionals, focus group discussions with patients, and document reviews), ensuring a comprehensive understanding of interdisciplinary care in post-emergency rehabilitation.
- Transferability: Detailed descriptions of the hospital setting, the roles of the healthcare professionals, and the context of the study were provided, allowing for assessment of the applicability of the findings in other similar healthcare settings.
- Dependability: An audit trail was maintained throughout the research process, documenting key decisions and ensuring that the analysis followed a consistent and transparent approach.
- Confirmability: Reflexive journals were kept by the researchers to minimize bias and ensure that the findings were grounded in the data collected.

Limitations

The study was conducted in a single tertiary hospital, which may limit the generalizability of the findings to other healthcare settings. Additionally, the sample size was relatively small, and the data collection relied on self-reported experiences from healthcare professionals and patients, which may introduce recall or social desirability bias. Future research could expand the scope of the study by including multiple healthcare settings and larger samples to enhance the generalizability of the findings.

Findings

Thematic analysis of the data from interviews with healthcare professionals and focus group discussions with patients revealed several key themes related to the interdisciplinary collaboration in addressing the mental and physical rehabilitation needs of patients following emergency care. Four main themes emerged: (1) Collaborative Approaches to Physical Rehabilitation, (2) Addressing Mental Health and Emotional Well-being, (3) Challenges in Interdisciplinary Communication, and (4) Impact of Comprehensive Care on Patient Outcomes.

Theme 1: Collaborative Approaches to Physical Rehabilitation

Participants highlighted the essential role of teamwork between EMTs, physiotherapists, and social workers in providing physical rehabilitation for patients post-emergency care. The collaboration was seen as critical for ensuring a smooth transition from immediate medical care to long-term physical recovery.

Sub-theme 1.1: Early Identification of Physical Rehabilitation Needs

EMTs emphasized their role in identifying potential long-term physical challenges during the emergency care phase. This early recognition facilitated timely referrals to physiotherapists for targeted interventions.

- “As EMTs, we’re the first to assess the physical trauma. When we notice injuries that will need long-term recovery, we make sure that information is passed along to the physiotherapists so they can start their work right away.” (EMT 4)

Sub-theme 1.2: Tailored Rehabilitation Programs

Physiotherapists described how they tailored rehabilitation plans to meet the specific needs of patients based on the injuries sustained during the emergency. They collaborated with EMTs to understand the nature of the trauma and with social workers to ensure patients had access to resources that supported their physical recovery.

- “We work closely with EMTs to understand the extent of the injury and what’s needed for recovery. From there, we develop individualized plans to help patients regain mobility, strength, and independence.” (Physiotherapist 2)

Sub-theme 1.3: Continuous Monitoring and Feedback

Participants noted the importance of ongoing communication between physiotherapists and EMTs in monitoring patient progress. This communication ensured that any setbacks in recovery were addressed promptly.

- “After the initial rehabilitation starts, I often check in with the EMTs to make sure we’re on the right track with the patient’s recovery. If any complications arise, we adjust the rehabilitation plan accordingly.” (Physiotherapist 5)

Theme 2: Addressing Mental Health and Emotional Well-being

Mental health support was identified as a critical component of post-emergency care, with social workers playing a vital role in addressing the psychological impact of trauma and emergencies. The interdisciplinary collaboration allowed for comprehensive care that addressed both the physical and mental health needs of patients.

Sub-theme 2.1: Psychological Impact of Trauma

Social workers described the emotional toll that emergencies had on patients, particularly those who experienced severe physical injuries. They highlighted the importance of early intervention to address trauma-related mental health challenges, such as anxiety and post-traumatic stress disorder (PTSD).

- “Many patients we see after emergency care are dealing with more than just physical injuries. They’re often traumatized by what they’ve been through, and it’s important that we address their mental health needs early on.” (Social Worker 3)

Sub-theme 2.2: Counseling and Emotional Support

In collaboration with physiotherapists and EMTs, social workers provided emotional support and counseling to patients, helping them cope with the psychological effects of their injuries and the rehabilitation process.

