

max]) since completion of undergraduate and specialization courses of 18 [8, 27] and 12 [2, 25] years) reported which acupuncture points they recommend via an online questionnaire. The frequency and co-occurrence of prescribed acupuncture points were evaluated, as well as absolute and inter-rater agreement.

Results: Physiotherapists reported 22 (94%) acupuncture points and (median [min, max]) 7 [1, 16] acupuncture points individually. The most common acupuncture points were Ashi (n=11, 79%), Houxi SI-3 (n=10, 71%) and Kunlun BL-60 (n=9, 64%); the most common co-occurrent acupuncture points were BL60 (Kunlun) and Ashi (n=9, 64%). Inter-rater reliability was better-than-chance for 5 points (ranging from $\kappa=0.432$, 95% CI=[0.276; 0.533] Ashi point to $\kappa=0.125$, 95% CI=[0.087; 0.192] GB21 point). Furthermore, inter-rater agreement was worse-than-chance for 16 points (ranging from $\kappa=-0.453$, 95% CI=[-0.453; -0.116] TE14 to $\kappa=-0.152$, 95% CI=[-0.152; 0.000] points SI12 and GV20).

Conclusions: Pragmatic prescriptions of acupuncture points for neck pain by specialist acupuncture physiotherapists do not agree with prescriptions in the scientific literature.

Implications: There is a need for explicit, high-level evidence-based rules for prescribing and teaching acupuncture point combinations for neck pain to be included in future clinical trials.

Keywords: Neck pain, Traditional Chinese Medicine, Physical therapy, Rehabilitation

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PRELIMINARY DATA ON THE EFFECTS OF PHOTOBIO-MODULATION ON TISSUE REPAIR OF BURNING INJURIES: A RANDOMIZED, CONTROLLED, DOUBLE-BLINDED CLINICAL TRIAL

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Background: Burning is a tissue injury that can be treated through photobiomodulation, which promotes tissue repair by activating physiological cascades that induce the synthesis of RNA and DNA, increasing the production of new cells. LEDtherapy is a type of phototherapeutic resource that uses photobiomodulation, this resource provides a cheaper treatment, easy to apply with less time when compared to LASERtherapy, this is due to the characteristics of LED light. However, there is a scientific gap, as the studies that have been developed in recent years report the effects of LASER in animal models or in vitro, little is known about the real effect of the treatment of burns with LED in human beings, thinking about it, the idea arose. hypothesis of what is the effect of this resource in human model.

Objectives: To compare the effect of red LED photobiomodulation, infrared LED and sham therapy on the rate of re-epithelialization, presence of pain, pruritus, skin temperature, healing quality and scar mobility among individuals with second-degree burns.

Methods: This is a double-blind randomized controlled clinical trial. 11 burn injuries were treated, divided into 3 groups: Red Led Group

(n=2), Infrared LED Group (n=5), and Sham Group (n=4), the group's stimulation by LED an application of 7J/cm² per point, in the Shan group, the application was mimicked. The presence of pain, itching, skin temperature and wound size were evaluated daily until healing, and at the end of healing, the mobility and quality of the scar were evaluated. Data were analyzed using descriptive statistics, re-epithelialization rate, skin temperature and scar mobility, ANOVA was performed for repeated measures, by Bonferroni post-hoc. One-way anova and for Kruskal wallis scar quality considering a significance level of $P \leq 0.05$.

Results: There was no statistical difference for the outcome pain, pruritus, rate of re-epithelialization and scar mobility and quality between the groups. However, it is possible to observe a clinical improvement in rate of re-epithelialization, pain and itching in the stimulation groups when compared to the shan.

Conclusion: It is necessary to be careful about the inferences made regarding the results of this research due to the low statistical power, however, it is possible to observe a clinical improvement in the volunteers who were treated with led therapy, the re-epithelialization rate and pain resolution and pruritus in the initial 48 hours.

Implications: The development of studies like this one can answer doubts about the use of LED therapy in wounds in general, and in addition can generate new perspectives for the treatment of burned patients, and insert the physiotherapist even more in the rehabilitation of these patients, thinking of a more uniform and organized healing, with fewer physical sequelae.

Keywords: Photobiostimulation, Healing, Reepithelialization

Conflict of interest: The authors declare no conflict of interest.

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DOES THE MOTOR DEVELOPMENT OF PRETERM INFANTS IMPACT ON LESS PARTICIPATION IN THE HOME ENVIRONMENT? PRELIMINARY DATA

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Background: Prematurity is one of the most prevalent biological factors in Brazil and may contribute to delayed motor, neurological, and sensory development, which may cause persistent problems in the future for these infants. Participation is essential for quality of life and health, especially in the home environment during early childhood, as it is an important component in motor development.

Objectives: To characterize the motor development and home participation of preterm infants vs full-term infants.

