

70 - THE EFFECTS OF QUICK MASSAGE ON CHILD CARE

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INTRODUCTION

In 1992, The World Health Organization (WHO) called Stress of "the Disease of the 20th Century". Today, it reaches about 90% of the world's population. Stress is an organic response to an imbalance, which is distinguished from the natural state, requiring adaptation. In these situations, the body passes of homeostasis to the alarm. However, what perpetuates generates resistance and wear, and may become harmful to the individual (NESSI, 2010).

The work faces the various and sometimes high stress levels. Dedication to work and to profession is what most consumes the lives of most human beings. healthy workers work with perform better. (PLATZER; SILVEIRAE VILAGRA, 2013).

Homeostasis is essential to life. Health is not only the absence of disease or infirmity, but it is a complete positive state of physical, mental, and social well-being. Internal or external forces act in the mind of the individual, activating emotions and triggering reactions of the nervous and glandular system that unbalance the organism globally (WHO, 2018).

Occupational stress leads to shortages, licenses, low income, and onset of diseases (PRADO, 2016).

Muscle tension pain is the most common indicative. Among them, headaches, pain in the cervical, trapezius, caused musculoskeletal disorders may compromise labor activity to a greater or lesser extent (COSTA et al., 2013).

Quick Massage is a therapeutic technique for rapid stress relief. Performed from 10 to 30 minutes in a specific chair that is suitable for small spaces and can be performed in a public place, designed to comfortably accommodate the patient without need to undress and without products (NEUMAN, 2012).

Rapid and effective, in the work environment can be used as motivation to workers and improved performance (VAZ, 2010).

Caregivers of children need total balance, concentration, and emotional control to perform tasks. (SÃO PAULO, 2018).

A healthy working environment is one in which there is not only absence of harmful conditions, but an abundance of health promoting agents. In EMEIs, work has to be fulfilled on a precariousness in teaching and government support, with overload of activities and obligations, large numbers of children often with discipline problems (PEREIRA, 2014).

It is a technique that can benefit these workers, relieve their tensions and muscle overload, promoting relaxation of these professionals. It hopes that with the research contribute to the health of the caregivers of children municipal education and reducing possible future health problems that may hinder the full implementation of their professional career (MORETTI e LIMA, 2010).

A Quick Massage is also known as Express Massage, Shiatsu Express, Chair Massage (BASILIO, 2011).

It was founded in 1986 in the United States, more precisely in the center of New York, Manhattan, known as Manhatan Chair, by the therapist named Dalvid Palmer (STEPHENES, 2018).

Manual movements are more than 5000 years old, called in the East as "anma" or "an-ma," meaning "to calm with the hands," push-pull-push, combines the principles of traditional Chinese medicine with the pursuit of bioenergetic balance, reducing pain and contractures (POSSER, 2011).

Therapeutic touch is a potentially beneficial instrument for health. It releases hormones, neurotransmitters of well-being (endorphins and serotonin). The touch balances the body energy. It activates circulation and helps to eliminate toxins (SANTOS, 2011).

Promotes analgesia, provides a promotes a state of rest, calm and relaxation. Improves breathing, reduces of anxiety, irritation and pain (MORETTI e LIMA, 2010).

It is performed in a person sitting in the chair ergonomically adapted, portable, being with the vertebral column erect and easy mobility to the professional who will perform the technique, which will generally position behind the individual, thus having a wide field of work with access back, shoulders, all trapezius muscle, posterior region of the neck, forearms, wrists and hands of the client. The invention of the chair increased the acceptance of the population in using the technique (STEPHENS, 2008).

Because of the practicality of the technique, without products, fast and directed to specific points of discomfort, it has become a great tool in the corporate segment for the health of its workers (ALVES, FERNANDES and BRAZ, 2015).

Quick Massage includes the following massage maneuvers: slip, compression, kneading, linear friction, circular friction, transverse friction, pressure and percussion, rolling vibration, percussion and elongation of neck and pectoralis major (BASILIO, 2011).

In most work activities there is a stressful environment, with routines of responsibility and psychological pressure with excess of activities, commitments, repetitive activities, manual labor and hours in the same position. In contemporary society, the accelerated pace and demands of work activities, together with family and affective ones, have been increasing stress levels (VAZ, 2010).

The concept of stress is original of physics described as one or more forces, that applied to a body, tend to wear it or deform it, when occupational directly impacts the health and productivity of the worker (WHO, 2018). The worker presents mental

fatigue, anxiety and panic attacks, nervousness (PEREIRA, 2014).

