

vascular-metabolic pattern; in the same way as eating sweets one (OR=0.89; CI95%=0.80-0.99), 2-3 (OR=0.77; CI95%=0.71-0.85) and all days (OR=0.76; CI95%=0.69-0.84), and ingest adequate (OR=0.69; CI95%=0.65-0.74) and very high/high amount of salt (OR=0.83; CI95%=0.72-0.95). However, consuming chicken (OR=1.21; CI95%=1.07-1.36) and milk every day (OR=1.10; CI95%=1.02-1.18) increased the chances of being affected by the vascular-metabolic pattern.

Conclusion: There was a negative association between fish consumption and cardiopulmonary pattern, while sweets and salt were positively associated. Consuming chicken and SMQS were positively associated with musculoskeletal pattern. Finally, there was a positive association between the consumption of chicken and milk with a vascular-metabolic pattern, while sweets, salt and red meat were negatively associated.

Implications: This study will help health workers to prevent and adopt a more effective integrative approach, considering food consumption as a potential factor to reduce the chances of developing multimorbidity patterns in older adults.

Keywords: Aged, Food Behavior, Multimorbidity

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FACTORS ASSOCIATED WITH TELEVISION TIME IN BRAZILIAN COMMUNITY-DWELLING OLDER ADULTS: ANALYSIS OF NATIONAL HEALTH SURVEY 2019

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Background: Watching television corresponds to the most frequent sedentary behavior in older adults and which is associated with greater health risks, including frailty and all-cause mortality. Thus, it is important to develop studies that assess the factors that are associated with this behavior, so that the government, together with health professionals, has adequate knowledge to support the best recommendations for the older population, which can guide change or, at least, a decrease in the daily time spent on this behavior.

Objectives: Identify the factors associated with the time spent watching television in the older adults.

Methods: Cross-sectional study, with data from 22,728 Brazilian community-dwelling older adults (≥ 60 years old) participating in the National Health Survey 2019. The outcome of the study consisted of self-reporting the time spent watching television, dichotomized into < 3 h/day and ≥ 3 h/day. The independent variables were sociodemographic and behavioral characteristics, health conditions and functional capacity. To investigate the various associated factors, multivariate logistic regression analyzes with robust variance were performed using a hierarchical analytical model.

Results: The proportion of older adults sampled who spent ≥ 3 h/day watching television was 28.8% (95%CI: 28.2; 29.5). The following factors were positively associated with longer hours watching television:

(1) sociodemographic (female gender [OR: 1.31; 95%CI: 1.21; 1.41]; age between 70 and 79 years [OR: 1.20; CI95: 1.11; 1.30] and ≥ 80 years [OR: 1.25; CI95%: 1.12; 1.39]; years of study over 12 [OR: 1.24; CI95%: 1.10; 1.42] and between 9 and 11 [OR: 1.24. 95%CI: 1.08; 1.43]; divorced [OR: 1.33; 95%CI: 1.23; 1.44] and widowed [OR: 1.35; 95%CI: 1.24; 1.48]), (2) behavioral (smoker [OR: 1.55; 95%CI: 1.40; 1.72]; insufficiently active in the leisure [OR: 1.12; 95%CI: 1.02; 1.22]), (3) health conditions (with a chronic disease [OR: 1.35; 1.13; 95%CI: 1.03; 1.25] and more than two [OR: 1.46; 95%CI: 1.33; 1.60]; overweight [OR: 1.28; 95%CI: 1.16; 1.42]) and (4) functional capacity (mild functional disability [OR: 1.19; 95%CI: 1.09; 1.30] and moderate/severe [OR: 1.38; 95%CI: 1.25; 1.52]). On the other hand, per capita household income ≥ 1 and < 2 (OR: 0.82; 95%CI: 0.74; 0.90) and < 1 minimum wage (OR: 0.76; 95%CI: 0.69; 0.83), and without schooling (OR: 0.62; 95%CI: 0.53; 0.71) were negatively associated with longer hours watching television.

Conclusion: Therefore, it is important that these factors be considered in the multidimensional assessment of the older adults, so that intervention measures are effective, such as guiding greater social interactions and inserting healthier habits into daily life, such as the practice of physical activity and healthy eating.

Implications: The results reinforce the evaluation of these characteristics in clinical practice to track and identify the factors associated with greater chances of older people spending extended time watching television, which, in turn, can prevent several negative outcomes for the health of the older person.

Keywords: Aged, Sedentary behavior, Associated factor

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BIOMECHANICS OF GAIT IN WOMEN WITH KNEE OSTEOARTHRITIS

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Background: Osteoarthritis is a chronic, progressive disease that affects more than 250 million people in the world, mainly women after menopause. Among all joints, the knee is the most commonly affected. Knee osteoarthritis (KOA) occupies tenth place in the world ranking of diseases that cause global disability. Walking is the most frequently performed daily task. Neuromuscular deficits characteristic of KOA, such as decreased quadriceps strength and balance, can lead to changes in the movement pattern during gait that contribute to greater energy expenditure and, consequently, limitation of the intensity and duration of this task.

Objectives: The study aimed to compare the kinematic variables of gait in women with and without KOA.

