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POST-TRAUMATIC STRESS DISORDER IN INDIVIDUALS WHO REQUIRED HOSPITALIZATION FOR COVID-19: A CROSS-SECTIONAL STUDY

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Background: COVID-19 can result in a wide variety of chronic health issues, taking an emotional toll with post-traumatic stress disorder (PTSD) such as impaired lung function, reduced exercise performance and decreased quality of life.
Objectives: To evaluate post-traumatic stress disorder (PTSD) in individuals after hospital discharge due to COVID-19 and its relationship with sociodemographic variables, quality of life, muscle strength, and functional capacity.
Methods: This is a cross-sectional study, conducted at the Laboratory of the Federal University of Pernambuco, including individuals of both genders aged between 31 and 79 years, recovered from COVID-19 and required hospitalization. Individuals with musculoskeletal disorders and cognitive disorders were excluded.
Results: A total of 153 individuals were deemed eligible for the study, and 60 completed the assessments. The age range ranged from 31 to 77 years, and 63.3% were female. PTSD was found in 48.3%, and 38.7% had partial symptoms; moreover, 65.5% of those with PTSD were obese and 62.1% were hypertensive. They were also more sedentary ($p=0.009$), were hospitalized in the ICU, and had more days hospitalized, respectively ($p<0.001$ and $p=0.010$), longer times on the TUG ($p=0.014$), shorter distances than those predicted in the 6MWT ($p=0.001$) and a reduction in all domains of the SF-36.
Conclusion: Individuals who recovered from COVID-19 with PTSD were characterized as being more sedentary, requiring ICU admission, more days in the hospital, presented a moderate risk of falling, had lower performance in functional capacity, and had respiratory muscle strength below the predicted values.
Implications: Analyzes of the results obtained from the study showed a marked presence of PTSD in patients who were hospitalized for COVID-19, in addition to showing a reduction in lung function, exercise performance, and impaired quality of life, even after recovery from the disease. Therefore, the results started for an early identification of the clinical conditions of the post-COVID-19 patient profile.
Keywords: Post-Traumatic Stress Disorders, COVID-19, mental disorders

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INFRARED THERMOGRAPHY FOR EVALUATION OF TENDING INJURIES: AN INTEGRATIVE REVIEW

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Background: Tendon dysfunctions are classified into overuse tears, injuries, and inflammatory conditions such as tendinopathies. Infrared thermography (IT) is a diagnostic technique that has been used to evaluate these disorders.
Objective: Identify how IT can be useful in tracking normal and/or abnormal thermal profiles in tendinopathies.
Methods: An integrative bibliographic review was carried out in the PUBMED, PEDro and CENTRAL databases, from 03/24/2022 to 04/05/2022, including the combination of terms and keywords using the Boolean operators OR and AND, with the following descriptors: Tendinopathy; Tendinitis; Tendinitis; Tendon injury; Tendon injuries; Risk of tendon injury; Risks of tendon injuries; Tendinosis; Tenosynovitis; Tendon overload; Paratendinitis; Paratendinitis; Peritendonitis; peritendinitis; Impact; impacts; Loom; Tears; Infrared thermography; Thermography; Thermographic change; Thermal imaging; Thermal Imaging; Infrared imaging; Infrared imaging; Temperature mapping; Temperature mapping; Infrared thermal imaging; Skin temperature; Grouped thermographic changes. Inclusion criteria: The search was carried out in English, without time restrictions, and articles with results and discussion: journals in all languages, clinical trial-type studies, precision and observational type of case study, case-control, cohort and cross-sectional studies, with a population of both sexes, and which used thermography as a screening method for tendon injuries. Exclusion criteria: Articles that did not present all the results used in the study.
Results: 1,279 studies were selected, and after reading the titles and abstracts, those that did not meet the criteria and duplicates were excluded, leaving 16 articles included. Of these, seven were selected to compose the results. In general, it was analyzed that IT is an excellent tool with potential for evaluation, diagnosis, monitoring, and prevention purposes, as it is possible to track asymmetries, inflammation, training effects, performance improvement and prevention of tendon injuries.
Conclusion: According to the literature review carried out, it was observed that IT is suitable for analyzing tendon tissues, taking into account different research strategies. However, it is important that new accuracy studies, such as randomized clinical trials, are developed since current studies do not yet have a consensual level of scientific evidence.
Implications: The IT used in this context of assessing tendon injuries becomes useful so that the physiotherapist has an assessment tool with excellent predictive power, so that his practice is safer and more supported.
Keywords: Thermography, Body temperature, Tendinopathy

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MOBILITY ASSESSMENT OF PATIENTS WITH DIABETIC FOOT ASSISTED AT THE AMBULATORY OF TECHNOLOGICAL INNOVATIONS IN HUMAN REHABILITATION (INOVAFISIO - UFC)