The performance of the activity can be difficult if the worker needs only that work, without intervening in his or her suffering, without the flexibility of the institution, without feeling safe to impose subjective limits (how much, when and how it supports the demands of work) (PRADO, 2016).

Stress causes high costs for companies: loss of productivity, lost hours of work, constant shortages, waste of labor and high medical costs (WHO, 2018).

Studies show that the level of stress symptoms in caregivers of children is high, there are a large number of such workers who seek support centers for the worker, union and ask for remoteness. In the public sector, care is almost non-existent, and the worker has to face the precariousness of the system daily (PAPARELLI et al., 2007).

Companies should invest in improving jobs and workers' well-being and health (PLATZER; SILVEIRA E VILAGRA, 2013).

The global picture once installed assumes disabling and chronic characteristics, disorders that may include anxiety, reduced productivity, absenteeism, hospitalizations, emergencies and emergencies, and suicide (WHO, 2018).

Increasingly, massage therapy has been recognized as an effective resource for stress prevention, reducing symptoms and preventing future illnesses related to it. The beautician is the professional who acts directly in the promotion and maintenance of health and well-being through alternative techniques (ABREU, SOUZA and FAGUNDES, 2012).

CEI - CENTRO DE EDUCAÇÃO INFANTIL - Brás Mooca - It was the beginning of its history in 1932, the year of the Paulistas Revolution, Mrs. Vicentina Ribeiro da Luz, from a traditional family from São Paulo, founded the Centro Social Brás Mooca. Benemérita, with untiring tenacity, dynamics, fought only in her daily life, in the sense of supporting the most needy. Slowly year after year, the institution was growing and shining in its generous purposes. Today it serves full-time 403 children from nursery to 3 years in two units. And it has a team of 71 professionals. The current president is Ms. Maria do Carmo Pereira. (PEREIRA, 2018)

METODOLOGIA

This is a quantitative and qualitative, exploratory study with caregivers of CIS children Brás Mooca - Unit I Rua João Caetano, 113. CEP. 03162-050 and Unit II, Rua Almirante Brasil, 664, CEP03162-010, Telephone (11) 26955365, who voluntarily and spontaneously participated in the research. According to the following criteria, female subjects, aged between 18 and 59 years and 11 months, who presented on the day and time of the study, who did not have any contraindication to the massage, were included.

People with a history of decompensated chronic diseases, such as: hypo-diabetes and hypertension, were excluded. Hypo or hyperthyroidism, migraines, heart or kidney problems and with infectious processes of the urinary tract, skin / mucous membranes, pregnant women, people with bone fracture, cancer, mycoses, chilblains, thrombosis, epilepsy.

The study was carried out within the CIS, in a classroom space, where 02 ergonomic chairs of Quick Massage were assembled.

The pressure apparatus was used "OMRON" for pressure measurement, It is a compact monitor, in size: 72 mm x 56 mm x 44 mm. Easy to use at home, at work and on the go. The Omron blood pressure monitor uses the oscillometer blood pressure measurement method. This means that the monitor detects the movement of blood through the artery and converts the movements into a digital reading.

The Quick Massage chair was used with the following description: solid structure, safe and easy to assemble. Ideal for small and quick interventions. With reduced weight and size, it privileges transportation and practicality.

Technical characteristics: static capacity: 140 kg; mass 12 kg; Three densities of upholstery, foldable and portable, carbon steel frame, chest support and seat with set points.

The volunteers were instructed to complete the anamnesis records (APPENDIX I), where all were evaluated for inclusion and exclusion criteria, where on average the main complaint was pain in the upper dorsal region, in order to participate in the study. Then, those who did not have any exclusion criteria, signed the TCLE - Informed Consent Form and the Voluntary Participation Consent (APPENDIX II). According to Luft (2010), the Questionnaire "Perceived Stress Scale (ANNEX III) was applied with 10 questions that elucidate negative factors (6) and positive factors (4), and the Adapted EVA Questionnaire (ANNEX III).

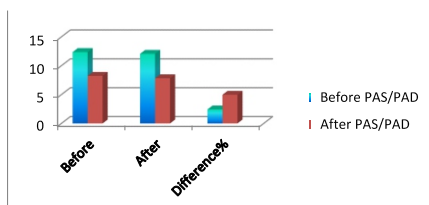
Blood pressure and heart rate were measured. After this initial information collection, the beautician performed the whole procedure of cleaning and sanitizing the Quick Massage chair with 70% alcohol and a disposable cap was placed on the headrest, in sequence informed and positioned the volunteer in the same of the Quick Massage sequence (ANNEX IV), according to the POP - Standard Operating Procedure number 20 of the SPA & Wellness Center Anhembi Morumbi, also cited by Pereira (2013). A session was held in each of the volunteers.