Methods: The study included 71 individuals divided into groups with Knee Osteoarthritis (KOAG, n=39; 66.8 \pm 7.7 years) and a control group (CG, n=32; 64.9 \pm 7.1 years). The study was approved by the local ethics committee and all participants signed an informed consent form. For gait evaluation, a 14-meter-long and 1-meter-wide walkway was used.

The volunteers were verbally instructed to walk on the walkway at the same speed they were used to. Altogether, five attempts

were made to evaluate gait. Kinematic data were obtained by Foot Switches (Noraxon®) pressure sensors, positioned bilaterally on the calcaneus and at the base of the hallux. The gait variables collected were support time; swing time; stride time; double support time and gait speed. For statistical analysis, the Multivariate Analysis of Covariance test (MANCOVA) was applied, using the co-variable gait speed. A significance level of $p < 0.05$ was adopted.

Results: MANCOVA showed differences ($p < 0.001$) between the group with KOA (KOAG) and the control group (CG). In the KOAG group, the time of support, striding and double support was longer, representing, respectively, 17%, 8% and 33% higher in relation to the CG. The study showed that the KOAG had a shorter swing time and an 11% reduction in gait speed.

Conclusion: Women with KOA had an average speed 16% lower than the safe gait speed thresholds indicated in the literature (between 1.2 and 1.4 ms^{-1}) and alterations in the kinematic gait parameters, which can be interpreted as a strategy for reducing pain and joint overload on the knee while performing the task.

Implications: The study shows that women with KOA present a decrease in gait speed and alterations in the movement pattern that can negatively contribute to the level of functional mobility. Rehabilitation strategies for this population should include, in addition to resistance exercises, sensorimotor exercises to improve the gait pattern of this population.

Keywords: Functionality, Walking, Speed

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

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Ethics committee approval: Work approved by the Ethics Committee of Universidade Estadual Paulista, Campus de Marília, opinion number 1.503.496/2015.

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FUNCTIONING OF WOMEN IN THE POSTOPERATIVE PERIOD AFTER BREAST CANCER SURGERY

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Background: Functioning results from complex interactions between different domains of life, such as "health conditions", "body function and structure", "activity and participation", and "personal and environmental factors". Women undergoing surgery for breast cancer are expected to suffer from some degree of functioning impairment, whether due to alterations in structural components of the ipsilateral upper limb or psychological and social harm. In this context, understanding which domains of functioning are most affected and to what extent these changes can impact the lives of these patients is crucial for designing public health policies and effective rehabilitation protocols particularly tailored to this population.

Objectives: To assess the functioning/disability of women who underwent surgery as a treatment for breast cancer using the World Health Organization Disability Assessment Schedule (WHODAS 2.0), which is an instrument developed by the World Health Organization that assesses functioning in six domains: cognition, mobility, self-care, interpersonal relationships, participation, and activities of daily living.

Methods: We conducted a descriptive observational study in Fortaleza/CE with women between 18 and 80 years old without cognitive impairment and diagnosed with breast cancer, evaluated 3-12 months after surgery. We collected sociodemographic and clinical data and applied the WHODAS 2.0 (36-item version). The scores from WHODAS range from 0 to 100 for each of its six domains and total score — the higher the score, the greater disability.

Results: The study included 29 women (average age: 55.97). The mean of the WHODAS scores was 21.53 (with a 14.26 standard deviation). The most affected domains were domestic activities (30.34 ± 21.73) and participation (30.60 ± 20.62), while the least affected were self-care (10.34 ± 12.45) and activities of daily living (13.36 ± 9.18).

Conclusion: The rehabilitation process after surgery for breast cancer should especially consider domestic activities and women's social participation as therapeutic goals.

Implications: The reported indicators can serve as a basis for outlining care protocols and monitoring the rehabilitation evolution of these patients.

Keywords: Breast neoplasms, Disability assessment, Cancer survivors

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

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EFFECTS OF DANCE THERAPY ON FUNCTIONALITY AND AUTONOMY IN ACTIVITIES OF DAILY LIFE OF CHILDREN WITH AUTISM SPECTRUM DISORDER

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Background: Autism Spectrum Disorder (ASD) is a disorder that encompasses a wide range of behavioral and cognitive disorders. Due to deficits in perceptual-motor skills, these individuals often experience episodes of addiction in various aspects of functionality. In this sense, an integrated therapeutic approach is necessary, which takes into account the sensorimotor nuances appreciated by ASD.

Objectives: To analyze the effects of dance on functionality and autonomy, in activities of daily living, of children with Autism Spectrum Disorder.

Methods: This is a Blind Follow-up Randomized Clinical Trial, carried out at the Varginhense Foundation for Assistance to the Exceptional, in Varginha/MG. Children aged between 5 and 10 years old, diagnosed with ASD only, excluding comorbidities, were included. Sociodemographic and clinical variables were collected to characterize the sample. Subsequently, the children were assessed using the Childhood Autism Rating Scale and the Pediatric Assessment of Disability Inventory by Adaptive Computerized Testing (PEDI- CAT). Then, the sample was randomized into two groups: the Experimental Group (EG), submitted to dance therapy and multidisciplinary treatment, and the Control Group (CG), accompanied only by multidisciplinary care. There were 14 dance therapy sessions (twice a