

perception of safety during the assessment, all pregnant women rated it as "very safe." Concerning the use of telehealth as a means of communication with healthcare professionals, 20 participants (83.33%) fully agreed, 3 (12.50%) agreed, and 1 (4.17%) did not respond. Regarding the positive aspects of the session, participants highlighted the teleconsultation itself, the professionals, and accessibility, as well as their perceptions. Five responses (20.83%) emphasized safety, 9 (37.50%) highlighted the care, attention, and guidance provided by the professionals, 6 (25.00%) mentioned the clarity and quality of the information, and 3 (12.50%) pointed to the convenience and accessibility of telehealth as positive aspects. Regarding the perception of physical therapists about participants' safety, 91.67% (22) fully agreed that the participants were safe, while 4.17% (1) remained neutral and 4.17% (1) disagreed.

Conclusion: There was a positive perception of the teleconsultation assessment for the pregnant women and physical therapists in this study.

Implications: The results of this study contribute to clinical practice by reducing transportation costs and improving access to physical therapy. They also support integrating telehealth into public health systems, increasing national access to specialized care. Clinical trial design studies are necessary to further explore the results.

Keywords: Physiotherapy, Telerehabilitation, Women's health

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128

IMPACT OF URINARY INCONTINENCE ON THE QUALITY OF LIFE OF WOMEN WITH SYSTEMIC LUPUS ERYTHEMATOSUS

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Background: Urinary incontinence (UI) is a condition that can affect the quality of life of affected women. The impact of UI can be even greater in women with chronic conditions, such as systemic lupus erythematosus (SLE), which can compromise various systems. Thus, it is necessary to understand the impact of UI on different aspects of life, such as social, emotional, and daily activities of women with SLE.

Objectives: To analyze the impact of urinary incontinence on the quality of life of women with systemic lupus erythematosus.

Methods: Cross-sectional study with 21 women diagnosed with SLE and complaints of urinary incontinence aged 18 years or older. The study was conducted at the Rheumatology outpatient clinic of a University Hospital. Participants answered the "urinary impact questionnaire" (UIQ-7) subscale of the Pelvic Floor Impact Questionnaire-7 (PFIQ-7), which contains seven questions about the impact of urinary incontinence on different aspects of life. Means and standard deviations (SD), absolute and relative frequencies were calculated.

Results: 21 women with a mean age of 46.76 years (SD = 11.92) participated in the study. Regarding the type of UI, 42.8% of women had stress urinary incontinence (SUI), 28.6% urge urinary incontinence (UUI), and 28.6% mixed urinary incontinence (MUI). Regarding the UIQ-7 responses, 19 women (90.5%) did not report an impact on

their ability to perform domestic activities. 14.3% of women indicated a significant impact on their ability to perform physical activities. Regarding entertainment activities, 4.8% indicated a slight impact and 14.3% reported a significant impact. Regarding the ability to travel long distances, 61.9% of women reported no impact. In social activities, 14.3% reported a moderate impact. 14.3% reported a significant impact on emotional health. Regarding the feeling of frustration, 28.6% consider themselves very frustrated with the situation.

Conclusion: The UIQ-7 results reveal that urinary incontinence has a considerable impact on the quality of life of women with SLE. It is recommended that further studies be carried out with larger samples.

Implications: This study highlights the importance of assessing the impact of urinary incontinence on the quality of life of women with SLE. The results can be used to stimulate the development of interventions aimed at improving the quality of life of these women.

Keywords: Pelvic Floor Disorders, Quality of Life, Urinary Incontinence

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129

EFFECT OF AEROBIC EXERCISE ON URINARY COMPLAINTS IN POSTMENOPAUSAL WOMEN: PRELIMINARY RESULTS OF A CLINICAL TRIAL

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Background: Aerobic exercise, widely practiced by postmenopausal women, is described as effective in reducing some typical symptoms of this period. Urinary complaints, particularly those related to continence, are among the most common complaints in this population. **Objectives:** Therefore, the aim of the study was to evaluate the effect of aerobic exercise on urinary complaints in postmenopausal women.

Methods: This is a clinical trial that included women in the postmenopausal period. All participants followed a 12-week aerobic exercise protocol, which included warm-up, walking, and cooling down three times a week for 50 minutes, with an increase in intensity every 4 weeks. Before and after the 12 weeks, participants were assessed regarding the impact of urinary complaints on quality of life using the International Consultation on Incontinence Questionnaire - Short Form (ICIQ-SF). The Wilcoxon test was applied to compare the differences between the ICIQ-SF questionnaire scores (questions 3, 4, 5, and total score) before and after the intervention.

Results: Thirty-five women were included in the study (mean age: 57.5 years, SD: 7.05). The results showed a significant difference only for question 3 of the ICIQ-SF, which refers to the frequency of urinary leakage ($p = 0.046$), suggesting a reduction in the frequency of urinary complaints after the aerobic intervention. No significant differences were found for other variables after the intervention ($p > 0.05$).

Conclusion: It is concluded that aerobic exercise led to a slight improvement in urinary complaints in postmenopausal women.