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RESEARCH ARTICLE

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## PERFORMANCE OF THE MULTIDISCIPLINARY TEAM IN PRENATAL CARE MANAGEMENT: QUALIFYING PRIMARY HEALTH CARE

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### ABSTRACT

The performance of the multidisciplinary team in prenatal care is essential to ensure comprehensive, humanized, and quality care for pregnant women. In the context of Primary Health Care, the joint and coordinated work among different professionals favors the early identification of risks, the prevention of complications, and the promotion of maternal and child health. This article aims to analyze the performance of the multidisciplinary team in managing prenatal care, seeking to qualify primary health care through integrated and patient-centered practices. This study is an integrative literature review, whose bibliographic search was carried out between June and July 2025 in the SCIELO, LILACS, and PubMed databases. Five articles that met the established inclusion criteria were selected. The analysis of the studies showed that the performance of the multidisciplinary team, guided by humanization and meeting individual needs, strengthens the bond between the pregnant woman, her family, and health services. Furthermore, it was found that the integration of actions and effective communication among professionals enhance the problem-solving capacity of care, expanding access and ensuring safer and more welcoming assistance. It is concluded that qualified prenatal follow-up in Primary Health Care is essential for promoting maternal and child health and preventing pregnancy complications, with the multidisciplinary team being a key element in building comprehensive, humanized, and patient-centered care.

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## INTRODUCTION

Prenatal care is one of the main strategies for promoting maternal and child health, being essential for pregnancy monitoring, early risk

identification, guidance for pregnant women, and prevention of complications (Almeida, 2025). Proper management of prenatal care directly contributes to the reduction of maternal and neonatal morbidity and mortality and is recognized as a priority in public health policies (Alves, 2021). In Brazil, Primary Health Care (PHC) is

the starting point for carrying out these actions, establishing itself as a privileged space for continuous, comprehensive, and humanized care for women during the pregnancy-puerperal cycle (Baia, 2025). In this context, the work of the multidisciplinary team emerges as a fundamental strategy to improve care and ensure a broader approach to the needs of pregnant women (Barros, 2025). Professionals such as physicians, nurses, dentists, nutritionists, psychologists, pharmacists, physiotherapists, and social workers, among others, play a complementary role in developing a care plan that considers the biological, emotional, social, and cultural aspects involved in pregnancy (Silva, 2025). The guidelines of the National Primary Care Policy (PNAB) and the Stork Network emphasize the importance of multidisciplinary work in prenatal care, advocating for a practice focused on welcoming, bonding, and empowering the team to be accountable for the health of the pregnant woman and newborn (Vieira, 2025). The integrated work of professionals allows for a broader perspective on the gestational process, promoting educational activities, preventing complications, identifying social vulnerabilities, and providing psychosocial support (Sampaio, 2025). Furthermore, it strengthens women's autonomy and shared responsibility for self-care and the baby's health. However, although multidisciplinary work is provided for in the regulations of the Unified Health System (SUS), in practice, coordination among professionals still faces obstacles (Jesus, 2025). Fragmented actions, poor communication among team members, work overload, and limitations in collaborative training are recurring challenges that hinder effective shared care management. These weaknesses directly impact the quality of prenatal care, potentially compromising the bond with the pregnant woman, adherence to follow-up care, and maternal and perinatal outcomes (Freitas, 2025).

It is in this context that the importance of reflecting on the role of the multidisciplinary team in PHC is highlighted, especially regarding prenatal care management (Jesus, 2025). Care management, as a strategic dimension of health work, presupposes planning, coordination, monitoring, and evaluation of the actions developed to ensure that they are aligned with the real needs of the population (Baia, 2025). When carried out in an integrated manner, with effective communication and clear definition of responsibilities among professionals, this management contributes significantly to improving health indicators and user satisfaction (Parente, 2025). Considering the relevance of the topic and the challenges still present in the daily practice of health services, this article aims to analyze the role of multidisciplinary teams in prenatal care management, aiming to improve primary health care through integrated practices focused on pregnant women. The relevance of this study lies in its potential to contribute to the improvement of care practices within PHC, providing insights for managers, health professionals, and public policymakers.