At the end of the massage, blood pressure, heart rate, and asking about pain relief in the region, according to the EVA Adapted Questionnaire (CAMPOLINA, et al., 2011) were evaluated to assess whether there was a reduction in pain and a questionnaire on relaxation and satisfaction of the technique (NEUMAN, 2012) (ANNEX V).

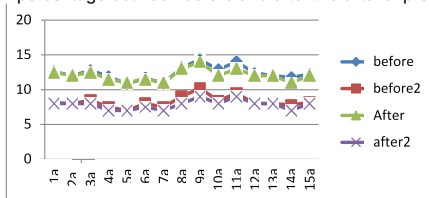
RESULTS

Twenty-one female employees, aged between 18 and 59 years and 11 months, were excluded from the study because they were excluded because they were hypertensive (PA = or > 150mmHg / 110mmHg) at the time of the evaluation. The age range of 15 volunteers was 25 years to 54 years, mean age was 39 years.

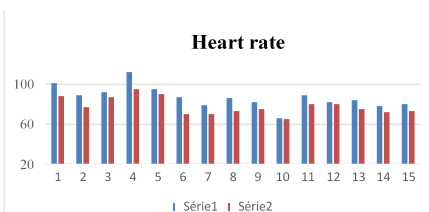
Graph 1 and 2 - Blood Pressure in mmHg in Quick Massage, where SBP stands for Systolic Blood Pressure and DBP, Diastolic Blood Pressure, there was a decrease of 2.43% in the mean of the 15 measurements of SBP and 4.97% in the average of DBP. The mean SBP was 12.36 before the massage while after the massage was 12.06. Already in the evaluation of the average of the PAD was of 8.24 before the massage getting in 7.83 after the massage. The heart rate decreased in 15 volunteers, the mean HR was 82 bpm for before the massage and 75 bpm after the massage as shown in graph 1.



Graph 1 - Mean percentage between before and after the arterial pressure massage.



Graph 2 - Blood Pressure (SBP and DBP) before and after the massage



Heart rate (HR) decreased in 15 volunteers, mean HR was 82 bpm for before massage and 75 bpm after massage (Chart 3).

Graph 3 - Individual heart rate (bpm)

The Perceived Stress Score Questionnaire was applied and the majority of respondents, that is, 80% (15) were found to have a High Perceived Stress. Of 40 possible points, 58% (11) reached 30 to 40 points. 21% (4) reached 20 to 29 points and another 21% (4) reached 10 to 19 points.

Negative Factors	1*	2	3	4	5
	Individuals number				
1. Annoyance because of something that happened unexpectedly?	0	2	5	2	10
2. Inability to control important things	0	0	1	5	13
3. Feeling nervous or stressed	0	0	0	7	12
4. Excessive function with little time to execute	0	1	4	0	14
5. Irritation for Out of Control Facts	0	2	2	9	6
6. Accumulation of Problems	0	0	0	7	12
Positive Factors					
7. Confidence in problem solving	1	5	4	8	1
8. Favorable and expected events	0	4	9	1	5
9. All aspects of life under control	1	7	8	2	1
10. Control of irritations	5	4	4	6	0

1 * Never 2 Almost Never 3

Regarding satisfaction with the technique, 100% of the volunteers reported they were relieved and satisfied with the procedure performed, according to satisfaction questionnaire.

DISCUSSION

Quick Massage is a technique derived from Eastern Shiatsu, based on stretching, sliding with pressure, to relieve tension and decrease muscle pain (MORETTI e LIMA, 2010).

It was observed in this work, through questionnaires, that Quick Massage promoted the sensation of muscular relaxation and relief of pain reported previously by the volunteers in the anamnesis. related to muscular tension, mainly in the neck, shoulders and back.

The main findings were: decrease in blood pressure, heart rate and muscle pain, as well as ABREU; SOUZA and FAGUNDES (2012).

The Stress Scale questionnaire points to a relevant reflection about stress in the work environment. The precariousness of the Brazilian education system with the lack of resources and excessive activities and students in the classroom makes the work of these employees a place conducive to stressful situations (PEREIRA, 2014).

