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# The importance of a multidisciplinary team in the treatment of oncology patients and adherence to the proposed treatment

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**Objective:** This study aimed to investigate the influence of the multidisciplinary team on the adherence to treatment of patients diagnosed with breast cancer. **Methods:** A literature review was conducted based on 39 articles indexed on the databases SciELO, LILACS, and VHL Brazil, published between 2008 and 2023. **Results:** Breast cancer is one of the most prevalent neoplasms among women, often associated with unfavorable prognoses and significant impacts on quality of life. Adherence to treatment is a critical challenge, influenced by factors such as emotional fragility, changes in appearance and routine, adverse effects of medications, lack of understanding about the treatment, and socioeconomic barriers. The multidisciplinary team can play a crucial role in improving adherence by offering comprehensive support. The review showed that nurses play an essential role providing emotional comfort and continuous support. The contribution of pharmacists to drug therapy has been shown to increase adherence. Psychologists help patients deal with the diagnosis and adapt to changes, facilitating adherence. Nutritional assistance provided by nutritionists improves response to treatment and minimizes side effects. Physiotherapy promotes pain relief and improves quality of life, contributing to adherence. **Conclusion:** The multidisciplinary approach to treating patients with breast cancer results in significant improvements in multiple dimensions, especially in mental health and quality of life. This reinforces adherence to treatments and the bond with the health team, highlighting the importance of integrated and collaborative intervention in oncological care.

**Keywords:** breast cancer; patient care team.