## METHODS

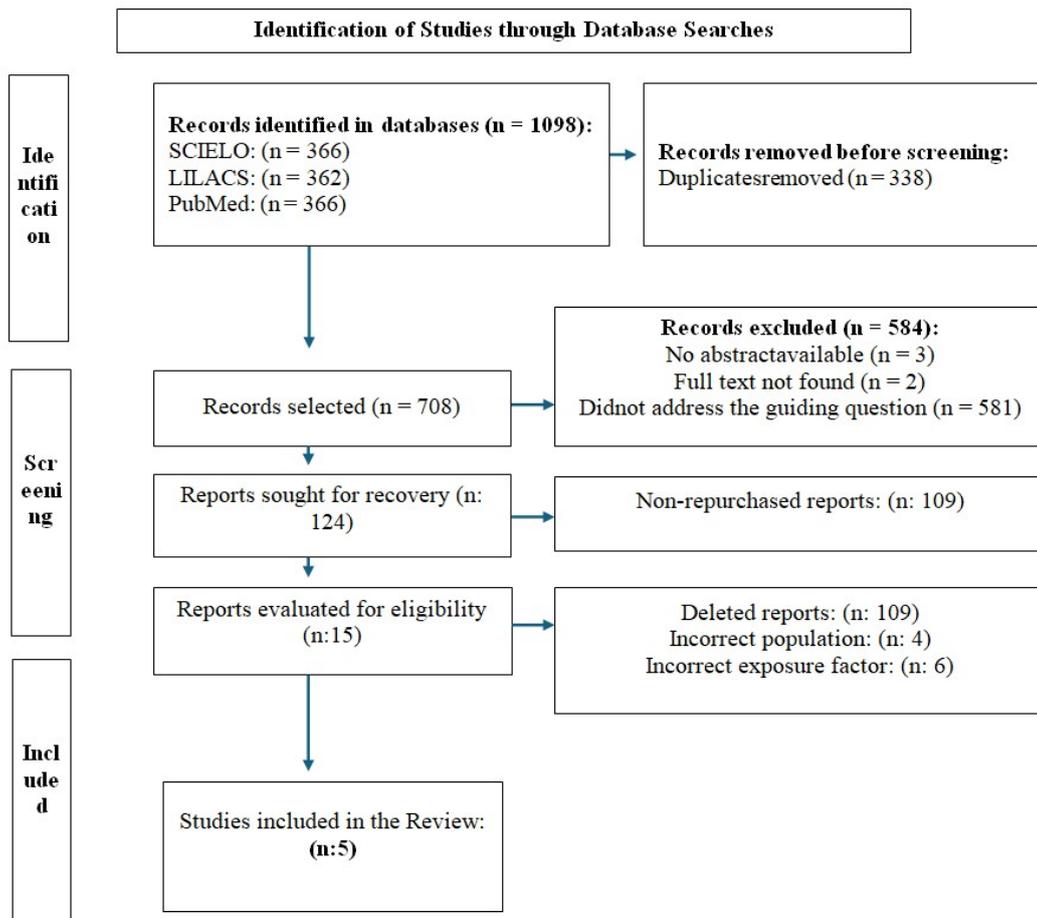
This is an integrative literature review, a method that allows for the analysis and synthesis of relevant research and allows for general conclusions regarding the current state of the topic under investigation. It was developed following six distinct phases: 1) identification of the topic and selection of the guiding question; 2) establishment of criteria for inclusion and exclusion of studies/sampling or literature search; 3) definition of the information to be extracted from the selected studies/categorization of studies; 4) evaluation of the studies included in the integrative review; 5) interpretation of the results; and 6) presentation of the review/synthesis of knowledge. The research question was developed using the PICO strategy (Population, Interest/phenomenon of interest and Context), defining the population as pregnant women followed in primary health care; intervention as the performance of the multidisciplinary team in the management of prenatal care; comparison as the absence or limited performance of the multidisciplinary team and the outcome as the qualification of care, improvement in care and maternal-child outcomes.

Thus, this study was guided by the following question: What is the impact of the multidisciplinary team's performance in prenatal care management on the qualification of primary health care for pregnant women?

