

**Results:** In muscle strength, 11 children (68.75%) shown preserved strength. Regarding muscle tone of MMSS and LL, all were characterized as normotonic. On the GMFCS scale, of the 16 children assessed, 10 (62.5%) had level 1; Two (12.5%) had level 2; Three (18.75%) had level 5, and 1 (6.25%) was not specified. Of the 16 participants evaluated by the MACS scale, 10 (62.5%) obtained grade 1; 4 (25%) achieved grade 5, and 1 (6.25%) was not specified. Furthermore, the lowest averages obtained through the PEDI scale were in the Self-Care item (21.68) and in the Social Function item, whose average was 9.56.

**Conclusion:** Children exposed to ZIKV during pregnancy, despite preserved tone and strength, have impaired gross motor function and poor performance in activities involving social function and self-care.

**Implications:** Research shows that exposure to ZIKV during the gestational period requires attention and care for the early detection of motor deficits and oriented instructions to improve self-care and socialization.

**Keywords:** Physiotherapy, Neurology, Zika virus

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

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**Ethics committee approval:** Evandro Chagas Institute (seem CAAE 68067217.0.0000.0019)

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## E-HEALTH SELF-MANAGEMENT PROGRAM FOR WORKERS WITH (RISK) OF LOW BACK PAIN

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**Background:** Low back pain is an important health problem in the world, with a high prevalence among workers. It is a complex condition that can be influenced by several biological, psychological, social, cultural, and occupational risk factors. Symptoms of pain and physical-functional disability resulting from low back pain directly affect participation at work. Therefore, interventions to manage low back pain must be carried out at all levels of care, including approaches compatible with the occupational context and with the characteristics of the workers. Pain self-management through educational interventions is an approach capable of meeting this need. In this case, workers must have access to knowledge of their own pain experience (self-assessment) and to content and information related to the neurophysiology of pain and the factors that modulate it (pain education). The use of an application to deliver the pain education program seems to be an innovative, easily accessible solution capable of generating significant learning in the worker so that he can assess and intervene in his health status.

**Objectives:** Develop a self-management program (pain assessment and education) to be delivered in digital format (E-Health) through an application for mobile devices focused on the prevention and/or control of low back pain in workers.

**Methods:** The project will be carried out in 3 stages. Step 1 focuses on the conceptual and structural development of the self-management program; step 2 is aimed at developing the prototype of the mobile application to be used to deliver the program; and, finally, step 3 is intended to assess the acceptability and viability of the prototype. Each step has its own method that follows guidelines and criteria established by international and national recommendations.

**Results:** The conceptual framework of the self-management program adopted a model that articulates three intervention approaches for the prevention and control of low back pain. Each approach has self-assessment tools and specific content. The first approach is aimed at preventing low back pain in the occupational environment. The second and third approaches are aimed at controlling acute and chronic low back pain, respectively. Choosing these approaches allows the self-management program to be centered on each worker's individual pain or occupational exposure experiences. Fliplet (<https://fliplet.com/>) was chosen as the platform that would host the developed application, called Back Education and Management For Workers APP. A brief detail can be viewed at the link: <https://drive.google.com/drive/folders/1vgolliUhdv42E8KVghPYflUL486bqlzr?usp=sharing>

**Conclusion:** The self-management program developed for the management of low back pain in workers seems to be a useful tool for self-assessment of pain and for access to knowledge and educational guidelines.

**Implications:** We believe that the program will be able to contribute to the production of data and analysis of information collected in the databases; and that its effects are able to generate in the worker the ability to assess and intervene on his health status with reliable information. This will help minimize barriers that limit management in workers with (risk) low back pain.

**Keywords:** Self-management, Backache, Workers

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

**Acknowledgment:** Not applicable.

**Ethics committee approval:** UFSB (Federal University of Southern Bahia).

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## PROFILE OF OLDER PEOPLE ACTIVE AT WORK DURING THE COVID-19 PANDEMIC: REMOBILIZE STUDY

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**Background:** The number of workers over 50 has increased, which creates a need to understand the impact that the extension of working life can have on health, ability to work, and well-being. In addition, we must consider that the isolation caused by the period of the COVID-19 Pandemic may have been a negative factor for the physical and emotional functions of these older adults, resulting in time off work.

**Objectives:** To describe the profile of older adults active at work during the COVID-19 Pandemic.

**Methods:** We analyzed data from the REMOBILIZE study, which involved a cohort study of older adults (60 years or older) living in 22 states in Brazil, during the COVID-19 pandemic, for an 18-month follow-up period. Data collection was performed through a questionnaire using the SurveyMonkey online platform. Participants were recruited using social networks (Facebook and Instagram) and WhatsApp. Older adults who were bedridden and who lived in long-term care facilities were excluded from the study. Data collection was carried out between May 18, 2020, and December 30, 2021, and for this analysis, we used only the information collected at baseline (May to July 2020).