

normality (Shapiro-Wilk), the Spearman test was performed. The significance level was set at $p \leq 0.05$. SPSS 20.0 software was used.

Results: One hundred and forty-eight older adults (female: 120) participated. Participants were 70.2 (± 5.967) years old and had 9.31 (± 4.136) years of schooling. All participants performed within normal scores adjusted for schooling on the MMSE. The results indicated a negative correlation between performance in the SWM TE and the distance walked in the 6MWT ($\rho = -0.166$; $p \leq 0.047$), and between performance in the SWE TE and the average speed in the test ($\rho = -0.164$; $p \leq 0.05$).

Conclusion: Our results indicate that better cardiovascular fitness is correlated with fewer errors in the assessment of spatial working memory in older adults.

Implications: The 6MWT can be performed in clinical settings due to its low cost, easy application and reliable replication rates. Its use for monitoring health conditions, treatment and prevention strategies can be important as objective measures dedicated to minimizing age-related cognitive decline.

Keywords: Cardiovascular Fitness, Spatial Working Memory, Aging

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

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FUNCTION OF PELVIC FLOOR MUSCLES, FUNCTIONAL CAPACITY, QUALITY OF LIFE AND SEXUAL FUNCTION IN WOMEN WITH BREAST CANCER

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Background: Breast cancer is a pathology with heterogeneous characteristics, with wide variation in terms of its morphological nature and unpredictable clinical responses. Despite increasing the chances of cure and survival, the therapeutic approaches indicated for its treatment, such as breast removal surgery, chemotherapy, radiotherapy, and hormone therapy, weaken the woman's body and directly impact her quality of life.

Objectives: Thus, this study aimed to analyze the function of the pelvic floor muscles in women who survived breast cancer and compare them to healthy women, as well as to compare their functional capacity, quality of life and sexual function.

Methods: 40 women were recruited, equally, divided into two groups: Group of Women with Breast Cancer (GMC, from the Hospital do Câncer Alfredo Abrão de Campo Grande-MS) and Group of Healthy Women (GMS, from the Clínica UFMS Integrated School). All participants were submitted to the following evaluations: sociodemographic and clinical information questionnaire; 6-Minute Walk Test (6MWT); Sit and Reach Test (SAT); handgrip dynamometry; Female Sexual Function Index (FSFI) questionnaire; PERFECT scheme and pelvic floor manometry. The GMC participants also answered two specific questionnaires for cancer patients (Quality of Life Questionnaire - QLQ C30, Quality of Life Breast Cancer - QLQ BR23).

Results: The statistical analysis showed a significant difference between the functional capacity tests in the 6MWT ($p < 0.01$), in the TSA ($p < 0.01$) and dynamometry ($p 0.012$ for the right hand and $p 0.003$ for the left hand), in addition to the FSFI questionnaire, scheme PERFECT and manometry ($p < 0.001$).

Conclusion: The results of this study suggest that among women with breast cancer, sexual dysfunctions and losses related to functional abilities are common, especially in the strength of contraction of the pelvic floor muscles, aspects related to desire and sexual satisfaction.

Implications: Even with the constant technological advances of low, medium and high complexity related to the treatment and cure of cancer, women survivors can experience sequelae of a physical and emotional nature, reflected in their function of the pelvic floor muscles, functional capacity, quality of life and sexual function, which can last for long periods or for a lifetime. Especially pelvic floor disorders, little studied in the literature and neglected by health professionals, as it is not considered a fatal problem for the health of patients. Physical therapy proves to be an important ally in this scenario, contributing to the integration of sociodemographic and clinical data of the participants for a better understanding of the factors that most impact the quality of life of women who had breast cancer.

Keywords: Pelvic floor disorders, Physical-functional performance, Breast neoplasms

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

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PERCEPTIONS OF INDIVIDUALS WITH PARKINSON'S DISEASE ABOUT SLEEP: A QUALITATIVE ANALYSIS

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Background: Among the non-motor symptoms in Parkinson's disease (PD), sleep disturbances stand out, which can affect up to 90% of these individuals. Sleep plays a role in memory consolidation, learning, and refinement of procedural skills, and thus, alterations negatively impact the quality of life of the PD population. Physiotherapy promotes deeper sleep, reduces awakenings and wakefulness periods, improving objective and subjective perceptions of sleep.

Objectives: To understand the perception of individuals with PD regarding sleep disturbances.

Methods: Descriptive-analytical qualitative study, with recorded telephone interviews. The questions addressed the sleep disturbances perceived by individuals with PD, perceptions about the consequences of sleep deprivation, and aspects involving physiotherapy and sleep. Individuals with PD who were regular attendees of a specialized physiotherapy group for at least 2 years of both sexes, without communication difficulties, and available to discuss the interview topic were included. The recorded statements were transcribed, considered individually, divided into units of meaning, categorized, and analyzed based on the principles of phenomenology.

Results: The sample size was ten individuals with PD. The qualitative analysis revealed four themes that formed the structure of the