

Conclusion: For the characteristics of this preliminary sample of pregnant women in the third trimester, it was observed that pregnancy had a low impact on quality of life in general, with a greater decline in the health and functioning domain. It is necessary to expand the sample and correlate these data with their sociodemographic characteristics.

Implications: The results demonstrate the importance of the physiotherapist in relieving the physical symptoms of women in the third trimester of pregnancy, in order to increase their quality of life, and to guarantee that this period is lived in the best possible way.

Keywords: Pregnant, Quality of life, Edema

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

Acknowledgment: Not applicable.

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IMPACT OF MOTOR FUNCTION OF INDIVIDUALS WITH SPINAL MUSCULAR AMYOTROPHY AND OVERLOAD OF THEIR CAREGIVERS ON QUALITY OF LIFE

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Background: Spinal Muscular Atrophy (SMA) is a progressive degenerative neuromuscular disease that can cause several motor, respiratory, and functional impairments, directly interfering with the quality of life (QoL). Depending on the severity of the SMA, the individual may need intermittent care and their caregivers may feel overwhelmed with this responsibility.

Objectives: To correlate caregiver burden and motor function measurement (MFM) of individuals with SMA with their QoL.

Methods: Descriptive cross-sectional study, carried out in a state rehabilitation center in Goiânia, Goiás, Brazil. Data collection was carried out from March to July 2022, consisting of individuals diagnosed with SMA types I, II, and III being followed up at the institution's Neuromuscular Diseases Clinic and their main family caregivers. To analyze the MFM, participants younger than six years old were evaluated using the Motor Function Measurement Scale - Short Version (MFM-20), and those older than six years old using the Motor Function Measurement Scale (MFM-32). For QoL assessment, those over five years old answered the PedsQL Neuromuscular 3.0 questionnaire according to age group, while those under five years old had the same questionnaire answered by their guardians. To assess caregiver burden, the Burden Interview questionnaire was used. The distribution of demographic profile and clinical data was tested according to the type of SMA by applying Pearson's Chi-square test and "Post hoc" standardized residual analysis. The QoL, MFM, and caregiver burden were tested between the types of EBF using the Analysis of Covariance (ANCOVA), controlling the effect of variables that presented $p < 0.05$ in the initial exploratory analyses. The significance level adopted was $p < 0.05$.

Results: The sample consisted of 32 individuals with SMA, 6(18.7%) type I, 9(28.1%) type II, and 17(53.1%) type III, with a mean age of 21.9 ± 17.3 years old, mostly male 17(53.1%) and 27 caregivers, 26 (96.3%) females. The MFM showed a moderate positive correlation with the QoL of individuals with SMA type II ($r = 0.71$; $p = 0.05$) and

in type III it had a strong positive correlation with statistical significance ($r = 0.63$; $p = 0.01$). Caregiver burden had a negative correlation with QoL in SMA types II and III ($r = -0.71$; $p = 0.05$ and $r = -0.16$; $p = 0.63$, respectively), without statistical significance.

Conclusion: MFM correlated with the QoL of individuals with SMA, especially type III. The burden of caregivers showed a negative relationship with the QoL of people with SMA, highlighting the need for care for this population.

Implications: Knowledge of the motor function of individuals with SMA and the burden of their caregivers are important aspects that allow for more specific therapeutic approaches according to their individualities.

Keywords: Quality of life, Spinal Muscular Atrophy, Caregivers

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

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FUNCTIONAL HEALTH LITERACY OF PEOPLE WITH SPINAL CORD INJURY IN REHABILITATION

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Background: Spinal cord injury (SCI) represents a public health problem due to the sequelae it causes, leading to physical dependence and functional disability. The acquisition of knowledge and the learning of skills are considered important aspects in the rehabilitation process of these people and are directly related to functional health literacy (FHL). The FHL refers to the understanding of information on health risks and the use of health services, including information leaflets, booklets, and health education. The person with SCI faces multiple barriers and experiences health disparities, but few studies have investigated the FHL of this population in rehabilitation.

Objectives: To evaluate the functional health literacy of people with spinal cord injury in rehabilitation.

Methods: Quantitative and cross-sectional study conducted in a state rehabilitation center in Goiânia, Goiás, Brazil. The data collection took place between October 2021 and January 2022. The sample was composed of individuals diagnosed with SCI older than 18 years who attended the adult neurofunctional physiotherapy outpatient clinic of the institution. The Short Test of Functional Health Literacy in Adults (S-TOFHLA), electronic medical records were used to fill out the clinical profile form, and a questionnaire for sociodemographic characterization. Data were analyzed using the Statistical Package for the Social Sciences (SPSS), version 26.0.