The work stress generates pain and discomfort, causes the appearance of diseases. It is the moment when anxiety, nervousness, fatigue, sadness and a lot of responsibility accumulate, as well as muscular and psychological tension, causing injury to both the employee and the employer (FARIAS; TEIXEIRA; OLIVEIRA, 2011)

Stress is directly related to blood pressure, the autonomic nervous system acts on the cardiovascular system, which in situations of stress increases heart rate to increase cardiac output, for better nutrition and oxygenation of muscle cells for muscle contraction. The respiratory rate also rises to increase gas exchange, increasing the oxygenation and expiration of carbon dioxide, potentiating the basal metabolism (FONSECA et al., 2009).

It causes vasoconstriction by activation of the sympathetic system, increasing total peripheral resistance, which together with increased cardiac output cause an increase in blood pressure (STEPHENES, 2008).

In this study, of the 15 volunteers evaluated, 78% presented a decrease and 12% remained stable. The same happened with Imaizumi, Silva, Anselmo et al. (2007) who evaluated the influence of massage on blood pressure by measuring it

in 6 moments during the execution of the technique and obtained a reduction in post-massage blood pressure.

The decrease in heart rate that has occurred is explained by Nessi et al (2010) stated that massage and its moderate-pressure movements stimulate the parasympathetic nervous system, thus reducing heart rate, circulating cortisol levels and consequent relaxation, decrease of stress.

The female employees reported full relaxation and well-being after the massage during the session through the satisfaction questionnaire. Suguinoshita (2011) runs a program that offers Quick to bank branch employees and states that after the session, all employees are more relaxed, with less pain and tension, returning to more lively activities with a high level of concentration. that technique as an effective tool for quality of life at work.

Alves, Fernandes and Braz (2015) have tested Quick massage in accompanying cancer patients who have a high level of stress and concluded that it is a technique that leads the patient to a deep relaxation.

Platzer; Silveira e Vilagra (2013) after systematic review in the literature concludes that Quick massage does indeed promote benefits in the body, triggering positive multi-center responses: cardiovascular, muscular, emotional and psychic.

Besides the practice, the small interval given in the work activities in the work environment for well-being and health care generates a feeling of comfort and encouragement for the employee and boosts his perform. Improving the quality of life of employees makes the environment healthier and more productive (SUGUINOSHITA, 2011).

Due to the importance of the quality of life at work and being the essence of the Graduation of Aesthetics the responsibility for promoting the well-being and health of its patients, Quick Massage can be offered for the numerous benefits that it has proven to provide. There is a great demand for aesthetics where work-related stress and illnesses increase exponentially, both in the private and public spheres (SEBRAE, 2018).

Because it is a fast, easy-to-execute and effective technique, it is suggested that new research be carried out, that long-term benefits are measured and later this practice is implemented in work environments, for example in companies, schools, banks, hospitals.

CONCLUSION

It is concluded that a Quick Massage session applied in caregivers of children during the workday is able to decrease heart rate, blood pressure and promote relaxation. It is an important tool to be offered in companies and improve the quality of life of employees reducing occupational stress that negatively affects the overall performance of the worker, being a major market niche for beauticians.

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THE EFFECTS OF QUICK MASSAGE ON CHILD CARE

Quality of life in the work environment is extremely important, healthy workers work with perform better. Work is an important factor of physical, mental and psychological stress. It is increasingly common, to find workers with physiological and psychological exhaustion, muscle pain and tension in workers. Occupational stress is directly related to the profession and the type of work performed, caregivers of children are exposed to several stressors, such as living with the indiscipline of the students, low level of remuneration, restless routine with excess of activities at the same time and with little time devoted to health and well-being. In these cases, quick and effective procedures such as Quick Massage, are well accepted, help relieve stress-related symptoms, ensure relaxation, improve blood circulation, relieve tension and muscle pain. The technique can be carried out from 10 to 30 minutes, on the clothes and without need of products. The aim of this work is to investigate the improvement of well-being and the reduction of stress based on the results of the physiological effects of Quick Massage. Fifteen volunteers, who were carers of children, were selected to receive massage. Before and after the massage, blood pressure and heart rate were measured, and questionnaires were applied for stress level and satisfaction with the technique.

