

217 - CHECKING THE WEIGHT OF BACKPACK USED BY UNIVERSITY STUDENTS OF PHYSIOTHERAPY COURSE OF A PRIVATE INSTITUTION IN OSASCO, (S.P.); 2009

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INTRODUCTION

Bipedal posture came after several adjustments made by primitive man. Adaptations that allowed them to carry out more complex skills, however, with such adaptation, appeared what we call of postural changes along with the physical discomforts. (NASCIMENTO, 2005).

Postural changes affect humans for thousands of years, with reports dating back 5,000 years ago by the Egyptians and 1,600 years by Bernadino Razzina, the founder of occupational medicine. (SNOOK, apud BRACCIALLI; VILARTA, 2001).

According to data from Conselho Federal de Fisioterapia e Terapia Ocupacional - COFFITO (2009), physiotherapy is an applied science that uses as an object of study the human movement in all its forms of expression and potential, both in pathological changes such as psychic and organic, which aim is to prevent, protect, develop or restore (rehabilitation) the integrity of organs, systems or function of the individual. The physiotherapist acts as a facilitator, searching for posture health through guidance, promotion and prevention of health; in order to improve the prognosis, or even avoid that these individuals come to the office or public service to seek treatment, reducing the socio-economic cost that these changes cause. (TOSCANO; EGYPTO, 2001).

Through information, people, especially young people, where the disease process is not yet installed, to guide the proper posture to carry weights, such as a school bag, aiming for a future with lower incidence of back pain, since, according to the OMS (2004) 85% of people have, already have or will have a back pain in their lives due to postural problems that began in childhood.

Thus, this study sought to determine if students of Physiotherapy, despite knowledge of the limitations that postural changes cause to individual, use their backpacks inside the weight limit suggested by OMS and allowed by Law No. 2772/97.

MATERIAL AND METHODS

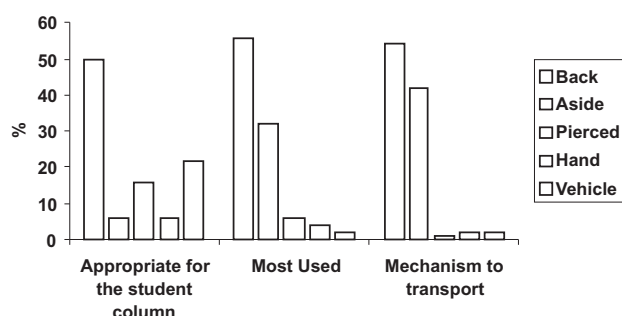
This is a descriptive epidemiological study, transversal and quantitative; with a sample composed of fifty ($n = 50$) students who make use of the backpack daily, attending the 1st to 8th semester of the Physiotherapy Course, in a private institution in Osasco (S.P.). After being informed of the objectives and importance of this research, college students gave their consent by filling the Free and Clear Consent Statement, based on N° 196/96 National Health Council Resolution. The data collected was through a questionnaire with objective questions related to a folder, they have been supplied with information about the proper use of backpack, as well as suggestions for a better provision of supplies to be transported into it for the students. Compiled data were presented in tables and graphs of simple frequency expressed in numbers and percentages. For statistic was used the parametric tests (arithmetic mean and standard deviation), and nonparametric (Fischer test).

AIM

Check the weight of school bag for students, as well as the presence of algesic processes due to their misuse, and the knowledge of students regarding their appropriate use.

RESULTS

Chart 1 - Distribution in percentages related to respondent's opinion on what type of attachment is most appropriate for the column and more used by them, the mechanisms used for the transportation of school supplies for Higher Education, in the city of Osasco, SP, 2009.

