

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

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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

phenomenon based on the experiences of individuals with PD: 1) Individuals with PD's perspective on their sleep; 2) Life impacts sleep quality and sleep influences quality of life; 3) Physiotherapy and sleep in individuals with PD; 4) Expectations and desires of individuals with PD regarding sleep.

Conclusion: The main sleep disturbances perceived by people with PD are hallucinations, vivid dreams, insomnia, and restless leg syndrome, which can cause feelings of worry and anxiety. The lack of quality sleep affects interpersonal relationships, cognitive aspects, the individual's disposition for daily tasks, and social participation. People with PD highlighted the beneficial sensations perceived when they undergo physiotherapy and mentioned the desire to sleep through the night without interruptions so that they can make better use of their day.

Implications: Considering the sleep disturbances experienced by people with PD, as well as the perceived consequences on quality of life, interpersonal relationships, and social participation, physiotherapy, and the need for health education on this topic stand out.

Keywords: Parkinson's Disease, Sleep, Physiotherapy

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

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CORRELATION BETWEEN FUNCTIONAL MOBILITY AND MENTAL HEALTH OF ACTIVE OLDER PEOPLE AFTER 18 MONTHS OF DETRAINING DUE TO COVID-19 PANDEMIC

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Background: Physical detraining is the partial or total interruption of a physical exercise program, and it results in partial or total loss of acquired benefits, generating physiological adaptations in older people. In the context of the social restrictions imposed by the covid-19 pandemic, physical detraining may have resulted in a decline in the functional mobility and mental health of this population.

Objectives: To verify the correlation between functional mobility and mental health of active older people after 18 months of physical detraining due to the covid-19 pandemic.

Methods: This is a longitudinal study. The participants of the study were older people considered active for practicing a regular multi-component physical exercise program (MPE) and in a group for at least one year, before being interrupted due to the covid-19 pandemic. The program had a weekly frequency of three times a week, with sessions of 50 minutes each. The physical assessments were carried out in three moments, being T1: before the pandemic (March 2020), T2: after 18 months of the beginning of the pandemic (August 2021) and T3: after 24 months of the pandemic and return to face-to-face activities (February 2022). The functional mobility assessment was done by "Timed Up and Go – TUG" test and it was carried out in the three moments, while the mental health assessment was done using two components: depressive symptoms from

the "Geriatric Depression Scale - GDS" and perceived stress by the "Perceived Stress Scale - PSS", being performed only at T2. Statistical analysis was performed using the SPSS 20 software with a significance level of $p < 0.05$, after verifying the normality of the data, the Friedman test was performed to compare functional mobility and the correlation with mental health was performed using the test of Spearman with delta values between the first 18 months of the pandemic (T2-T1).

Results: forty-six older people (74 ± 6.67 age and 87% female) participated in the three moments. There was a significant worsening of functional mobility performance between T1 and T2 (8.29 [7.57-9.38] and 9.34 [8.53-10.96]), reflecting the effect of 18 months of detraining. Regarding the correlation with mental health, a positive correlation was observed with GDS ($p=0,015$; $r=0,414$) and PSS ($p=0,047$; $r=0,377$). Thus, the longer time spent performing the TUG was associated with a higher presence of depressive symptoms and perceived stress in the 18 months of the pandemic.

Conclusion: The pandemic had negative effects on functional mobility that lasted even after 18 months of its beginning, and worst functional mobility was correlated with worsening mental health.

Implications: With the end of the pandemic, the resumption of physical exercise programs for the older people is important, so that there is a recovery of functional mobility, but it is also necessary that these programs also pay attention to mental health issues in this population.

Keywords: Functional mobility, Mental health, Older adults

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

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TRANSLATION AND VALIDATION OF THE ROTTERDAM TRANSITION PROFILE TO BRAZILIAN PORTUGUESE

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Background: Recently, individuals with cerebral palsy (CP) have been reaching adulthood in greater proportions, making it relevant to understand the process of transition to adulthood, as well as the levels of autonomy in participation (AIP) of adolescents and young people with CP, which is little explored due to the lack of appropriate instruments, mainly for the Brazilian population. In this sense, the Rotterdam Transition Profile (RTP) is an instrument used to categorize AIP levels.

Objectives: This study aimed to translate and validate the RTP construct and content for use in Brazil.

Methods: The study's translation and validation process followed the methodology and sample size established and recommended by the literature. The translation was performed by 3 professionals fluent in English and the version obtained in Portuguese was back translated into English, to be reviewed by the authors of the instrument. The construct validity of the RTP was investigated by a panel of 8 professionals, who received an online form containing