Keywords: massage, quick-massage; work stress

LES EFFETS DU MASSAGE RAPIDE SUR LES SOINS DES ENFANTS

La qualité de vie en milieu de travail est extrêmement importante. Les travailleurs en santé qui travaillent bien ont de meilleures performances. Le travail est un facteur important de stress physique, mental et psychologique. Il est de plus en plus courant de trouver des travailleurs souffrant d'épuisement physiologique et psychologique, de douleurs musculaires et de tensions chez. Le stress professionnel est directement lié à la profession et au type de travail effectué, les personnes qui s'occupent des enfants sont exposées à plusieurs facteurs de stress Les aidants sont exposés à plusieurs facteurs de stress, tels que vivre sans discipline étudiante, gagner un salaire bas, passer du temps à la santé et au bien-être. Dans ces cas, les procédures rapides et efficaces telles que le massage rapide sont bien acceptées, aident à soulager les symptômes liés au stress, garantissent la relaxation, améliorent la circulation sanguine, soulagent la tension et les douleurs musculaires. La technique peut être réalisée de 10 à 30 minutes, sur les vêtements et sans besoin de produits. Le but de ce travail est d'étudier l'amélioration du bien-être et la réduction du stress en se basant sur les résultats des effets physiologiques de Quick Massage. Quinze volontaires, qui s'occupaient d'enfants, ont été sélectionnés pour recevoir un massage. Avant et après le massage, la pression artérielle et la fréquence cardiaque ont été mesurées et des questionnaires ont été appliqués pour déterminer le niveau de stress et la satisfaction à l'égard de la technique.

Mots-clés: massage, massage rapide; stress au travail

EFFECTOS DEL MASAJE RÁPIDO EN EL CUIDADO DE LOS NIÑOS

La calidad de vida en el trabajo es extremadamente importante. Trabajadores sanos trabajan bien y tienen mejor desempeño. El trabajo es un factor importante de estrés físico, mental y psicológico. Es cada vez más común encontrar trabajadores que sufren de agotamiento fisiológico y psicológico, dolor muscular y tensión entre los trabajadores. El estrés laboral está directamente relacionado a la ocupación y al tipo de trabajo realizado, los cuidadores están expuestos a diversos factores estresantes, como vivir sin disciplina estudiantil, baja remuneración, sin tiempo gastado en salud y bienestar. En estos casos, procedimientos rápidos y eficaces, como el masaje rápido, son bien aceptados, ayudan a aliviar los síntomas relacionados con el estrés, garantizan relajación, mejoran la circulación sanguínea, alivian la tensión y el dolor muscular. La técnica puede realizarse de 10 a 30 minutos, en ropa y sin necesidad de productos. El objetivo de este trabajo es estudiar la mejora del bienestar y la reducción del estrés con base en los resultados de los efectos fisiológicos de la Quick Massage. Quince voluntarios, que cuidaron a niños, fueron seleccionados para recibir un masaje. Antes y después del masaje, la presión arterial y la frecuencia cardíaca fueron medidas y los cuestionarios fueron aplicados para determinar el nivel de estrés y la satisfacción con la técnica.

Palabras clave: masaje, masaje rápido; estrés en el trabajo

OS EFEITOS DA QUICK MASSAGE EM CUIDADORES DE CRIANÇAS

A qualidade de vida no ambiente laboral é extremamente importante, pois trabalhadores saudáveis e com controle emocional trabalham melhor e rendem mais. O trabalho é um importante fator causal do estresse físico, mental e psicológico. É cada vez mais comum, principalmente com a crise que o país enfrenta, encontrar trabalhadores com esgotamento psico fisiológico, dores musculares e tensão. O estresse ocupacional está diretamente relacionado à profissão e ao tipo de trabalho exercido, cuidadores de crianças estão expostos a diversos fatores estressantes, tais como conviver com a indisciplina dos alunos, baixo nível de remuneração, rotina agitada com excesso de atividades ao mesmo tempo e alto nível de cobrança, e ainda com pouco tempo dedicado à saúde e bem-estar. Nesses casos, procedimentos rápidos e eficazes como a Quick Massage, tem boa aceitação, ajudam no alívio dos sintomas relacionados ao estresse, garantem relaxamento, melhora da circulação sanguínea, alívio de tensão e de dores musculares. A técnica pode ser realizada de 10 a 30 minutos, sobre a roupa e sem necessidade de produtos. O objetivo deste trabalho é investigar a melhoria do bem-estar e diminuição do estresse com base nos resultados dos efeitos fisiológicos da Quick Massage. Foram selecionadas 15 voluntárias, cuidadoras de crianças, para receberem massagem, antes e após a massagem foram aferidos a pressão arterial e batimentos cardíacos e foram aplicados questionários para nível de estresse e de Satisfação com a técnica.

Palavras-chave: massagem, quick-massage; estresse laboral