- “Patients sometimes feel overwhelmed by the recovery process, especially when it’s long and painful. We work with the whole team to ensure patients get the mental and emotional support they need to stay motivated.” (Social Worker 2)

Sub-theme 2.3: Connecting Patients with Mental Health Resources

Social workers also played a key role in connecting patients with external mental health resources, such as counseling services or support groups, to help them manage ongoing emotional challenges related to their trauma.

- “We coordinate with outside mental health professionals when we see that patients need more specialized support. It’s important that they have access to these resources, especially for long-term recovery.” (Social Worker 5)

Theme 3: Challenges in Interdisciplinary Communication

While participants recognized the importance of collaboration, they also identified several challenges related to communication between EMTs, physiotherapists, and social workers. These challenges sometimes hindered the effectiveness of the care provided.

Sub-theme 3.1: Time Constraints and Workload

Healthcare professionals frequently mentioned time constraints and heavy workloads as barriers to effective communication. EMTs, in particular, noted that the fast-paced nature of emergency care made it difficult to maintain consistent communication with other team members during the handover process.

- “We’re often under pressure to respond to the next emergency, so it can be hard to communicate all the details that might be important for long-term rehabilitation.” (EMT 1)

Sub-theme 3.2: Miscommunication and Fragmented Information

Participants reported instances of miscommunication or incomplete information during the transition from emergency care to rehabilitation. This sometimes led to delays in patient recovery or unmet care needs.

- “Sometimes the information we get from the EMTs isn’t as detailed as we need, and that can cause delays in starting the right rehabilitation program.” (Physiotherapist 3)

- “If the handoff isn’t smooth, things can get missed. Patients might not get the mental health support they need right away, and that affects their recovery.” (Social Worker 1)

Sub-theme 3.3: Need for Structured Communication Channels

To overcome these challenges, participants suggested implementing more structured communication channels, such as regular interdisciplinary meetings or shared electronic health records, to ensure that all team members had access to relevant patient information.

- “Having a system where everyone can quickly update patient records and access them would make a huge difference. It would help us avoid gaps in care.” (Physiotherapist 1)

Theme 4: Impact of Comprehensive Care on Patient Outcomes

Both healthcare professionals and patients reported that interdisciplinary collaboration had a positive impact on patient outcomes. By addressing both physical and mental health needs, the team ensured more comprehensive care and improved recovery rates.

Sub-theme 4.1: Enhanced Physical Recovery

Patients in the focus group described how the combination of physical rehabilitation and emotional support

helped them regain their independence more quickly and effectively.

- "I didn't just feel like they were fixing my injuries; they were helping me get back on my feet, both physically and mentally. The physiotherapist worked with me every day, and the social worker helped me deal with the stress of it all." (Patient 7)

Sub-theme 4.2: Improved Mental Well-being

Patients also appreciated the attention to their emotional well-being. They noted that having a social worker involved in their care made them feel supported and helped them stay motivated throughout their recovery.

- "I was really struggling after the accident, but having someone to talk to about my mental health made a big difference. I felt like the team cared about me as a whole person, not just my injury." (Patient 3)

Sub-theme 4.3: Reduction in Hospital Readmissions

Healthcare professionals observed that patients who received comprehensive care that addressed both their physical and mental health needs were less likely to experience complications or be readmitted to the hospital.

- "When we work together, patients recover faster and are less likely to end up back in the hospital. It's a win for the patients and for us." (Physiotherapist 4)

Discussion

This study explored the interdisciplinary collaboration between emergency medical technicians (EMTs), physiotherapists, and social workers in managing both the physical and mental rehabilitation needs of patients following emergency care. The findings highlight the value of integrating these professions to ensure comprehensive care, addressing the physical trauma and the emotional challenges that often accompany medical emergencies. However, challenges such as communication barriers and time constraints also emerged as key issues that hinder the full potential of interdisciplinary collaboration.

Interdisciplinary Collaboration and Improved Patient Outcomes

The results underscore the importance of collaboration among EMTs, physiotherapists, and social workers in providing holistic care. Each profession brings a unique skill set to the table, contributing to the overall recovery of the patient. EMTs, as first responders, play a critical role in identifying early signs of physical and mental health needs during emergency situations. Their communication with physiotherapists ensures that physical rehabilitation begins promptly, improving the likelihood of positive physical outcomes. This finding is consistent with previous research that shows early intervention in rehabilitation leads to better recovery rates and reduced complications (Cameron et al., 2013).

