

# Multiprofessional approaches in the treatment for multiple sclerosis: a literature review

  10.56238/tfisdwv1-134

### **Nágila Barros Santos**

Undergraduate student in Physical Therapy at the University Center UniFTC, Jequié Campus. Graduated in Physical Education at the Universidade Estadual do Sudoeste da Bahia - UESB. Post-graduate in Physical Activity and Health in the context of school Physical Education (UFBA). E-mail: nagila221713@gmail.com. 2

### **Milena Santana Santos**

Undergraduate student of Physiotherapy at the University Center UniFTC, Jequié Campus.

### **Duanne Figueredo Sodré**

Physiotherapy student at the University Center UniFTC, Jequié Campus

### **Paloma Andrade Pinheiro**

physiotherapist. PhD student in Health Sciences. Professor of the Physiotherapy course at the UniFTC.

### **ABSTRACT**

According to epidemiological data, more than 2.5 million people worldwide have Multiple Sclerosis (MS), which is known as a demyelinating disease that occurs in the Central Nervous System (CNS), being considered a progressive autoimmune disease, and may affect mostly women aged between 20 and 55 years, with no scientific evidence of prevention or cure until then.

**Keywords:** Multiple Sclerosis. Treatment. Quality of life. Axis 4. Physiotherapy in neuromotor disorders.

## **1 INTRODUCTION**

According to epidemiological data, more than 2.5 million people worldwide have Multiple Sclerosis (MS), which is known as a demyelinating disease that occurs in the Central Nervous System (CNS), being considered a progressive autoimmune disease, and may affect mostly women aged between 20 and 55 years, with no scientific evidence of prevention or cure until then.

## **2 GOAL**

To highlight the efficient multi-professional approaches in the treatment for multiple sclerosis.

## **3 METHODS**

The present study was based on a literature review through the reading of articles and guidelines published for this purpose, seeking to highlight the important interprofessional functions in the field of health that contribute to a better quality of life for those with multiple sclerosis, such as physical therapy, physical education, nutrition, and many others. In our databases, we used the google academic platform Scielo, with the help of national and international journals whose descriptors dealt specifically about the quality of life and multidisciplinary treatment, being then fundamental factors for the choice and inclusion of the same, covering important information of the guidelines for the promotion of people's health, excluding any possibility of untrue information without references to professional health studies.

#### **4 RESULTS/DISCUSSION**

The forms of prevention for this pathology are not yet known, but it is known the importance of early diagnosis for effective treatment in order to slow the progression of sclerosis. Because of the multiplicity of factors that affect sclerosis, authors state that the interaction of several health professionals with the same purpose is essential to achieve a successful treatment.

The forms of treatment for the disease can be medication, nutritionists can indicate the consumption of anti-inflammatory foods rich in vitamin D, physical therapists and physical education professionals advise the combination of aerobic and strength training for greater health promotion, among other methods, thus increasing the chances of delaying the progression in the process of demyelination of the myelin sheath.

#### **5 CONCLUSIONS**

It is concluded that multiprofessional approaches contribute to the improvement of signs and symptoms of individuals with multiple sclerosis, aiming to improve the clinical picture throughout life.

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