Thus, the search strategy was constructed based on the combination of controlled and uncontrolled descriptors "Atenção Primária à Saúde" or "Primary Health Care," "Cuidado Pré-Natal" or "Prenatal Care," "Equipe Multiprofissional" or "Multiprofessional Team," and "Gestantes" or "Pregnant Women." For the combination of descriptors, Boolean operators AND were used for the intersection between themes, and OR for the inclusion of synonyms, resulting in the following strategy: ("Atenção Primária à Saúde" OR "Primary Health Care") AND ("Cuidado Pré-Natal" OR "Prenatal Care") AND ("Equipe Multiprofissional" OR "Multiprofessional Team") AND ("Gestantes" OR "Pregnant Women"). The bibliographic search was carried out from June to July 2025, in the databases Scientific Electronic Library Online (SciELO), Latin American and Caribbean Health Sciences Literature (LILACS), and PubMed. Primary studies that investigated the importance of prenatal care in the context of Primary Health Care and addressed the guiding question were included in the research. The inclusion criteria comprised all articles published in English, Spanish, and Portuguese between 2022 and 2025, with full text available, open access, and addressing the guiding question. The exclusion criteria defined were: editorials, review articles, letters to the editor, expert opinions, dissertations, theses, and abstracts in conference proceedings that did not address the guiding question, as well as duplicate articles. After applying the eligibility criteria, the titles and abstracts of the identified articles were reviewed to verify their relevance to the study objectives. Subsequently, the previously selected texts were read in full to identify those that best addressed the guiding research question, as shown in figure 1. The articles were independently evaluated by two reviewers from the research team, considering the established inclusion and exclusion criteria based on the research question, in order to ensure validation and reliability in the selection of publications included in the analysis. Next, a content-focused analysis of the publications was conducted to elucidate the impact of the multidisciplinary team's work in prenatal care management on improving the quality of primary health care for pregnant women. In the penultimate methodological step, the results were interpreted in light of the scientific literature related to the care. It should be noted that, as this is an integrative review, there was no direct involvement of humans or animals. The data analyzed are secondary and were treated ethically, ensuring the reliability of the information and respect for the copyright of the included studies.

## RESULTS AND DISCUSSION

Of the five publications selected for this integrative review, 20% (n=1) were extracted from the LILACS database, 20% (n=1) from SciELO, and 60% (n=3) from Medline/PubMed. It should be noted that all included studies are original and published entirely in Portuguese (100%; n=5). Regarding the methodological design, 40% of the studies (n=2) were classified as documentary, 20% (n=1) as field surveys, and 40% (n=2) as ex post facto. Regarding the methodological approach, it was observed that 20% of the studies (n=1) were quantitative, 20% (n=1) were qualitative, and 60% (n=3) were qualitative-quantitative. Regarding the level of evidence, Level IV predominated, with 60% of publications (n=3), followed by Level V with 20% (n=1), and Level VII, also with 20% (n=1). For the analysis, the studies were organized according to authors and year of publication, article title, objective, and results, as shown in Table 1. The articles analyzed demonstrated that multidisciplinary care was essential to ensuring safe and qualified monitoring of pregnant women treated at the Basic Health Unit. This approach allows for overcoming fragmented care by integrating different knowledge and skills, valuing the specificities of each professional involved. By linking different areas of knowledge, a broader and more comprehensive understanding of health needs is achieved, promoting greater effectiveness and resolution in prenatal care.



Source: Adapted from the Preferred Reporting Items protocol for Systematic Reviews and Meta-Analyses, PRISMA 2025.