Social workers, meanwhile, are essential in addressing the emotional and mental health needs of patients, helping them cope with the trauma of their emergency experience. As described by Son et al. (2019), mental health plays a pivotal role in physical recovery, and failure to address psychological distress can delay rehabilitation. The interdisciplinary approach described by participants, in which social workers, physiotherapists, and EMTs communicate regularly to monitor both physical and mental recovery, reflects best practices in holistic care delivery.

Challenges in Communication and Coordination

While interdisciplinary collaboration was generally beneficial, the study also revealed several challenges, primarily related to communication. EMTs noted the difficulties in providing detailed handovers due to the fast-paced nature of emergency care. Time constraints and high patient volumes often prevented them from

sharing comprehensive information with physiotherapists and social workers, which in turn affected the continuity of care. This finding aligns with existing literature, where time pressures are frequently cited as a barrier to effective interdisciplinary collaboration (Weller et al., 2014).

Miscommunication or fragmented information transfer was also identified as a challenge. Physiotherapists and social workers reported that they sometimes received incomplete information about the patient's condition, particularly in cases where mental health needs were not immediately apparent during the emergency phase. This reflects the findings of Aaronson et al. (2019), who argue that structured communication channels are necessary to ensure that critical information is not lost during the transition from emergency care to rehabilitation.

Addressing Mental Health in Post-Emergency Care

The inclusion of mental health support through social work interventions was a major contributor to improved patient outcomes. Patients frequently reported that emotional support was just as important as physical rehabilitation in their recovery. This finding echoes Nicholson et al. (2019), who emphasize that addressing the psychosocial needs of patients can significantly enhance overall recovery and well-being.

The collaborative efforts of social workers and physiotherapists in managing both the physical and mental aspects of rehabilitation demonstrate the success of a holistic approach to care. However, the study also revealed that social workers often faced resource limitations, such as a lack of access to specialized mental health services or long waiting times for external referrals. These limitations suggest a need for better integration of mental health resources within tertiary hospitals to ensure timely access to care for all patients.

Implications for Practice

The findings of this study have several practical implications for improving interdisciplinary collaboration in post-emergency care. First, healthcare systems should invest in structured communication platforms that allow EMTs, physiotherapists, and social workers to share patient information more efficiently. Shared electronic health records or regular interdisciplinary meetings could facilitate smoother transitions between emergency care and rehabilitation, ensuring that all professionals involved are aware of the patient's ongoing needs.

Second, hospitals should recognize the importance of mental health in physical recovery and provide additional resources for social workers to address the psychological impacts of trauma. This could include expanding access to in-house mental health professionals or creating faster referral pathways to external services. By providing patients with comprehensive emotional support, healthcare systems can improve not only mental health outcomes but also physical rehabilitation results.

Finally, education and training programs should focus on strengthening the collaborative skills of healthcare professionals. Workshops or training sessions on interdisciplinary care could improve communication and understanding between different healthcare disciplines, fostering a more cohesive approach to post-emergency care.

Limitations and Future Research

This study has several limitations that should be acknowledged. The sample size was relatively small and limited to a single tertiary hospital, which may affect the generalizability of the findings. Furthermore, the

data relied on self-reported experiences from healthcare professionals and patients, which may introduce biases such as recall bias or social desirability bias.

Future research could expand on these findings by exploring interdisciplinary collaboration in post-emergency care across multiple hospitals or healthcare settings. Additionally, longitudinal studies that follow patients over a longer period could provide valuable insights into the long-term outcomes of interdisciplinary rehabilitation interventions.

Conclusion

This study highlights the critical role of interdisciplinary collaboration in addressing the mental and physical rehabilitation needs of patients after emergency care. EMTs, physiotherapists, and social workers each play a vital role in ensuring comprehensive care, with collaboration leading to improved patient outcomes. However, challenges such as communication barriers and resource limitations must be addressed to optimize care delivery. By investing in better communication systems, mental health resources, and interdisciplinary training, healthcare systems can enhance the quality of post-emergency care and improve recovery outcomes for patients.

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