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POST-TRAUMATIC STRESS DISORDER IN INDIVIDUALS WHO REQUIRED HOSPITALIZATION FOR COVID-19: A CROSS-SECTIONAL STUDY

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Background: COVID-19 can result in a wide variety of chronic health issues, taking an emotional toll with post-traumatic stress disorder (PTSD) such as impaired lung function, reduced exercise performance and decreased quality of life.

Objectives: To evaluate post-traumatic stress disorder (PTSD) in individuals after hospital discharge due to COVID-19 and its relationship with sociodemographic variables, quality of life, muscle strength, and functional capacity.

Methods: This is a cross-sectional study, conducted at the Laboratory of the Federal University of Pernambuco, including individuals of both genders aged between 31 and 79 years, recovered from COVID-19 and required hospitalization. Individuals with musculoskeletal disorders and cognitive disorders were excluded.

Results: A total of 153 individuals were deemed eligible for the study, and 60 completed the assessments. The age range ranged from 31 to 77 years, and 63.3% were female. PTSD was found in 48.3%, and 38.7% had partial symptoms; moreover, 65.5% of those with PTSD were obese and 62.1% were hypertensive. They were also more sedentary ($p=0.009$), were hospitalized in the ICU, and had more days hospitalized, respectively ($p<0.001$ and $p=0.010$), longer times on the TUG ($p=0.014$), shorter distances than those predicted in the 6MWT ($p=0.001$) and a reduction in all domains of the SF-36.

Conclusion: Individuals who recovered from COVID-19 with PTSD were characterized as being more sedentary, requiring ICU admission, more days in the hospital, presented a moderate risk of falling, had lower performance in functional capacity, and had respiratory muscle strength below the predicted values.

Implications: Analyses of the results obtained from the study showed a marked presence of PTSD in patients who were hospitalized for COVID-19, in addition to showing a reduction in lung function, exercise performance, and impaired quality of life, even after recovery from the disease. Therefore, the results started for an early identification of the clinical conditions of the post-COVID-19 patient profile.

Keywords: Post-Traumatic Stress Disorders, COVID-19, mental disorders

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INFRARED THERMOGRAPHY FOR EVALUATION OF TENDING INJURIES: AN INTEGRATIVE REVIEW

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Background: Tendon dysfunctions are classified into overuse tears, injuries, and inflammatory conditions such as tendinopathies. Infrared thermography (IT) is a diagnostic technique that has been used to evaluate these disorders.

Objective: Identify how IT can be useful in tracking normal and/or abnormal thermal profiles in tendinopathies.

Methods: An integrative bibliographic review was carried out in the PUBMED, PEDro and CENTRAL databases, from 03/24/2022 to 04/05/2022, including the combination of terms and keywords using the Boolean operators OR and AND, with the following descriptors: Tendinopathy; Tendinitis; Tendon injury; Tendon injuries; Risk of tendon injury; Risks of tendon injuries; Tendinosis; Tenosynovitis; Tendon overload; Paratendinitis; Paratendinitis; Peritendinitis; peritendinitis; Impact; impacts; Loom; Tears; Infrared thermography; Thermography; Thermographic change; Thermal imaging; Thermal Imaging; Infrared imaging; Infrared imaging; Temperature mapping; Temperature mapping; Infrared thermal imaging; Skin temperature; Grouped thermographic changes. Inclusion criteria: The search was carried out in English, without time restrictions, and articles with results and discussion: journals in all languages, clinical trial-type studies, precision and observational type of case study, case-control, cohort and cross-sectional studies, with a population of both sexes, and which used thermography as a screening method for tendon injuries. Exclusion criteria: Articles that did not present all the results used in the study.

Results: 1,279 studies were selected, and after reading the titles and abstracts, those that did not meet the criteria and duplicates were excluded, leaving 16 articles included. Of these, seven were selected to compose the results. In general, it was analyzed that IT is an excellent tool with potential for evaluation, diagnosis, monitoring, and prevention purposes, as it is possible to track asymmetries, inflammation, training effects, performance improvement and prevention of tendon injuries.

Conclusion: According to the literature review carried out, it was observed that IT is suitable for analyzing tendon tissues, taking into account different research strategies. However, it is important that new accuracy studies, such as randomized clinical trials, are developed since current studies do not yet have a consensual level of scientific evidence.

Implications: The IT used in this context of assessing tendon injuries becomes useful so that the physiotherapist has an assessment tool with excellent predictive power, so that his practice is safer and more supported.

Keywords: Thermography, Body temperature, Tendinopathy

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MOBILITY ASSESSMENT OF PATIENTS WITH DIABETIC FOOT ASSISTED AT THE AMBULATORY OF TECHNOLOGICAL INNOVATIONS IN HUMAN REHABILITATION (INOVAFISIO - UFC)

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