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Background: Diabetes mellitus (DM) is considered a chronic disease that affects about 3% of the world's population and is in ninth position among the diseases that shorten the years of life in a healthy way. DM generates repercussions on the body's systems, causing comorbidities, such as diabetic foot disease, considered one of the most serious complications of DM, causing effects in various aspects of the patient's life. Wounds in diabetic feet resulting from changes in gait causing falls, tissue injuries, hospitalizations, and amputations, compromising functionality and quality of life. Thus, it becomes a model of biopsychosocial care, based on the concepts examined in the International Classification of Functioning.
Objectives: Assess the mobility of patients with diabetic foot treated at the outpatient clinic for technological innovations in human rehabilitation (INOVAFISIO-UFC), investigating the main limitations and the degree of difficulty encountered in locomotion and/or movement of patients with diabetic foot.
Methods: This is a descriptive cross-sectional study. Participants of both sexes, over 18 years of age, diagnosed with type 2 DM with wounds on diabetic feet were included. People with intellectual disabilities that compromised the application of questionnaires, infected wounds and/or with an area greater than 15cm^2 were excluded. Data was collected between 2021 and 2022, at the INOVAFISIO outpatient clinic in Fortaleza - CE. The participants signed the Informed Consent Term. The World Health Organization Disability Assessment Schedule questionnaire (WHODAS 2.0-36 items) was applied to assess functionality in the last 30 days. In this study, the mobility domain was explored with 5 questions about locomotion with answers included in a scon a scale of 5 degrees of difficulty (none, mild, moderate, severe, treme or unable). Data analysis was descriptive, and results expresser sed as mean and standard deviation. The software used was Stata version 17.
Results: The sample consisted of 36 participants, divided equally between men and women, most of whom were married (55.56%) with a mean age of 55.58+15.25. When asked if they had difficulties standing for long periods, 83.33% reported some degree of difficulty, 27.78% (extreme or unable), 66.67% had difficulty getting up from a sitting position (22.22% moderate); 63.89% with difficulty moving around the house (30.56% mild); 63.89% reported difficulties leaving their home (22.22% moderate); 86.11% reported difficulty walking long distances (38.89% extreme or unable).
Conclusion: Participants with diabetic feet had limitations in the mobility domain, with the item standing up and walking long distances having a greater impact, with more than 27% of these patients having extreme difficulty or not being able to perform satisfactory mobility, compromising their quality of life.
Implications: Knowing the sample profile and associating an instrument that evaluates the kinetic-functional implications generated by diabetic wounds allows a targeted treatment based on the individual's functional independence.
Keywords: Diabetic foot, International Classification of Functioning, Diabetes Mellitus

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SOCIODEMOGRAPHIC PROFILE, LIFE HABITS, HEALTH, SLEEP QUALITY AND WORK CAPACITY OF ROAD DRIVERS: A CROSS-CROSS STUDY

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Background: Sleep disorders have a multifactorial origin, and can generate a state of tiredness, drowsiness, affecting physical and mental health, increasing the risk of developing chronic diseases, implying good performance during the workday, affecting productivity.
Objectives: Evaluate the profile of road drivers, identify lifestyle habits, health conditions, sleep quality and ability to work.
Methods: This is a cross-sectional descriptive study. The participants were 100 workers in the role of road drivers, from a large transport company, who travel between the states of São Paulo to Rio, Minas, and Curitiba, who agreed to participate in the study. Socio-demographic and occupational data (age, marital status, sex, education, monthly income, time with the company, working hours) were collected. Practice of physical activity, anthropometric variables, health conditions such as current illnesses diagnosed, use of medication, and hours of sleep. Sleep quality and current work ability were assessed using a 0-10-point Likert scale (0-worst to 10-best). Anal, mean values, standard deviation, and absolute and relative frequency were discrepancies.
Results: The average age of the 100 workers was 47.5 $\pm$ 7.64 years, men (99%), married (70%), high school education and monthly income between 1 and 2 minimum wages. The time at the company was, on average, 5.89 $\pm$ 5.3 years, with shifts in three work shifts (morning, afternoon, and night). The anthropometric characteristics of the workers were an average weight of 87.67 $\pm$ 13.53 kg, height 173.5of 173.5 $\pm$ 7.9 cm, and BMI of $\pm$ 3.7 kg/m2. Regarding life and health habits, 60% of workers do not practice regular physical activity, only 22% have diagnosed diseases and 22% use medication. Mean sleep was 6.9 $\pm$ 1.2 hours and mean sleep quality was y 7.9 $\pm$ 2.2 points. Current work ability averaged 9.5$\pm$7.8 points, with the response varying greatly among workers.
Conclusion: Road drivers are older, male, sedentary, but with few diagnosed diseases and in good health and sleep quality, despite their profession with shift work and long itineraries.
Implications: It is essential to understand the profile of this group of workers due to their lifestyle so that there are strategies that reduce risk factors, improve health, and maintain the safety of users of this service.
Keywords: Sleep quality, Occupational health, Drivers

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