

## Transdisciplinary Research in Health Care

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Research enhances scientific knowledge that is useful to the society and to the advancement of civilization. Health care is one of the most important indices of any advanced society in the world. The holistic approach to health care encompasses physical, social, psychological, financial well-being of a person. From time immemorial researchers are exploring the factors that influence society including health care. The holistic approach to undertake research in health care field can be facilitated by Transdisciplinary research in the modern era. Transdisciplinary research studies a phenomenon from all dimensions by team of researchers across various disciplines.

Principles of TDR in health care includes a) awareness of the social implications of peoples' health including vulnerable communities.

- a) Understanding the complexities involved in the health care problems.
- b) Integrating different approaches and perspectives to solve the problem.
- c) To develop and produce a system that promotes public health.

Methodology of TDR in health care system is unique. Unlike laboratory limited experimentation, it marks a translational shift from bench to bedside and from classroom to community. It aims at knowledge integration by building a team from different disciplines to produce a holistic solution to complex and multi-dimensional problems.

Build a collaborative team working together to arrive at solutions, concepts, and new facts. Then disseminate the results at grassroots level of community for the benefit of society.

The objectives of TDR are 1) to understand the complexities of an issue from all dimensions 2) Create illustrative, prescriptive, and transformative perspectives for sustainable development.

TDR Team science concept approach. TDR promotes collaborative cross-disciplinary teams' approaches to study questions about particular phenomena i.e. for e.g., the joint influence of physiological, social, behavioural, and biogenetic factors related to Coronary Artery Disease, its prevention by life style modification, interventional and non-interventional treatment modalities, prognosis of disease process, psychological, financial support and rehabilitation issues and family counselling etc.,

An ideal and typical TDR process involves a) building a transdisciplinary team b) collaboratively define a research problem c) producing useful solutions that are society oriented. The knowledge is transferrable for good of larger population. Integrating the new knowledge and practices across the disciplines. To solve the multi-dimensional issues and promote good will at large, by utilizing results, is the crux of TDR. There are the both pros and cons of TDR. The pros and benefits of TDR are enormous only if the team collaborates collectively and cooperatively. The effectiveness of TDR depends on the team which has the basic prerequisites like shared vision, well defined roles and responsibilities, good leadership, self-awareness, and recognition for good work of team member, trust in others' capabilities, sharing and caring attitude as well as good communication skills.

TDR requires an attitudinal change of researchers. The fundamental intention of research is to understand world as a complex whole rather than a specific part, science as part of a social learning process. TDR is a novel approach to find out scientific solutions, for the complex health problems, to achieve sustainable developmental goals.

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