a mean injury time of 55.5 months and rehabilitation time of 38 months. The average score on the S-TOFHLA was 79.5 points out of a total of 100 points. It was found that 60 individuals (70.6%) presented adequate FHL, followed by 13 with borderline FHL (15.3%) and 12 with inadequate FHL (14.1%).
Conclusion: The individuals with SCI evaluated presented mostly adequate FHL, so the rehabilitation process may have been a contributing factor to the outcome of FHL.
Implications: Rehabilitation allows greater exposure to health information, better organization, management capacity and knowledge of the disease, and thus could contribute to better outcomes of FHL. The evaluation of FHL by multidisciplinary teams during the rehabilitation process can be an important tool for improving the health of people with SCI.
Keywords: Spinal cord injury, Functional health literacy, Rehabilitation

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INFLUENCE OF SOCIAL ISOLATION CAUSED BY COVID-19 IN ELDERLY PEOPLE HOSPITALIZATION ASSOCIATED WITH FALLS IN AN EMERGENCY HOSPITAL

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Background: In 2020, isolation and social distancing measures were taken to contain the new coronavirus, which affected the elderly people's routine improving the susceptibility to trauma in their homes due to the increase in immobility associated with physical activities reduction, which maintains their physical conditioning, and the unsafe home structure.
Objectives: This study aims to compare the profile of hospitalizations due to falls that occurred in 2019, before the pandemic, with those of 2020 in the context of social isolation in an Emergency Hospital from Porto Alegre.
Methods: The authors performed a retrospective observational study. The patient's electronic medical records data were used. Patients of both sexes, over 60 years old, who were admitted to the hospital due to falls during 2019 and 2020 were included to compare both periods. In addition to the sample characterization, information about the type of trauma, type of injury or fracture generated, place where the trauma occurred, month of the year, patient's death, and previous comorbidities were also transmitted.
Results: 485 individuals were included, primarily women (71.3%) over 80 years old (36.9%) who avoided falling from their height (76.8%) and had as a consequence the proximal fracture of the hip (2019: 56.7%; 2020: 57.9%) in their homes (92.4%) in both years. There were more emergency discharges in 2019 (2019: 26.8%; 2020: 14.2%) and more transfers in 2020 (2019: 60.7%; 2020: 70.1%). As for seasonality, there were more falls in the months corresponding to winter in 2019 (p=0.004), while in 2020 the distribution was observed throughout the year. The sample characterization data are consistent with other findings in the literature. The injuries in 2020 were more serious, requiring surgical intervention at another hospital.
Conclusion: Although there are similarities in the profile of patients in 2019 and 2020, we can highlight that isolation due to the new coronavirus may have resulted in trauma with more severe injuries compared to the previous year. During the pandemic year, there was a homogeneous distribution of the occurrence of falls, which suggests staying at home is an important risk factor for trauma in the elderly.
Implications: The results of this abstract showed that social isolation harmed the severity of falls, suggesting that staying at home may be a risk factor for them. To make the home environment safer and the adoption of home exercises that maintain the physical conditioning of this population can be adopted to improve the quality of life.
Keywords: Fall accidents, Elderly, Social Isolation, COVID-19

Conflict of interest: The authors declare no conflict of interest.
Acknowledgment: Not applicable.
Ethics committee approval: The study was approved by the Ethics Committee of the Secretary of Health of the Municipality of Porto Alegre reference number 4,500,612.

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FATIGUE AND ASPECTS OF MENTAL HEALTH WOMEN, WITH AND WITHOUT RHEUMATIC DISEASES DURING THE COVID-19 PANDEMIC

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Background: The COVID-19 pandemic has generated changes across the world, one of which is social distancing. Even with some impacts still unknown, studies have been pointing to damage to the health of several populations. In this sense, the consequences resulting from the pandemic can be identified in the female population, especially in those with rheumatic diseases, since people with chronic diseases had a worse state of general health and well-being, in addition to the difficulty in maintaining therapeutic follow-up during the pandemic and a possible exacerbating effect of their symptoms.
Objectives: The aim of this study was to evaluate fatigue and mental health aspects (depression, anxiety, and depression and anxiety together) in women with rheumatic diseases and without rheumatic diseases in the period of the COVID-19 pandemic.
Methods: This is a longitudinal observational study carried out in 2020 and 2021 using an online questionnaire. The study included women with and without rheumatic diseases, aged 18 to 65 years, Brazilians who were residing in Brazil. These should respond to an online questionnaire on the Google Forms platform, which included the Fatigue Severity Scale and the Hospital Depression and Anxiety Scale. Data were analyzed descriptively. The groups were compared using the Chi-square test (categorical variables) and the Mann Whitney test (quantitative variables with non-normal distribution in the Kolmogorov Smirnov test). For the intragroup analysis with rheumatic diseases, the chi-square test was used. All analyzes were performed using IBM SPSS software, version 25.0, adopting a significance level of 5%.

