

questionnaire (SF-36) and sleep index using the Pittsburgh were evaluated. Data collection took place from June to August 2022 via an electronic form developed by the researchers on the Google Forms platform.

Results: A total of 37 individuals were analyzed, predominantly female (81.6%) with a mean age of 30.13 ± 4.52 and training time from 1 to 5 years (55.3%), 97.4% of whom were post-graduated with the weekly workload of 30 to 60 hours (71.1%), working on duty for 24 consecutive hours. The quality of life of the evaluated individuals showed unfavorable results (<70 points) in relation to the domains: general health status, social aspects, vitality, pain, and limitation by physical aspect. Regarding sleep quality, the domains that presented the worst indices were subjective sleep quality, sleep latency and habitual sleep efficiency.

Conclusion: The challenges in coping with the pandemic associated with excessive working hours were favorable factors in reducing the quality of life and sleep of physiotherapists working on the front line.

Implications: The development of this study made it possible to evaluate the effects of the pandemic on the mental health of professionals working on the front line, which may favor the development of actions aimed at the health of workers, considering that emotional disorders can last for a while, leading to the removal of work activities.

Keywords: Quality of Life, Physical Therapists, COVID-19

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FUNCTIONAL CAPACITY AND QUALITY OF LIFE OF UNIVERSITY STUDENTS IN THE HEALTH AREA: CROSS-SECTIONAL STUDY

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Background: University students are subject to experiencing a change in their lifestyle during the period of adaptation and development of their professional future as a result of the demands required in the academic environment that can negatively reflect on quality of life and functional capacity. Aspects that influence poor quality of life can have a direct impact on the physical fitness of health students.

Objectives: To evaluate the functional capacity and quality of life of university students in the health area.

Methods: This is a descriptive cross-sectional study with a sample involving university students in the health area aged 18 years or over of both sexes enrolled in a private University Center in the city of Caruaru-PE who agreed to participate in the research by signing the free and informed consent form (TCLE). Functional capacity was evaluated through the six-minute walk test (6MWT) and quality of life through the Short Form questionnaire (SF-36) available online through the Google Forms® platform. Data collection took place between august and october 2022.

Results: A study with 117 participants, a mean age of 22.91 ± 5.38 years, predominantly female (71.8%) and mean body mass index of 24.68 kg/m^2 . The greater participation in the study involved health university students from the first to the fourth period (53.8%) and the physiotherapy course (58.1%). During the assessment of functional capacity by the 6MWT, an average distance covered of $554.61\text{m} \times 595.38\text{m}$ of predicted distance was evidenced by these university students, which corresponds to 93.85% of the predicted distance for the studied population. Quality of life, when evaluating the domains of vitality and social aspects, scored less than 50 points, which is considered a worrying result.

Conclusion: The present study presented favorable data regarding the functional capacity of these university students, however, the quality of life of these young adults showed negative outcomes in some domains with scores below expectations.

Implications: The study generated an alert about the importance of an institutional view for the development of actions that can improve the perception of quality of life and functional aspects of university students, considering that both performance and permanence in the academic field can be compromised.

Keywords: Quality of life, Students, Exercise Toleranc

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RELATIONSHIP BETWEEN FUNCTIONAL MOBILITY AND FALLS IN WOMEN WITH KNEE OSTEOARTHRITIS

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Background: Osteoarthritis is the most prevalent rheumatic illness in the population, characterized by progressive loss of joint cartilage and subchondral bone sclerosis that results in functional limitation. Among the affected joints, the knee is the most injured. Pain, muscle weakness, reduced balance and reduced movement range are the main symptoms of patients with knee osteoarthritis (KOA) and they may contribute to a decrease in functional mobility and a greater possibility of falls in this population.

Objectives: The study aims to compare the functional mobility in women with and without KOA, relating it to the number of falls.

Methods: Were chosen 71 people, who were divided into two groups, the studied one with Knee Osteoarthritis (GOAJ: $n = 39$; 66.8 ± 7.7 years) and the control group (GC: $n = 32$; 64.9 ± 7.1 years). The research project was approved by the local ethics committee (1.503.496/2015) and all the participants had signed the free informed consent term and agreed to join the study. Firstly, anamnesis was done to obtain personal data and the number of falls in the last 12 months. To assess functionality, the Short Physical Performance Battery (SPPB) was applied, consisting of three items: assessment of balance, gait speed and, indirectly, lower limb strength, through the sit-to-stand test. For statistical analysis, the T-test for Independent Samples was used, considering a significance level of $p < 0.05$.

Results: Women with KOA had a 48% lower gait speed ($p < 0.001$) and a 30% higher time to sit down and stand up from a chair for five consecutive times ($p < 0.001$), compared to the control group. No significant difference was found in the balance tests of both groups.