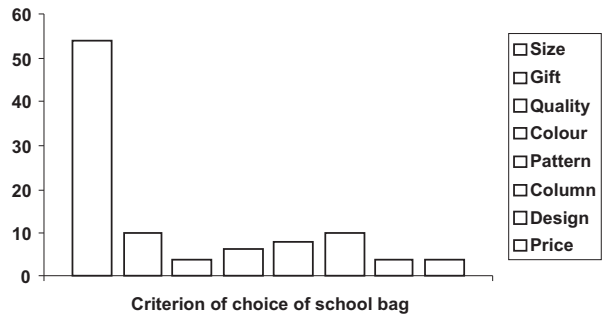


We found that, in the respondent's opinion, a backpack to carry with two handles on the back is the most appropriate for the student column. (50%) and less appropriate for the column of them is that one to load unilaterally, both to carry in hand (6%) as the load on only one shoulder (6%). Therefore, the type of backpack most used by students is that one to carry on their backs, bilaterally (56%). However, despite 56% using this type of backpack, the mechanism used to transport it is only 54% in back, with a strap on each shoulder, and 42% unilaterally (on only one shoulder), revealing that although the respondents considered the least suitable for column (unilaterally, 12%), 42% of them, carry that way.

Controversy between our study and Van GC et al (2003), is that in this study, only 12.30% of students carry a satchel adequately, with one strap on each shoulder, and in our study, based on the criteria used by the author, 54% of students carry a backpack with a strap on each shoulder. However, to assert that this is the proper way is a dubious claim, because even students who carry a backpack with a strap on each shoulder, does not mean that they are carrying the proper way, because many, as we

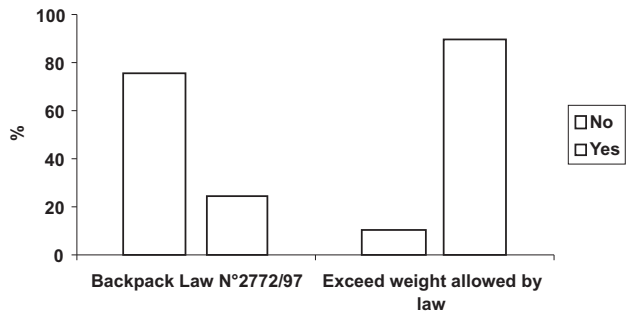
have seen, used the bag far below the waist; without proper protection in the loops and with the same fully stretched; without the ribbon at the waist, for better weight distribution; and superior weight than those permitted by law.

Chart 2 - Distribution in percentages related to criteria and procedures used in choosing the backpacks / school stands by the respondents of college education in Osasco, SP, 2009.



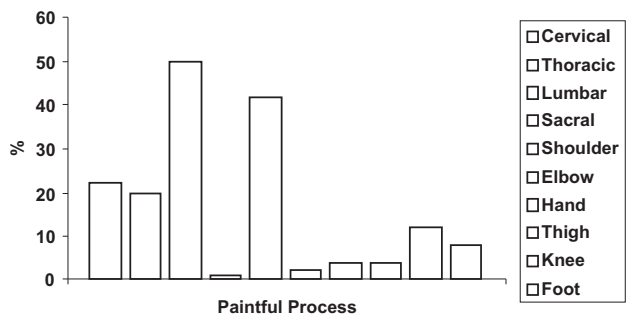
We found a prevalence of 10% of respondents, who are worried about the adequacy of the satchel with the column of the student, on the other hand, the criterion used on the purchase of school bag for 54% of respondents was the size of it. Percentagens, which show that the main factor is the column of students, on the moment to purchase a school bag, is not part of them concerns kit, although our sample is composed by future physiotherapists.

Chart 3 - Distribution in percentages with respect to knowledge of respondents about the existence of the Backpacking Law No. 2772/97, respondents of dupeior education, in Osasco, SP, 2009.



We found a prevalence of 24% of respondents that are unaware of the existence of the Law of Backpacking N°2772/97, that fact can be justified by information that is not available to all. Therefore, we verified, by the high degree of ignorance, justify that 90% of them, use the school bag weighing more than 10% of the weight allowed by the Knapsack Law, recommended by OMS (2004).

Chart 4 - Distribution in percentages related to the presence of painful process in the respondents of Superior Education, in Osasco, SP, 2009.



According to Van GC et al (2003), the highest prevalence are pain in the neck, shoulders and spine. These data are consistent with the results obtained in our study, where the pains are more frequent in the lumbar (50%), shoulders (42%) and cervical (22%). Places of algescic processes that may be related to the mechanism used to carry the satchel, 4% back bilaterally and 42% unilaterally, where associated with excessive weight to 10% of the student body recommended by OMS (2004), may be one of the causative factors for such localized pains.

