

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

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

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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.

The group with KOA (GOAJ) showed an average of 2,7 falls in the last twelve months, while the control group (GC) showed an average of 1,4 falls. There was a negative correlation between gait speed and sitting down/standing up time with the number of falls.

Conclusion: Women with KOA have decreased functional mobility, and this may contribute to a higher occurrence of falls in this population.

Implications: The study shows that women with KOA have decreased functional mobility, which can negatively affect the performance of activities of daily living and the quality of life of this population.

Keywords: Arthrosis, Physical Functional Performance, Biopsychosocial Factors

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

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ASSOCIATION BETWEEN POSTURAL BALANCE AND FUNCTIONAL STATUS IN POST COVID-19 CONDITION IN NON-HOSPITALIZED PATIENTS

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Background: Individuals with post COVID-19 conditions risk to develop short and/or mid term neuromuscular sequelae that may involve changes on balance control. The POST-COVID-19 Functional Scale (PCFS) has the potential to evaluate the general functional capacity, however, if the PCFS can also be used to measure the impact on the balance control over the post COVID-19 functionality, remains unclear.

Objectives: To investigate if COVID-19 may impact the balance control and if possible, changes are associated with the functional status of the individual estimated by PCFS.

Methods: 60 adults were split into two groups: 30 patients on control group and 30 on post COVID-19 group. Both groups underwent clinical evaluation of balance control based on the following tests: Functional Reach Test (FRT), Berg Balance Scale (BBS), Time Up and Go (TUG), Tinetti Balance Test (TINETTI) and Mini-BESTest (MBT). Besides, the post COVID group answered the PCFS questionnaire. For data statistical analysis, it was used the Student's T Test, comparing the score found on groups' balance tests. The Pearson's correlation test was used to correlate the balance tests and PCFS. The multiple linear regression was used to identify which balance variable may play important role on PCFS' prevision, with significance level of 5%.

Results: It wasn't found significant differences ($p > 0,05$) between groups for: BBS (average \pm control standard deviation and post COVID-19: 49.200 ± 7.863 and 49.300 ± 8.322 points); TUG (12.500 ± 4.925 and 11.033 ± 5.109 seconds); TINETTI (24.467 ± 4.890 and 25.633 ± 3.873 points); and MBT (22.500 ± 5.361 and 22.967 ± 4.716 points). But, for FRT, there was significant difference ($p = 0,046$) between groups post COVID-19 ($31,333 \pm 6,563$ cm) and control ($28,083 \pm 5,748$ cm). The balance variables showed significant

correlation ($p < 0,05$) and moderated with PCFS: TINETTI ($r = 0.584$), FRT ($r = \pm 0.542$), MBT ($r = -0.53$), BBS ($r = 0.415$) and TUG ($r = 0.368$). TINETTI was the independent variable that significantly played important role on PCFS' determination (R^2 value was set from 0,368, $p = 0.004$).

Conclusion: The results showed that significant changes on postural stability wasn't observed among groups for most balance tests applied, except FRT. Both groups, however, presented reach on FRT above reference value, indicating low fragility and fall risk for the patients. Minor changes on functional status of post COVID-19 group (23 of 30 patients presented grade between 0 and 1) may explain similarities on body balance among groups. Moderated correlations were observed between PCFS and balance tests and, the TINETTI, seems to play important role on PCFS' determination.

Implications: In rehabilitation field, the research results indicate the PCFS' implementation to monitor functionality, covering changes on postural balance and other functional outcomes, aiming to improve evaluation methods and intervention on neuromuscular function rehabilitation on the context of post COVID-19.

Keywords: Postural balance, COVID-19, post COVID-19 condition, POST-COVID-19 Functional Scale

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

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POWERED MOBILITY FOR CHILDREN WITH CONGENITAL ZIKA SYNDROME: LEARNING AND GOAL ATTAINMENT OUTCOMES

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Background: Powered mobility training with modified ride-on cars is an innovative intervention option that aims to improve the body functions and participation of children with severe disabilities. In addition to enabling self-initiated mobility, training can result in learning gains in ride-on car use and attainment of rehabilitation goals. Due to their severe motor and cognitive impairment, children with Congenital Zika Syndrome (CZS) may benefit from interventions with modified powered ride-on cars, as such devices are more cost-effective when compared to motorized wheelchairs.

Objectives: To describe the results of a powered mobility intervention with modified motorized ride-on cars for children with CZS, considering the outcomes of goal attainment and mobility learning.

Methods: This is a pilot study with 12 weeks of intervention and 4 weeks of follow-up. The intervention was guided by a physiotherapist or occupational therapist and consisted of training sessions with modified ride-on cars, lasting 40 minutes, three times a week, at the Clínica Escola de Fisioterapia da Faculdade de Ciências da Saúde do Trairi (FACISA), in Santa Cruz-RN. The outcomes of interest were mobility learning, assessed using the "Assessment of the Use of