Methods: 3 preterm infants with corrected age (M= 36.1±0.05 gestational age), exposed group (EG); and 3 full-term infants (M= 38.5±0.86 gestational age), comparison group (CG) participated in this study. The outcomes, motor development, were assessed by the Alberta Infant Motor Scale (EMIA) and participation by the Young Children's Participation and Environment Measure (YC-PEM) questionnaire, both Brazilian versions. The score of motor development

was performed by a blind evaluator for the groups. Descriptive analyses were carried out.

Results: Infants of EG participated in 7 (53.84%) types of activities in the home environment, and presented a frequency mean of 3.38 (± 0.0), while in the CG between 7 and 8 (58.97%) activities and showed a mean frequency of 3.89 (± 0.31). In motor development, the EG obtained a mean total score of 17.6 (± 2.51), percentile <5; while the CG, a mean of 23.67 (± 5.50), percentile between 10 to 25.

Conclusion: Preterm infants presented less motor development and participation at home when compared to full-term infants. Further studies with larger sample sizes and in different contexts, such as in the community, are recommended.

Implications: Knowledge about prematurity and its impact on motor behavior and participation is essential for early intervention to support the demands of each family. The infants participation is correlated with motor performance; therefore, these factors need attention in the first months of life, a period of intense neuroplasticity of the central nervous system.

Keywords: Preterm infants, Participation, Child development

Conflicts of interest: The authors declare no conflict of interest.

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DOES THE ADDITION OF SELF-MANAGEMENT STRATEGIES FOR REDUCING SEDENTARY BEHAVIOUR TO MULTICOMPONENT TRAINING IMPROVE LEAN MASS INDEX?

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Background: In the aging process, changes in body composition occur, with an increase in fat mass and a decline in lean mass, and this decline is closely related to functional dependence and the appearance of disabilities. Physical exercise can directly cause changes in body composition. However, studies show that a long time spent in sedentary behaviour (SB) can lead to a reduction in functional independence and an increase in mortality, regardless of physical exercise. Despite this, evidence is still needed to verify whether the reduction in CS can have positive effects on body composition.

Objectives: To assess whether the adoption of self-management strategies (SMS) in multicomponent training (Multi) compared to isolated multicomponent training can improve the lean mass index of older adults who were physically active before the pandemic.

Methods: A single-blind, randomized, controlled clinical trial was performed. Forty-five elderly participants in a multi-component group physical exercise project were divided into two groups: Multi and Multi + AG. The Multi consisted of aerobic exercises, muscular resistance, balance, and flexibility (3x week, 50 minutes/session). The SMS consisted of setting goals and weekly telephone follow-ups by a professional trained in these strategies. The lean mass index

(lean mass/height²) was evaluated by dual-energy X-ray absorptiometry (DXA). The intervention lasted 16 weeks, starting after the release of group physical exercises, due to the COVID-19 pandemic scenario, and reassessed shortly after 16 weeks of intervention. A generalized mixed linear model was used to analyze the data (fixed factors: time, group and interaction and random factor: subjects).

Results: The sample had a predominance of 74% females, a mean age of 74.45 \pm 6.1 years, body mass of 69.41 \pm 15.43 kg. Both groups showed an increase in lean mass index (estimated marginal means: 0.217, CI: 0.01 to 0.42, $p < 0.038$). There was no group effect and no interaction between group and time. In this way, both groups obtained improvements in the lean mass index.

Conclusion: SMS to reduce SB did not potentiate the effects of Multi on the lean mass index of older adult participants in a group physical exercise project.

Implications: The provision of multicomponent physical exercise programs for the older adults, with characteristics similar to the sample of this study, may be sufficient to improve the lean mass index.

Keywords: Older adults, Body composition, Sedentary behavior

Conflict of interest: The authors declare no conflict of interest.

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PROFILE CHARACTERIZATION OF PARTURIENTS WHO HAD VAGINAL BIRTH IN A PUBLIC HOSPITAL OF BRASÍLIA IN THE FIRST SEMESTER OF 2019

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Background: In 2019, there were 42.422 deliveries in Distrito Federal, of those that 45,45% were vaginally, and 54,52% were caesarean sections according to Live Birth Information System. Considering the presented data, studies reaffirm the high rate of caesarean sections. Public measures were adopted to follow the global recommendations, that from all the births less than 15% should be caesarean sections. The Rede Cegonha include actions to ensure the quality, security and humanization of the service available to the women, since the pregnancy to the first two years of the child's life. Therefore, this study presents the relevance of the monitoring from the ways of birth and the impacts from each one.

Objectives: Analyze the most prevalent vaginal birth parturients profile from a hospital in Brasília in the first semester of 2019.

Methods: This study consist in a descriptive cross-sectional study, wich analyze medical records from a hospital in Brasília, in 2019 from January to June. The excluded criteria were twin pregnancy and illegible letters, and the included criteria were: vaginal birth. The analysis consists in sections, the describe the sociodemographic, parturient clinical profile, and newborn data.

Results: Among the study's eligibility criteria, 437 medical records were selected. For characterization of the sociodemographic