CONCLUSION

The results suggest lack of knowledge (24%) of physiotherapy students regarding the existence of the Law of backpack, emphasizing it's weight. We found that 90% of students carrying a school bag with excessive weight to 10% of body weight allowed by the Law of Backpack, N°2772/97, this value is recommended by OMS (2004), where 42% carry the satchel unilaterally (on only one shoulder). All of these factors may be associated with algescic processes found in the students (50% lumbar, 42% shoulder, 22% cervical). Based on these data, we see the importance of this study, as well as awareness of these students, because certain information is not available to the population, making the therapist a competent professional in the promotion and protection of health, since they have acquisition of such knowledge.

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CHECKING THE WEIGHT OF BACKPACK USED BY UNIVERSITY STUDENTS OF PHYSIOTHERAPY COURSE OF A PRIVATE INSTITUTION IN OSASCO, (S.P.); 2009

INTRODUCTION:

Postural changes affect humans for thousands of years and, inadequate postures used to carry weights, such as a school bag, can lead to algic processes. According to the OMS (2004) 85% of people have, already have or will have a back pain in their lives due to postural problems. The physiotherapist acts as a facilitator, searching for posture health through guidance, promotion and prevention of health; in order to improve the prognosis, or even avoid that these individuals come to the office or public service to seek treatment, reducing the socio-economic cost that these changes cause. AIM: Check the weight of school bag for students, as well as the presence of algic processes due to their misuse, and the knowledge of students regarding their appropriate use. MATERIAL AND METHODS: This is a descriptive epidemiological study, transversal and quantitative, performed in a private institution in Osasco (S.P.), with a sample composed of fifty (n = 50) students attending the 1st to 8th semester of the Physiotherapy Course. The data collected was through a questionnaire with objective questions, used as variables. Compiled data were presented in tables and graphs of simple frequency expressed in numbers and percentages. The ethical and legal aspects were observed. RESULTS: We found that the criterion used on the purchase of school bag for 54% of respondents was the size of it. 50% believe that the backpack load with the two handles on the back is best suited to column, 56% using this type of bag, but only 54% carry this way, although they believe that the bag carried unilaterally is the least suitable for the column (12%), 42% carry this way; 76% unaware of the existence of the "recommended weight" or backpack Law No. 2772/97 and 90% carry a backpack weighing more than that recommended by OMS and the backpack Law. All of these factors may be associated with algic processes found in the students (50% lumbar, 42% shoulder, 22% cervical). CONCLUSION: The results suggest lack of knowledge of respondents regarding the proper use of various types of backpacks available, and the problems caused to themselves by their misuse. These data refer to the need for better education in the training of future health professionals, for better training of activity in promotion and prevention of posture health.

KEYWORDS: backpack school, University students, postural problems, Preventive Physiotherapy.

VÉRIFICATION DU POIDS DES SACS À DOS SCOLAIRES UTILISÉS PAR DES ÉTUDIANTS UNIVERSITAIRES DU COURS DE PHYSIOTHÉRAPIE DE UMA INSTITUTION DU FILET PRIVÉ DE LA VILLE DE OSASCO, (S.P.); 2009.

INTRODUCTION:

