

# Disease and Hospitalization: A Perspective on Improving Patient Outcomes

Juri Na\*

Department of Pharmacy, College of Pharmaceutical Sciences, The University of Sheffield, England, UK

## Perspective

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**\*For Correspondence:** Juri Na,  
Department of Pharmacy, College of  
Pharmaceutical Sciences, The  
University of Sheffield, England, UK

**E-mail:** [jurina@adventhealth.com](mailto:jurina@adventhealth.com)

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### ABOUT THE STUDY

Disease and hospitalization are two interrelated concepts that are fundamental to modern healthcare. When patients become ill, they often require hospitalization to receive appropriate treatment and care. However, hospitalization is not without its risks, including the potential for adverse events, hospital-acquired infections, and other complications. In this perspective article, we will explore the challenges associated with disease and hospitalization and discuss ways in which healthcare professionals can work to improve patient outcomes.

### Challenges associated with disease and hospitalization

One of the primary challenges associated with disease and hospitalization is the risk of adverse events. Adverse events can occur for a variety of reasons, including medication errors, surgical complications, and hospital-acquired infections. These events can have serious consequences for patients, including longer hospital stays, increased healthcare costs, and even death.

Another challenge associated with disease and hospitalization is the potential for healthcare-associated infections. These infections can occur when patients are exposed to pathogens in healthcare settings, such as hospitals and clinics. Healthcare-associated infections can be difficult to treat and can lead to prolonged hospital stays, increased healthcare costs, and even death.

Finally, disease and hospitalization can also be emotionally and psychologically challenging for patients and their families. Being hospitalized can be a stressful and isolating experience, and patients may experience anxiety, depression, and other mental health issues as a result.

### Improving patient outcomes

Despite these challenges, there are several ways in which healthcare professionals can work to improve patient outcomes in the context of disease and hospitalization. One approach is to focus on infection prevention and control. By taking steps to prevent healthcare-associated infections, such as hand hygiene, environmental cleaning, and appropriate use of personal protective equipment, healthcare professionals can reduce the risk of adverse events and improve patient outcomes.

Another approach is to focus on patient-centered care. This means involving patients and their families in care decisions, providing emotional support, and addressing patients' physical, emotional, and psychological needs. By taking a patient-centered approach to care, healthcare professionals can help patients feel more supported and empowered, which can lead to better outcomes.

In addition, healthcare professionals can work to improve communication and collaboration between different members of the healthcare team. This can include improving communication between physicians, nurses, and other healthcare professionals, as well as involving patients and their families in care planning and decision-making. By improving communication and collaboration, healthcare professionals can ensure that patients receive the most appropriate and effective care, which can improve outcomes and reduce the risk of adverse events.

Finally, healthcare professionals can work to improve patient safety by implementing evidence-based practices and using data and analytics to identify areas for improvement. This can include implementing medication safety protocols, using patient safety checklists, and monitoring patient outcomes to identify opportunities for improvement.

## CONCLUSION

Disease and hospitalization are two interrelated concepts that are fundamental to modern healthcare. However, they are not without their challenges, including the risk of adverse events, healthcare-associated infections, and emotional and psychological distress. Despite these challenges, there are several ways in which healthcare professionals can work to improve patient outcomes, including focusing on infection prevention and control, patient-centered care, communication and collaboration, and evidence-based practices. By taking a proactive and patient-centered approach to care, healthcare professionals can help ensure that patients receive the best possible care and achieve optimal outcomes.