Introduction
The need for a multidisciplinary approach to treat and prevent complications after hip fracture surgery following the fast track program (figure 1) is well established. Studies have shown that working in multidisciplinary teams challenges the collaboration between the different professional groups. Interviews with health professionals were conducted, focusing on the elements from relational coordination (figure 2), and showed:
• mobilization of patients as part of the morning routine was associated with challenges in the multidisciplinary collaboration
• there was limited consensus on how to best plan the mobilization task between the different professional groups
• there was a lack of a common definition of the concept ‘mobilisation’, uncertainty of whom had the main responsibility and a need for an optimization of the multidisciplinary communication

Early mobilization of the patients was therefore lacking due to inconsistencies in the multidisciplinary coordination

Aim
To explore whether an optimization of the daily planning of the patients’ mobilization before breakfast and medication can improve the multidisciplinary collaboration and thereby aim for more patients being mobilized to avoid complications thereof.

Methods
The study used an Action Research inspired design and the theory of relational coordination as a conceptual framework. The interventions consisted of:
• a multidisciplinary planning board where the patients’ need for mobilization was being assessed each morning at 7.30 am by the nursing staff (picture below)
• changed working hours for physiotherapists in the ward with shift start from 8.15 am, contrary to before where shift started at 8.45 am
• an orderly in the ward each morning from 8.00-9.00 am

The interventions were carried out between February-May 2018.

Data collection consisted of:
• focus group interviews before and after the intervention and field observations during the intervention focusing on communication and relationships among the health professionals

Results - preliminary
The professional groups experienced that the relational coordination was optimized after the intervention period:
• the multidisciplinary collaboration and communication increased during the intervention
• a shared purpose led to more attention toward the patients’ mobilization
• an experience of more patients being mobilized in the morning
• a clinical tendency towards fewer cases of dysphagia

Figure 2

Conclusion
The final results are in the process of being analyzed, and we expect to find an optimization of the relational coordination among the health professionals. The current data implies that having more patients mobilized before the intake of food and liquids leads to fewer cases of dysphagia, which again will imply a decrease in complications and better patient stays. The study demonstrates the value of focusing on the collaboration within the multidisciplinary team, using a relational coordination approach. Clarifying where health professionals have a shared goal may increase the efficiency of the available resources.

Implications for practice
Challenges in the fast track concept can be found at the organizational level. By focusing on the relationships and communication among the professional groups it is possible to design practices that are applicable to all professionals and optimize patient care in an acute setting.