Les modifications posturales acometem l'homme a des milliers d'années, et positions inadéquates pour transport de poids, comme par exemple, le sac à dos scolaire, peut causer dans des processus des algicos. Comme des données de l'OMS (2004) 85% des personnes ont ils, auront, ou ont eu un jour des douleurs dans les côtes dû à des problèmes posturais. Le physiothérapeute qui agit comme une facilitador de recherche par la santé postural, au moyen de l'orientation, promotion et prévention de la santé ; s'il rend le professionnel de la santé le plus capable d'agir dans ces modifications, avec la finalité d'améliorer le pronostique, ou même si éviter que ces personnes arrivent au cabinet de consultations ou au service public A recherche de traitement, en diminuant ainsi le coût socioéconomico que ces modifications causent. OBJECTIF: Vérifier le poids du sac à dos scolaire des étudiants universitaires, ainsi que la présence de processus algicos dû son utilisation inadéquate, et la connaissance des mêmes concernant son appropriée utilisation. MATÉRIELS ET MÉTHODES: L'étude réalisée c'est du type descriptif, transversal, réalisé dans une Institution d'Enseignement Supérieur du filet privé, dans la Ville d'Osasco (S.P.), dont l'échantillon composé par cinquante (n=50) étudiants du Cours de Physiothérapie, navigation de la 1^o à la 8^o semestres, qui ont répondu à un questionnaire avec des questions objectives, qui ultérieurement ont été utilisées mange des variables. Les données, après compilés, ont été présentées dans des tableaux et graphiques de fréquence simple, exprimés dans des nombres et des pourcentages. Les aspects moraux et légaux ont été observés. RÉSULTATS: Il a observé - que 54% des étudiants a choisi le sac à dos scolaire, en utilisant je mange critère la dimension ; 50% croit que le sac à dos de charger avec les deux poignées dans les côtes soit ajusté pour la colonne, 56% utilise ce type de sac à dos, néanmoins seulement 54% la transporte de cette forme, où malgré croire que le sac à dos transporté unilatéralement à moins soit approprié pour la colonne (12%), 42% la transporte de cette forme ; 76% méconnaît l'existence du « poids recommandé » ou la Loi du Sac à dos N ° 2772/97 et, 90% transporte le sac à dos avec poids supérieur à la fait l'éloge par à l'OMS et Loi du Sac à dos, facteurs ceux-ci, qui peuvent être associés aux procédures des algicos trouvées nous-mêmes (50% lombaire, 42% épaules, 22% cervical).

MOTS-CLÉS: Sac à dos scolaire, Universitaires, Problèmes Posturais, Physiothérapie Préventive.

VERIFICACIÓN DEL PESO DE LAS MOCHILAS ESCOLARES UTILIZADAS POR ESTUDIANTES UNIVERSITARIOS DEL CURSO DE FISIOTERAPIA DE UNA INSTITUCIÓN DE LA RED PRIVADA DE LA CIUDAD DE OSASCO, (S.P.); 2009.

INTRODUCCIÓN:

Las alteraciones posturales acometen el hombre hace millares de años, y las posiciones inadecuadas para el transporte de pesos, como por ejemplo, la mochila de la escuela, pueden resultar en procesos algicos. Segundo datos de OMS (2004) 85% de las personas tienen, tendrán, o habían tenido un día, dolores en las espaldas debido a problemas posturales. El

fisioterapeuta que actúa como facilitador en la búsqueda para la salud postural, por medio de la orientación, de la promoción y de la prevención de la salud; convirtiéndose en el profesional de la salud más capacitado a actuar en estas alteraciones, con el propósito de mejorar el pronóstico, o hasta mismo para evitar que estos individuos lleguen a la clínica, o al servicio público a búsqueda de tratamiento, así disminuyendo el costo socioeconómico que estas alteraciones ocasionan. OBJETIVO: Verificar el peso de la mochila escolar de los estudiantes de la universidad, bien como la presencia de procesos álgicos debidos al uso inadecuado, y el conocimiento de los mismos con respecto a su utilización adecuada. MATERIALES Y MÉTODOS: El estudio realizado es de tipo, descriptivo, transversal, llevado en una institución de educación superior de la red privada, en la ciudad de Osasco (S.P.), cuya muestra, compuesta por cincuenta (n=50) estudiantes del curso de Fisioterapia, cursando de 1º a 8º semestres, que habían contestado a un cuestionario con las preguntas objetivas, utilizadas más adelante como cambiables. Los datos, después de compilados, han sido presentados en tablas gráficas y de frecuencia simple, expresas en números y porcentajes. Los aspectos éticos y legales han sido observados. RESULTADOS: Se observó que 54% de los estudiantes habían elegido la mochila escolar usando como criterio el tamaño; 50% creen que la mochila para llevar con dos tirantes en las espaldas sea la más adecuada para la columna, 56% utilizan este tipo de mochila, pero solamente 54% la llevan de tal manera, aunque creen que la mochila llevada unilateralmente sea la menos adecuada para la columna (12%), 42% la llevan de tal manera; 76% son inconscientes de la existencia del “peso recomendable” o de la ley de 2772/97, y 90% utilizan la mochila con peso superior a lo preconizado por OMS y la ley de la mochila, factores éstos, que pueden ser asociados a los procesos álgicos encontrados en ellos (50% lumbar, 42% los hombros, 22% cervical). CONCLUSIÓN: Los resultados conseguidos sugieren el alto nivel de desconocimiento de los entrevistados con respecto al uso ajustado de los diversos tipos de mochilas existentes, así como los problemas causados en los mismos por uso inadecuado. Datos estos que proporcionan la necesidad de una orientación mejor en la formación de los futuros profesionales de la salud, para una calificación mejor de actuación y prevención de la salud postural.