Results: Six hundred and fifty women (n= 400 SDR; n= 250 CDR) participated in the study. The group with rheumatic diseases had worse results in fatigue and mental health outcomes (anxiety, depression and associated anxiety and depression) when compared to the group without this condition ($p<0.01$). Among the group of women with rheumatic diseases, fibromyalgia was the disease that presented the worst results for the outcomes of mental health aspects ($p<0.01$).
Conclusion: During the COVID-19 pandemic in Brazil, women with rheumatic diseases experienced symptoms of fatigue and compromised aspects of mental health when compared to women without this condition. Among those who had some disease, women with fibromyalgia were the most affected in the period evaluated.
Implications: The study demonstrates the need for intervention programs focused on biopsychosocial aspects and the search for self-management strategies in the CDR population. These strategies could aim to minimize the impacts arising from future emergency public health situations, causing managers to promote public policies of comprehensive health care, including the physiotherapy professional to integrate more multidisciplinary teams with a focus on multiple health areas of individuals with chronic illnesses.
Keywords: Rheumatology, Public health, Women's health

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FEASIBILITY STUDY OF THE ASSOCIATION OF PHOTOBIOMODULATION THERAPY WITH EXERCISE IN INDIVIDUALS WITH CHRONIC AND NON-SPECIFIC LOW BACK PAIN

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Background: Chronic Non-specific Low Back Pain (CNSLBP) is considered an unknown-origin pain or discomfort in the lower back, persistent for a period equal or higher than 12 weeks. Although it is commonly prescribed, exercises alone seem to be less effective than associated with other modalities for the CNSLBP treatment. Thus, guidelines recommend a combination of interventions. Photobiomodulation Therapy (PBMT) is an effective method for alleviating CNSLBP. Thought, the scientific evidence about the effectives of laser PBMT combined with exercise is scarce and contradictory.
Objective: to evaluate the feasibility of carrying out a study of PBMT combined with exercise in individuals with CNSLBP.
Methods: 36 participants with CNSLBP aged between 18 to 65 years old were selected. Participants were randomly allocated in (1) a six-week exercise program matched with active PBMT (n = 18) and (2) a six-week exercise program matched with placebo PBMT (n = 18). The clinical outcomes were measured at baseline, as well as 8 and 20 weeks after randomization. The primary outcomes were the feasibility of blinding patient, measuring patient's treatment satisfaction, the patient's difficulty in understanding past information, the occurrence of adverse effects, and patient adherence to treatment, evaluated using an adapted model of MedRisk Instrument for Measuring Patient Satisfaction with Physical Therapy Care Questionnaire.
Results: blinding of the patients was possible, since 75% believe they used the active PBMT and 25% the placebo PBMT. Adherence to all meetings was 76.92%, requiring monitoring of the procedures. 87.5% of the patients are totally satisfied with the treatment received. 54.2% of the patients reported that was very easy to understand the given commands and 41.7% stated that was easy and 4.1% that was neither, nor easy or difficult to understand and no patient reported the occurrence of adverse effects during the interventions.
Conclusion: based on the results, it is possible to conclude that is feasible to carry out a treatment protocol using PBMT associated with exercise in individuals with CNSLBP.
Implications: the findings will help to determine the additional effect of PBMT to an exercise protocol on CNSLBP, potentially guiding clinical practice by providing an alternative method of therapy.
Keywords: Exercise, Backache, Photobiomodulation

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CARDIOVASCULAR FITNESS IS CORRELATED WITH SPATIAL WORKING MEMORY IN OLDER ADULTS

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Background: Age-related cognitive decline in spatial working memory occours on aging. Working memory requires manipulation and retention of visuospatial information (Spatial Working Memory - SWM) and it has been shown that higher levels of cardiorespiratory fitness are associated with more accurate and faster spatial memory responses in older people. Walked distance in the 6-minute walk test (6MWT) is considered an adequate indirect measure of the physical and cardiorespiratory capacity of older adults, both in clinical and academic environments. Considering that higher levels of cardiorespiratory fitness may be associated with better cognitive performance, we investigated the relationship between this construct and the working memory of older adults.
Objectives: To analyze whether cardiovascular fitness is correlated to spatial working memory performance in a sample of older adults.
Methods: Participants over 60 years old were invited to the study. All participants performed an indirect assessment of cardiovascular fitness (6MWT), considering the distance walked and the average speed during the test. The cognitive assessment included the Mini-Mental State Examination (MMSE) and working memory through the measurement of total errors (SWM TE) by automated testing of the Cambridge Battery of Automated Neuropsychological Tests (CANTAB). After searching for and removing outliers values and analyzing