**Figure 1. Flowchart of article selection for the review. Brazil, 2025**

**Table 1. Summary of findings from the integrative review, 2025**

Actors/year	Title	Objective	Results
Barros, 2025	Multidisciplinary Care for Women's Health in Prenatal and Postpartum Periods	To analyze the impact of multidisciplinary collaboration on the care of pregnant and postpartum women, highlighting the benefits, the challenges faced in practice, and the strategies that can be adopted to improve care.	The results demonstrate the healthcare team's role in ensuring consistent care for pregnant women, highlighting the importance of the referral and counter-referral system and shared accountability among professionals. However, the persistence of the biomedical model and protocol-based practices still limits comprehensive care and hinders communication with specialized care.
Jesus, 2025	Integration of multidisciplinary teams in Primary Health Care: challenges and opportunities	Identify what the scientific literature addresses regarding the challenges and opportunities of integrating multidisciplinary teams in Primary Health Care (PHC).	The results presented in the study demonstrate the interdisciplinary team's commitment to humanization and individual needs, strengthening the bond with the pregnant woman and her family. This process fosters the team's professional development and provides users with improved screening, a lower risk of complications, and better outcomes during pregnancy and postpartum.
Freitas, 2024	Importance of prenatal care carried out by a multidisciplinary team	Report the experience of medical students, with emphasis on the importance of prenatal care provided by a multidisciplinary team.	A equipe multidisciplinar reconhece a importância da prática colaborativa para a qualidade da assistência. No entanto, foram identificadas barreiras como a fragmentação dos espaços de trabalho e a dificuldade de comunicação entre os profissionais, que comprometem a integração efetiva.
Picanço, 2024	Percepção do Cuidado Multiprofissional Acerca de Mulheres no Ciclo Gravídico-Puerperal Portadoras do Virus HIV	To understand the knowledge of the multidisciplinary team regarding the humanized care of women in the pregnancy-puerperal cycle who are carriers of the HIV virus, treated at the Dr. Almir Gabriel Maternal and Child Complex of the Santa Casa de Misericórdia do Pará Foundation.	Understanding the knowledge of health professionals regarding the humanized care provided during the pregnancy-puerperal cycle of women with HIV, taking into account the knowledge established from the PHN and institutional protocols, in order to minimize stigmas and prejudices, in addition to promoting maternal and neonatal health.
Parente, 2024	The importance of collaboration by a multidisciplinary team in the care of pregnant women with Sickle Cell Anemia	To evaluate the benefits of multidisciplinary collaboration in the treatment of pregnant women with sickle cell anemia.	The results indicate that the team could include obstetricians, hematologists, genetic counselors, social workers, and other healthcare professionals. Together, the team can develop a comprehensive treatment plan that meets each patient's unique needs and leads to better pregnancy outcomes.

According to Almeida (2025), prenatal care is essential to ensure the healthy development of pregnancy through actions that promote maternal and fetal health and enable the birth of the baby in appropriate conditions. Consolidating care within Primary Health Care enables the implementation of effective interventions, contributing to the reduction of premature births, neonatal diseases, and infant mortality (Rocha *et al.*, 2021). According to Baia (2025), prenatal care aims to preserve the integrity of the mother-baby-family-community relationship, preventing complications during pregnancy and preparing women physically and emotionally for childbirth and motherhood. In addition to being an essential care and prevention strategy, prenatal care also serves as a valuable educational tool, empowering pregnant women to exercise their roles with safety, autonomy, and knowledge. According to studies by Alves (2021), prenatal care is essential to ensure a healthy pregnancy through actions that promote maternal and fetal health and enable the baby to be born under appropriate conditions. Consolidating care within Primary Health Care enables the implementation of effective interventions, contributing to the reduction of premature births, neonatal illnesses, and infant mortality. This study found that prenatal care, conducted by a multidisciplinary team, aims to preserve the integrity of the mother-baby-family-community relationship, preventing complications during pregnancy and preparing women physically and emotionally for childbirth and motherhood. In addition to being an essential care and prevention strategy, prenatal care also serves as a valuable educational tool, empowering pregnant women to exercise their roles with safety, autonomy, and knowledge.

It was also identified that, to ensure quality care for pregnant women, it is essential that each Basic Health Unit (UBS) offer comprehensive and structured assistance. Essential services include: issuing a properly completed pregnancy card with clear instructions; providing an updated vaccination schedule; requesting routine exams; providing information on educational activities, such as pregnancy groups and home visits; and scheduling medical appointments focused on the early identification of risk factors. These actions not only promote maternal and child health but also enable early detection of relevant clinical conditions, such as high blood pressure, diabetes, heart disease, anemia, and syphilis. Early diagnosis of these conditions enables timely therapeutic interventions, reducing impacts on women's health throughout their reproductive life and enabling the recognition of fetal problems, many of which can be treated in utero, increasing the chances of healthy newborn development. As Barros (2025) points out, planning the actions carried out by the primary care team is essential to ensure the timely return of women and newborns to health services after prenatal care, ensuring continuity of care and comprehensive monitoring for both. Professionals must be trained to support women and their families, identifying risk situations and physical, psychological, and social vulnerabilities early. Furthermore, it is essential that they know how to effectively utilize the resources available in the health network to address the demands that may arise during this period. According to Vieira (2025), promoting the health of pregnant women requires qualified monitoring throughout the gestational period. Embracement stands out as one of the pillars of the National Humanization Policy, as it is based on qualified listening and the building of bonds between health professionals and patients. This process allows pregnant women to express their fears, doubts, desires, and concerns, fostering team co-responsibility in care during pregnancy and childbirth.

