Background: Systematic reviews (SRs) are considered the type of study with the highest level of scientific evidence to support decision-making in clinical practice, including in the physical therapy field. In this type of study, in order to establish to what extent the evidence found is reliable, it is highly recommended to use the Grading of Recommendations Assessment, Development and Evaluation (GRADE) tool, as it allows the classification of the quality (certainty) of the evidence of selected studies, through the use of transparent and systematic criteria. When this analysis is neglected, judgment and interpretation of the results presented are impaired, which may reflect on the development and implementation of ineffective intervention and rehabilitation strategies.
Objectives: To evaluate the frequency with which the SRs of interventions in physical therapy, published in high impact journals, use the GRADE tool to analyze the quality of evidence of the included studies.
Methods: Using the Rayyan software, two reviewers independently selected all SRs of physical therapy interventions published in any language, from March 2020 to August 2022, in the 10 journals with the highest impact factor in the field of rehabilitation, evaluated by the Journal Citation Reports (JCR). Divergences were resolved by a third reviewer. The use of the GRADE approach to assess the quality of evidence in the SRs was analyzed using descriptive statistics, with frequencies and percentages.
Results: In the selection, 3,032 records were identified, published in English, of which 2,927 were excluded for not meeting the eligibility criteria. In total, 105 SRs were included, published in journals with an impact factor ranging from 4.762 to 10.714 (JCR, 2021). Among the 105 included SRs, 50.48% (53) used the GRADE tool and 49.52% (52) did not. Of the latter, 25% (13) did not have any type of assessment of the methodological quality or the risk of bias of the included studies, which makes it even more difficult to interpret the reliability of the results.
Conclusion: It was found that a significant part of the SRs on physical therapy interventions, currently published in high impact journals in the rehabilitation field, neglect the systematic and transparent assessment of the quality of the evidence of the included studies. Future systematic reviews should consider evaluating the certainty of the evidence, to increase the clarity and reliability in the interpretation of their results, to better support clinical decision-making.
Implications: This study presents important considerations regarding the lack of transparency on the reliability of the results presented in systematic reviews, even when published in journals with a high impact factor in the area of physical therapy. Failure to carry out a systematic analysis of the certainty of evidence is particularly problematic, as it compromises the safety of published results and does not provide an adequate basis for clinical decision-making by physical therapists.
Keywords: GRADE Approach, Systematic Review, Evidence-Based Practice

Conflict of interest: The authors declare no conflict of interest.
Acknowledgment: The authors wish to thank Pró-Reitoria de Pesquisa e Pós-Graduação of Federal University of Amapá for supporting this study.
Ethics committee approval: Not applicable.

https://doi.org/10.1016/j.bjpt.2024.100894

298

COMPARATIVE STUDY OF THE FUNCTIONAL CAPACITY OF ELDERLY PEOPLE PRACTICING HYDROGYM AND FUNCTIONAL TRAINING

Marcos Ronys Lima da Silva[1], Emanuel Davi Simões dos Santos[1], Allan Alves de Oliveira[2], Samara Alexandre dos Santos[2], Denise Maria Sá Machado Diniz[2], José Carlos Tatmatsu Rocha[1]
[1] *Federal University of Ceará, Fortaleza, Ceará, Brazil*
[2] *Estácio do Ceará University Center, Fortaleza, Ceará, Brazil*

Background: According to the World Health Organization, aging is a sequential, cumulative, irreversible, individual, universal, and non-pathological process of deterioration of a mature organism, typical of all members of a species. Aging cannot be avoided, but there is a way to ease the process of progressive loss of functional capacity, which influences the quality of life. Thus, data referring to the fragility of the elderly in relation to health care must be identified.
Objective: Compare the functional capacity of elderly practitioners of hydrogymnastics and functional training.
Methods: This is field research, exploratory, descriptive, comparative, longitudinal, with quantitative and qualitative data analysis, carried out from April 2018 to June 2019 at Instituto Senior. The 6-minute walk test (6MWT) and the Duke Activity Status Index (DASI) were applied. Both the test and the questionnaire are reliable tools for assessing functional capacity.
Results: A total of 22 hydrogymnastics or functional training practitioners were evaluated, 4 men and 18 women, with a mean age of 65.95±5.48. Separating by activity, 14 practiced water aerobics (2 men and 12 women) and 8 performed functional training (2 men and 6 women). An average distance of 479.29±72.13 and 462.50±78.92 was observed in the 6MWT and an average score obtained in the DASI of 41.49±11.42 and 49.92±12.24 for practitioners of water aerobics and functional training respectively. It was evidenced that even with aging one can maintain or improve the functional capacity through both modalities.
Conclusion: The practice of physical activity is directly linked to the promotion or maintenance of functional capacity. In the 6-minute walk test, hydrogymnastics practitioners had better performance, in the DASI, functional training practitioners obtained a higher score than those of hydrogymnastics.
Implications: The data show the benefits of practicing water aerobics and functional training in maintaining the functional capacity of the elderly, serving as valid alternatives to preserve the independence, well-being, and quality of life of this population. In addition, the use of assessment tools should be routinely performed in order to monitor the evolution or functional decline of the elderly, demonstrated here by the 6MWT and the DASI, which are easy to apply.
Keywords: Aging, Elderly, Exercise Therapy

Conflict of interest: The authors declare no conflict of interest.
Acknowledgment: Not applicable.
Ethics committee approval: Estácio do Ceará University Center No. 3,317,986

https://doi.org/10.1016/j.bjpt.2024.100895