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# Multiprofessional treatment and approach in patients

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### ABSTRACT

**Introduction:** Amyotrophic Lateral Sclerosis (ALS) is a degenerative disease that affects motor neurons in a progressive and generalized way, with an incidence ranging from 0.3 to 3.6: 100.000 people per year. **Objective:** To analyze the importance of multiprofessional care for patients with ALS. **Methodology:** Literature Review through the Pubmed and Uptodate databases with the descriptors “Amyotrophic lateral sclerosis” and “multidisciplinary”. **Results and Discussion:** ALS is the most common motor neuron disease in the world, with weakness, spasticity, hyperreflexia, muscular atrophy and fasciculations. It is very much associated with depression, cognitive, behavioral and mood disorders, causing social and economic problems for patients and their families. Its prognosis is bleak, with death after about two to three years of diagnosis. Riluzole is a safe and effective drug for the management of ALS, capable of prolonging survival in about six months. In May 2017 the use of Edaravone for the treatment of ALS was approved, so the current therapeutic recommendation is the use of this as an adjunct to Riluzole. According to a 2017 review of the Journal of Multidisciplinary Healthcare, more important than drug therapy itself in ALS, is the multiprofessional approach. Currently there is evidence of the importance of the role of neurologist, gastroenterologist, palliative care specialist, physiotherapist, occupational therapist, speech therapist, nutritionist, nurse, psychologist and social worker in the treatment of ALS - each professional with different skills, knowledge and experience must act together to provide the best possible care for patients in this situation and their families. **Conclusion:** Despite the socioeconomic difficulties found in Brazil, it is scientifically proven the importance of the multidisciplinary approach not only for patients with ALS, but also for their families, so that it should be encouraged in different care settings.

**Keywords:** Amyotrophic Lateral Eclerosis; treatment; multidisciplinary.

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