The results indicate that, to ensure effective support for pregnant women, health education activities carried out through meetings and groups involving both pregnant women and their families are key. These actions not only strengthen humanized care but also foster closer ties between health professionals and the community. Thus, nursing plays a crucial role in developing educational practices focused on promoting, maintaining, and restoring health, both individually and collectively. Group work proved to be an effective strategy in the health education process, as it encourages the exchange of experiences, dialogue, and reflection among participants. Furthermore, it has been found that adequate nutritional guidance during prenatal care is essential to ensure a healthy pregnancy. A

balanced diet helps reduce the risks associated with malnutrition and obesity, preventing inadequate gestational weight gain and encouraging healthy food choices, combined with the adoption of a more active lifestyle. Nutritional monitoring during prenatal care should include prevention, diagnosis, and treatment of nutritional disorders, as well as gestational complications such as hypertensive syndromes and gestational diabetes. During pregnancy, the integrated work of a multidisciplinary team is essential to ensure safe and high-quality care. Dental care, for example, is essential, as hormonal changes can contribute to periodontal problems, which are associated with premature birth and low-birth-weight babies. Despite being a physiological process, pregnancy can become high-risk due to preexisting clinical conditions, social vulnerabilities, and limited access to health services, increasing the risk of maternal and infant morbidity and mortality. Silva (2025) reports in his study that each professional plays a specific role in pregnancy monitoring: the physician provides clinical monitoring and identifies potential gestational risks; the nurse monitors the pregnancy, provides health education, and identifies early warning signs; the dentist prevents and treats oral health problems; the social worker identifies vulnerabilities and facilitates access to social rights; the psychologist offers emotional support to the pregnant woman and her family; and the lawyer can provide legal guidance and defend women's rights, especially in situations of violation. Other professionals, such as nutritionists and physiotherapists, also contribute to promoting the health and well-being of pregnant women. The articulation of these areas of expertise allows for a more comprehensive, effective, and humanized approach to prenatal care.

Thus, multidisciplinary work in prenatal care is essential not only to ensure comprehensive and humanized care, but also to improve the pregnancy experience and promote better maternal and child outcomes. The integration of diverse areas of knowledge allows us to address the multiple dimensions of women's health, going beyond the biological aspect and considering social, emotional, and legal factors. At the end of pregnancy, with the onset of labor and, later, the postpartum period, the need for continuity of care becomes even more evident. The postpartum period, due to its physical and psychosocial complexity, requires attentive and sensitive monitoring, reinforcing the fundamental role of the multidisciplinary team in this process. Thus, the findings of this study highlight the importance of strategies that strengthen the coordination between different professionals and health services, ensuring comprehensive, continuous, and qualified care for women and newborns.

## CONCLUSION

Pregnancy care should be guided by a multidimensional approach, considering the multiple physical, emotional, and social demands that arise throughout pregnancy. Women require safe, qualified, and continuous care to ensure adequate prenatal care, healthy pregnancy development, a safe delivery, and the birth of a healthy child. Care provided by a multidisciplinary team, integrating diverse knowledge and practices, contributes to the humanization and comprehensiveness of care, in addition to offering greater safety to pregnant women. This coordinated approach also enables timely and effective interventions at all stages of the pregnancy-postpartum cycle, strengthening the quality of maternal and child care. Thus, through a multidisciplinary approach and the integrated work of various professionals, it is possible to reduce and prevent neonatal injuries and deaths. These results can only be achieved by overcoming barriers to early pregnancy diagnosis, initiating prenatal care in the first weeks, especially for pregnant women at higher reproductive risk, and continuing follow-up care through the postpartum period. Furthermore, it is essential to expand access to health services beyond the doctor's office, ensuring effective and effective care throughout the pregnancy. Finally, it is essential to develop new strategies to expand and diversify prenatal care, integrating different areas of knowledge and health professionals. It is also important to encourage research that promotes effective pregnancy monitoring, safe delivery, and maternal and child health.

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