

therefore, that it will favor the clinical and scientific use of the instruments for assessing participation and the environment in Brazilian children and young people and, consequently, to stimulate rehabilitation actions aimed at these aspects.

**Implications:** In order to strengthen evidence-based practices, it is essential that standardized instruments are available in the Brazilian context. Furthermore, strategies must be created to facilitate the use of these instruments. On the other hand, the context of the pandemic reinforced the need for tools that can be applied remotely. The creation of the calculator has collaborated for the validation of the YC-PEM and PEM-CY Brasil in a broader context.

**Keywords:** Data analysis, Social Participation, Data Reliability

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### PARTICIPATION AND ENVIRONMENT MEASURE - CHILDREN AND YOUTH (PEM-CY): VALIDATION FOR USE IN BRAZIL

Jaiza Marques Medeiros e Silva<sup>1</sup>, Kênea Martins Almeida Ayupe<sup>2</sup>, Élide Rayanne Viana Pinheiro Galvão<sup>3</sup>, Ana Paula Martins<sup>4</sup>, Ana Carolina de Campos<sup>5</sup>, Egmar Longo<sup>1</sup>

<sup>1</sup> Postgraduate Program in Decision Models and Health, Federal University of Paraíba (UFPB), João Pessoa, Paraíba, Brazil

<sup>2</sup> Department of Physical Therapy, University of Brasília (UnB), Brasília, Distrito Federal, Brazil

<sup>3</sup> Postgraduate Program in Rehabilitation Sciences, Faculty of Health Sciences of Trairi, Federal University of Rio Grande do Norte (UFRN), Santa Cruz, Rio Grande do Norte, Brazil

<sup>4</sup> Department of Dance, University of Ceará (UFC), Fortaleza, Ceará, Brazil

<sup>5</sup> Postgraduate Program in Physical Therapy, Federal University of São Carlos (UFSCar), São Carlos, São Paulo, Brazil

**Background:** Participation is a complex multidirectional construct that is influenced by social, attitudinal, and physical aspects of the environment, in addition to being an indicator of social inclusion, health and well-being. The family of participation-related constructs includes attendance and involvement in relevant activities, to capture the participatory experiences of children and youth. In recent years, instruments to assess participation in different environments have been developed, facilitating the incorporation of this assessment into the physiotherapist's clinical practice, as participation represents an important outcome in rehabilitation. The Participation and Environment Measure - Children and Youth (PEM-CY) was developed from the theoretical framework of the International Classification of Functioning, Disability and Health (ICF). The PEM-CY was translated into Portuguese, but its psychometric properties have not yet been verified in the Brazilian population.

**Objective:** To verify the psychometric properties of the PEM-CY Brazil (internal consistency and construct validity) in Brazilian children and young people.

**Methods:** Participants were 101 Brazilian children and adolescents (mean age 9.36 years, SD 3.47) with and without disabilities. Parents or guardians answered the PEM-CY Brazil questionnaire that assesses Participation (Frequency, Involvement and Desire for Change) and Environment (supports, barriers, environmental helpfulness, environmental resources, and overall environmental support). The internal consistency of all subscales was assessed using Cronbach's Alpha. Construct validity was analyzed by comparing the PEM-CY results between groups of children with and without

disabilities using the Mann-Whitney or Chi-square tests, considering  $p < 0.05$ .

**Results:** Internal consistency ranged from good to excellent for all subscales of the participation section ( $\alpha = 0.70$  to  $0.84$ ) and all subscales of the environment section ( $\alpha = 0.53$  to  $0.95$ ). The comparative analysis between groups identified that children with disabilities participated in a small number of activities ( $p = 0.000$ ) and were less involved in all settings (home  $p = 0.007$ , school and community  $p = 0.000$ ); showed a lower frequency of participation in the community ( $p = 0.000$ ) and a greater desire to change at school ( $p = 0.007$ ) when compared to their peers without disabilities. The guardians of children with disabilities perceived higher barriers at home ( $p = 0.002$ ), school, and community ( $p = 0.000$ ) and fewer supports at home ( $p = 0.001$ ), school and community ( $p = 0.000$ ). The group with disabilities also reported fewer environmental helpfulness at home ( $p = 0.005$ ), school ( $p = 0.000$ ) and community ( $p = 0.000$ ); less environmental resources at home ( $p = 0.002$ ), school ( $p = 0.000$ ) and community ( $p = 0.010$ ); and fewer overall support in all settings ( $p = 0.000$ ).

**Conclusion:** The results support the reliability and validity of PEM-CY to measure participation at home, at school and in the community, and to verify the characteristics of the environment of Brazilian children and young people with and without disabilities.

**Implications:** The instrument represents an important resource to be used in research and in the clinical practice of rehabilitation professionals, who will be able to evaluate the participation of children and young people, as well as incorporate it as an outcome of interest in interventions.

**Keywords:** Child Health, Social Participation, Data Reliability

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### QUALITY OF LIFE AND SLEEP OF PHYSIOTHERAPISTS ACTING ON THE FRONT LINE AGAINST COVID-19: A CROSS-SECTIONAL STUDY

Guilherme Henrique Ferreira Araújo<sup>1</sup>, Vitória Rafaela Pereira de Oliveira<sup>1</sup>, José Nogueira da Silva Neto<sup>1</sup>, Anderson de Moura Mota<sup>2</sup>, Anna Luisa Araújo Brito<sup>3</sup>, Jakson Henrique Silva<sup>3</sup>

<sup>1</sup> Course of Physiotherapy at the Mauritius University Center of Nassau (Uninassau Caruaru), Caruaru, Pernambuco, Brazil

<sup>2</sup> Unifavip Wyden, Caruaru, Pernambuco, Brazil

<sup>3</sup> Federal University of Pernambuco (UFPE), Recife, Pernambuco, Brazil

**Background:** The exponential increase in SARS-CoV-2 infection has impacted on a change in the professional and personal lifestyle of the world's population. Health professionals working on the front line experienced increased work hours and exposure to risk factors as a result of the high demand for severe cases. The hospital physiotherapist, one of those responsible for the therapeutic management of COVID-19, suffered repercussions from the pandemic, which possibly contributed to physical and mental exhaustion.

**Objectives:** To analyze the quality of life and sleep of physiotherapists working on the front lines against COVID-19.

**Methods:** This is a cross-sectional study, involving physiotherapists of both sexes over the age of 18, working on the front line against COVID-19 in hospital units, who agreed to participate in the research by signing the term of free and informed consent (TCLE). Sociodemographic data, quality of life using the Short Form