

used in the detailed search strategy. Cross-sectional, cohort, longitudinal and all studies that reported the prevalence of sarcopenia in Brazilian elderly individuals aged 60 years or older, whether community-based, institutionalized, clinical, outpatient and/or inpatient, were included in the study. The sub-classifications of Sarcopenia investigated were pre or risk of sarcopenia, confirmed sarcopenia, severe or severe sarcopenia. After evaluating titles and abstracts, potential full texts were assessed for eligibility by two independent reviewers (SPC and LACT). Studies that met the eligibility criteria were included. The search strategy used English descriptors related to "prevalence", "epidemiology", "sarcopenia", "elderly", "Brazil" and their variations<sup>1</sup>. Register PROSPERO 2022 CRD42022355825.

**Preliminary results:** A total of 4830 studies were found in databases that included MEDLINE, AMED, CINAHL, EMBASE, LILACS, SciELO, Google Scholar hand search. In addition, a manual search of relevant journals and reference lists of eligible studies was performed, and Brazilian experts in the field were consulted to identify any important studies and previous systematic reviews (November 2022). Of these studies, 152 were duplicate articles, 4678 had their titles and abstracts evaluated, 369 articles were selected for reading in full. Of the total number of studies analyzed, 60 were included, with 18,258 participants. The mean prevalence of sarcopenia was 28.59% [0.3% (minimum value) to 63.2% (maximum value)]. Among the likely factors contributing to the variability in the prevalence of sarcopenia in Brazil are the heterogeneity of diagnostic criteria and the changes in muscle mass, muscle strength, and physical function assessed by different instruments ranging from calf measurements to dual-energy x-ray absorptiometry.

**Conclusion:** Aging-related sarcopenia is an emerging public health problem in Brazil. Updates on the subject show an increase in the prevalence of sarcopenia in the elderly in Brazil. Thus, there is an urgent need for planning health strategies aimed at the prevention of sarcopenia in the elderly population.

**Implications:** Improvement of public health and consequently the functionality of the elderly.

**Keywords:** Sarcopenia, Elderly, Prevalence

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

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**Ethics committee approval:** Not applicable.

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## DO THERAPIST-ORIENTED HOME REHABILITATION IMPROVE HAND FUNCTION AND HANDGRIP IN WOMEN WITH SYSTEMIC SCLEROSIS?

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**Background:** Systemic Sclerosis (SS) presents peculiar clinical and functional aspects that limit activities of daily living (ADL). The hands are primarily affected, and the functional disability of the hands is one of the main components of their overall disability.

**Objectives:** To evaluate the impact of a therapist-oriented home rehabilitation (TOHR) on the perception of difficulty in performing manual tasks and on peripheral muscle strength.

**Methods:** Prospective quasi-experimental, longitudinal study, including women diagnosed with SS based on the criteria of the

American College of Rheumatology and the European League Against Rheumatism, from the outpatient clinic of the Pedro Ernesto University Hospital. The physiotherapist accompanied the rehabilitation of people with SS at a distance, for a period of 12 weeks. The home exercise program consisted of 3 sessions per week, including flexibility training exercises, muscle strengthening, postural control training and aerobic training and relaxation exercise. To measure the difficulty in manual tasks, the Cochin Hand Function Scale (CHFS) was used, it contains 18 items about ADL that require manual skill. There are six possible answers for each item, according to the difficulty of performing the task (0 to 5). The final score is the sum of all items and ranges from 0 to 90, the higher the score, the greater the difficulty in manual function. And to measure handgrip strength, an isometric hydraulic dynamometer (SH5001, Saehan Corporation, Korea) was used in the hand on the dominant side of the body, the highest value recorded among three measurements being considered for analysis, which followed the standardization of American Society of Hand Therapists. For comparison, the methods were applied pre-TOHR and post-TOHR.

**Results:** From November 2021 to November 2022, 23 women diagnosed with SS were recruited, with 5 patients excluded due to difficulty walking (n = 3) and treatment abandonment during the study protocol (n = 2). Among the 18 patients in the sample, we found a significant drop in the CHFS test score (p = 0.009) between the evaluation [21 (4–38)] and reassessment [13 (5–21)] moments. However, we did not observe significant changes (p = 0.060) in the handgrip measured in the assessment [23 (13–26)] and in the reassessment [24 (15–27)].

**Conclusion:** Alterations in the hands of people with SS, such as progressive thickening of the skin, tendon fibrosis, muscle fibrosis, stiffening of the palmar aponeurosis, can lead to deformities and limit the range of motion. Physical exercise programs increase the efficiency of the muscles, improve joint articulation, in addition to having benefits in blood circulation, in the local inflammatory reaction and in the reduction of tissue stiffness. In this study, this was reflected in the perception of improvement in performing manual tasks, despite we did not objectively identify an increase in handgrip strength.

**Implications:** A therapist-oriented home rehabilitation (TOHR) have a powerful effect on the performance of manual tasks. Thus, they should be recommended as an adjunct to the drug treatment of patients with SS, as they increase physical and functional capacity.

**Keywords:** Hand function, Rehabilitation, Systemic sclerosis

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## DEPRESSIVE SYMPTOMATOLOGY WITH DISABILITY IN OLDER ADULTS DURING THE COVID-19 PANDEMIC: A CROSS-SECTIONAL STUDY

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**Background:** Depressive symptoms are manifested by depressed mood and lack of interest in carrying out activities of daily living. Disability is the term used to explain the negative aspects of the interaction between the individual and their contextual factors,