



**The importance of a multidisciplinary approach in the Intensive Care Unit (ICU):  
Improving clinical outcomes and patients' quality of life.**

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**ABSTRACT**

This present work aims to highlight the importance of the multidisciplinary approach in the Intensive Care Unit (ICU), emphasizing the need for coordination and collaboration among healthcare professionals.

**Keywords:** Clinical Evolution, Intensive Care Units, Quality of Life.

**1 INTRODUCTION**

This present work aims to highlight the importance of the multidisciplinary approach in the Intensive Care Unit (ICU), emphasizing the need for coordination and collaboration among healthcare professionals. This approach has become increasingly common due to the benefits it brings, such as improved clinical outcomes and quality of life for patients. The essay also compares the composition of the traditional team with the multidisciplinary team in the ICU.

**2 METHODOLOGY**

A literature review was conducted on the clinical outcomes affecting the quality of life of patients admitted to Intensive Care Units (ICUs). Articles published in English, Spanish, or Portuguese were



searched in the PubMed, Scielo, and Medline databases from 2010 to 2022. Specific descriptors were used in the search, and cohort studies, case-control studies, and systematic reviews related to the clinical and physiological aspects of the intestinal microbiota in relation to human health were included.

### **3 DISCUSSION**

This work discussed the multidisciplinary approach in the ICU, aiming to provide high-quality care by promoting communication, collaboration, and patient-centered care. Overcoming challenges and implementing this approach will require collective action.

### **4 CONCLUSION**

This study concluded that the multidisciplinary approach in the ICU is an essential element in modern intensive care and should be prioritized in healthcare organizations worldwide.



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