PALABRA-LLAVE: mochila escolar, estudiantes de universidades, problemas posturales, Fisioterapia preventiva.

VERIFICAÇÃO DO PESO DAS MOCHILAS ESCOLARES UTILIZADAS POR ESTUDANTES UNIVERSITÁRIOS DO CURSO DE FISIOTERAPIA DE UMA INSTITUIÇÃO DA REDE PRIVADA DO MUNICÍPIO DE OSASCO, (S.P.); 2009.

INTRODUÇÃO:

As alterações posturais acometem o homem há milhares de anos, e posturas inadequadas para transporte de pesos, como por exemplo, a mochila escolar, pode ocasionar em processos álgicos. Segundo dados da OMS (2004) 85% das pessoas tem, terão, ou tiveram um dia dores nas costas devido a problemas posturais. O fisioterapeuta que atua como um facilitador de busca pela saúde postural, por meio da orientação, promoção e prevenção da saúde; se torna o profissional da saúde mais capacitado a atuar nestas alterações, com a finalidade de melhorar o prognóstico, ou até mesmo evitar que estes indivíduos cheguem ao consultório ou serviço público a busca de tratamento, diminuindo assim o custo socioeconômico que estas alterações ocasionam. OBJETIVO: Verificar o peso da mochila escolar dos estudantes universitários, assim como a presença de processos álgicos devido sua utilização inadequada, e o conhecimento dos mesmos com relação a sua adequada utilização. MATERIAIS E MÉTODOS: O estudo realizado é do tipo descriptivo, transversal, realizado em uma Instituição de Ensino Superior da rede privada, no Município de Osasco (S.P.), cuja amostra composta por cinquenta (n=50) estudantes do Curso de Fisioterapia, cursando do 1º ao 8º semestres, que responderam a um questionário com questões objetivas, que posteriormente foram utilizadas como variáveis. Os dados, após compilados, foram apresentados em tabelas e gráficos de frequência simples, expressos em números e percentagens. Os aspectos éticos e legais foram observados. RESULTADOS: Observou-se que 54% dos estudantes escolheram a mochila escolar, utilizando como critério o tamanho; 50% acreditam que a mochila de carregar com as duas alças nas costas seja a mais adequada para a coluna, 56% utilizam este tipo de mochila, porém apenas 54% a transporta desta forma, onde apesar de acreditarem que a mochila transportada unilateralmente seja a menos adequada para a coluna (12%), 42% a transporta desta forma; 76% desconhecem a existência do “peso recomendado” ou Lei da Mochila N°2772/97 e, 90% transportam a mochila com peso superior ao preconizado pela OMS e Lei da Mochila, fatores estes, que podem estar associados aos processos álgicos encontrados nos mesmos (50% lombar, 42% ombros, 22% cervical). CONCLUSÃO: Os resultados obtidos sugerem elevado nível de desconhecimento dos entrevistados com relação a adequada utilização dos diversos tipos de mochilas existentes, assim como aos problemas causados a si mesmos por seu uso inadequado. Dados estes que nos referem a necessidade de melhor orientação na formação dos futuros profissionais da saúde, para melhor capacitação de atuação na promoção e prevenção de saúde postural.

PALAVRAS-CHAVE: Mochila escolar, Universitários, Problemas Posturais, Fisioterapia Preventiva.

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