Results: We evaluated 85 individuals diagnosed with SCI, 22 females (25.9%) and 63 males (74.1%). Regarding the classification of the injury, most participants (42.4%) were classified as "A" on the American Impairment Scale (AIS) and presented paraplegia (65.8%), with

a mean injury time of 55.5 months and rehabilitation time of 38 months. The average score on the S-TOFHLA was 79.5 points out of a total of 100 points. It was found that 60 individuals (70.6%) presented adequate FHL, followed by 13 with borderline FHL (15.3%) and 12 with inadequate FHL (14.1%).

Conclusion: The individuals with SCI evaluated presented mostly adequate FHL, so the rehabilitation process may have been a contributing factor to the outcome of FHL.

Implications: Rehabilitation allows greater exposure to health information, better organization, management capacity and knowledge of the disease, and thus could contribute to better outcomes of FHL. The evaluation of FHL by multidisciplinary teams during the rehabilitation process can be an important tool for improving the health of people with SCI.

Keywords: Spinal cord injury, Functional health literacy, Rehabilitation

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

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INFLUENCE OF SOCIAL ISOLATION CAUSED BY COVID-19 IN ELDERLY PEOPLE HOSPITALIZATION ASSOCIATED WITH FALLS IN AN EMERGENCY HOSPITAL

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Background: In 2020, isolation and social distancing measures were taken to contain the new coronavirus, which affected the elderly people's routine improving the susceptibility to trauma in their homes due to the increase in immobility associated with physical activities reduction, which maintains their physical conditioning, and the unsafe home structure.

Objectives: This study aims to compare the profile of hospitalizations due to falls that occurred in 2019, before the pandemic, with those of 2020 in the context of social isolation in an Emergency Hospital from Porto Alegre.

Methods: The authors performed a retrospective observational study. The patient's electronic medical records data were used. Patients of both sexes, over 60 years old, who were admitted to the hospital due to falls during 2019 and 2020 were included to compare both periods. In addition to the sample characterization, information about the type of trauma, type of injury or fracture generated, place where the trauma occurred, month of the year, patient's death, and previous comorbidities were also transmitted.

Results: 485 individuals were included, primarily women (71.3%) over 80 years old (36.9%) who avoided falling from their height (76.8%) and had as a consequence the proximal fracture of the hip (2019: 56.7%; 2020: 57.9%) in their homes (92.4%) in both years. There were more emergency discharges in 2019 (2019: 26.8%; 2020: 14.2%) and more transfers in 2020 (2019: 60.7%; 2020: 70.1%). As for seasonality, there were more falls in the months corresponding to winter in 2019 ($p=0.004$), while in 2020 the distribution was

observed throughout the year. The sample characterization data are consistent with other findings in the literature. The injuries in 2020 were more serious, requiring surgical intervention at another hospital.

Conclusion: Although there are similarities in the profile of patients in 2019 and 2020, we can highlight that isolation due to the new coronavirus may have resulted in trauma with more severe injuries compared to the previous year. During the pandemic year, there was a homogeneous distribution of the occurrence of falls, which suggests staying at home is an important risk factor for trauma in the elderly.

Implications: The results of this abstract showed that social isolation harmed the severity of falls, suggesting that staying at home may be a risk factor for them. To make the home environment safer and the adoption of home exercises that maintain the physical conditioning of this population can be adopted to improve the quality of life.

Keywords: Fall accidents, Elderly, Social Isolation, COVID-19

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

Acknowledgment: Not applicable.

Ethics committee approval: The study was approved by the Ethics Committee of the Secretary of Health of the Municipality of Porto Alegre reference number 4,500,612.

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FATIGUE AND ASPECTS OF MENTAL HEALTH WOMEN, WITH AND WITHOUT RHEUMATIC DISEASES DURING THE COVID-19 PANDEMIC

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Background: The COVID-19 pandemic has generated changes across the world, one of which is social distancing. Even with some impacts still unknown, studies have been pointing to damage to the health of several populations. In this sense, the consequences resulting from the pandemic can be identified in the female population, especially in those with rheumatic diseases, since people with chronic diseases had a worse state of general health and well-being, in addition to the difficulty in maintaining therapeutic follow-up during the pandemic and a possible exacerbating effect of their symptoms.

Objectives: The aim of this study was to evaluate fatigue and mental health aspects (depression, anxiety, and depression and anxiety together) in women with rheumatic diseases and without rheumatic diseases in the period of the COVID-19 pandemic.

Methods: This is a longitudinal observational study carried out in 2020 and 2021 using an online questionnaire. The study included women with and without rheumatic diseases, aged 18 to 65 years, Brazilians who were residing in Brazil. These should respond to an online questionnaire on the Google Forms platform, which included the Fatigue Severity Scale and the Hospital Depression and Anxiety Scale. Data were analyzed descriptively. The groups were compared using the Chi-square test (categorical variables) and the Mann Whitney test (quantitative variables with non-normal distribution in the Kolmogorov Smirnov test). For the intragroup analysis with rheumatic diseases, the chi-square test was used. All analyzes were performed using IBM SPSS software, version 25.0, adopting a significance level of 5%.