TITLE:

**Effectiveness of Multidisciplinary Team Interventions and the Role of Nurses in Stroke Rehabilitation: A Systematic Review**

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**ABSTRACT:**

**Objective:** To review evaluates effective interventions by multidisciplinary teams (MDTs) in stroke rehabilitation and the role of nurses.

**Methods:** The systematic review was conducted following the PRISMA statement. Eligibility criteria included: (1) patients undergoing post-stroke rehabilitation, (2) randomized controlled trials (RCTs) or cluster RCTs, (3) rehabilitation interventions involving MDTs including nurses, and (4) control groups receiving standard rehabilitation.

**Results:** Twelve studies were included. Effective MDT interventions encompassed continuous post-discharge support, regular conferences for individualized treatment planning, evidence-based practice by each profession, stroke education, caregiver support, and coordination with medical and welfare services. The role of nurses within MDTs was explicitly described as including care coordination, identification of recurrence risk factors, stroke education, and providing psychological support to patients and caregivers. However, outcome measures and assessment time points varied among studies.

**Discussion:** The findings suggest that structured and protocol-based MDT interventions enhance team effectiveness. Additionally, nurses play a crucial role in stroke education and psychological support, highlighting their expertise in these areas. These insights are essential for designing future MDT intervention programs.