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# Participation of a multidisciplinary team to treat patients with Parkinson's disease

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### ABSTRACT

**Introduction:** Parkinson's disease is neurodegenerative, chronic and affects motor and non-motor domains. Its individualized spectrum of symptoms and its slow progression favor the abandonment of treatment. Teams composed of neurologists, physical educators, speech therapists, nutritionists, psychologists and other professionals are increasingly important in the care of this pathology. **Objective:** To evaluate the importance of a multidisciplinary treatment in Parkinson's disease. **Methodology:** An integrative review was performed on the PubMed and BVS databases, using the descriptors "Parkinson's Disease", "Patient Care Team" and "Therapeutics" between the years of 2013 and 2017. Review articles and in animals were excluded. **Results and discussion:** From the 18 studies located, only three were in agreement with the inclusion criteria. Although multidisciplinary intervention is beneficial in the treatment of chronic patients, evidence of its effectiveness in Parkinson's disease is still limited, due to the lack of standardization in interventions and heterogeneous results. But studies indicate that the insertion of a multidisciplinary team in the care of patients with Parkinson's disease can bring benefits in the motricity, the emotional state and the quality of life itself. An integrative approach may also have substantial consequences when compared to invasive treatments. It is even recommended that there be prolonged multicenter follow-up to assess the emotional state and the psychic safety of these patients preceding invasive therapies. **Conclusion:** In multidisciplinary care, there is an interrelationship between different professionals gathering different knowledge, in a more humanized and holistic approach. Allowing more effective care of these patients. Although there is great importance in this subject are still scarce the works that deal with the subject, being necessary more studies in the area.

**Keywords:** Parkinson's Disease; Patient Care Team; Therapeutics

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