

Clinical healthcare has become more complex due to the development of medicine and medical technology, which requires cooperation among various disciplines. A multidisciplinary team (MDT) is made up of health professionals who have different areas of expertise, such as: physicians, anesthesiologists, nurses, psychologists and others. The MDT consist of medical professionals who are experienced and capable of delivering comprehensive care to the patients. Furthermore, it is commonly acknowledged that the international MDT (iMDT) approach plays a critical role in ensuring better healthcare outcomes through reducing adverse events and improving patient satisfaction (1,2).

As the Vice President of Xiangya Hospital, Central South University, I am honored to serve as a co-editor of this new book, *iMDT: international MultiDisciplinary Team*. As the first western medicine hospital in Hunan Province, Xiangya Hospital was officially established in 1906 when it was as known as Yali Hospital (3). In 1906, Xiangya Hospital was one of the most influential hospitals by virtue of its exceptional contributions to the development of medicine in China.

Since China has recently undergone reform and considering increasing globalization, excellence in medicine has become a national priority; China's goal is to remain competitive in medicine for the wellbeing of population. Our goal is to establish a platform to share our knowledge with more international peers with modern tools and introduce the outstanding experiences of doctors in China to the world. By establishing this platform, it would benefit the medical staff, the patients, the general public, and the whole society (3). Therefore, in 2016, with the support from Xiangya Hospital and a number of prestigious experts, we launched a Chinese English-language medical journal: *Journal of Xiangya Medicine* (JXYM, <http://jxym.amegroups.com/>).

The trend of establishing MDTs in healthcare fields is an inevitable necessity as MDTs can help to allay the clinicians' confusion in clinical practice. Physicians from various disciplines can provide a more comprehensive understanding of a specific disease, optimize treatment options, offer more effective treatment methods, which will lead to better outcomes (3). To promote the advantages of iMDT, we have established an iMDT column in the journal JXYM. The first iMDT case was reported in July 2019 and more are being published soon.

We believe that with more discussions of the valuable cases from the leading international experts in different disciplines, can we break the boundaries of treatment models between international researchers and thus facilitate the development of treatment for a given disease. We truly believe that these discussions will benefit numerous people; therefore, we worked on this book containing 14 instructive iMDT cases.

We hope our readers would enjoy this book, which could be a strong helpful tool for the better medical care.

References

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