

03 - PHYSICAL EDUCATORS'S KNOWLEDGE ABOUT FIBROMYALGIA.

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INTRODUCTION

Fibromyalgia (FM) was recognized as a disease in 1990 (NATOUR, 2000). Women aged 30 to 50 years are the most affected.

In 2001, Knoplich reported that approximately 3% of the population of USA was affected by Fibromyalgia Syndrome (FMS), counting up to 800,000 people. Proportionally, according to this author, it would be affected around 540,000 people in Brazil.

Fibromyalgia syndrome (FMS), which cause is still unknown, is a musculoskeletal non-articular disorder, non-inflammatory and non-autoimmune disease characterized by muscle pain and chronic fatigue, and muscle stiffness and sleep disturbance (Rezende et al, 2006; MARQUES ET al, 2004; Alambert, 2002).

According to Natour (2001), symptoms such as swollen joints, tiredness, loss of energy and reduction of endurance are also common in this disease. Snider (2000) also adds that it is not a progressive illness and it does not offer an important risk as there are no permanent changes on the musculoskeletal system due to the disease.

Physical activity is essential to improve quality of life in fibromyalgia. It is responsible for 20% of the treatment combined with drug. The constant fatigue can be reduced with physical activity. Valim (2006) says that the benefit seems to be more expressive with aerobic exercises but strengthening and stretching also have therapeutic effects. Natour (2001) also emphasizes that low intensity exercise, combined with painkillers and antidepressants, has been the most successful form of treatment, minimizing symptoms in up to 80% of cases.

Fibromyalgia has currently reached more than 5% of the world and, since physical activity is one of the most effective in improving symptoms of fibromyalgia, it is important that Physical Educators know about and how to deal with this syndrome,. Therefore, this study aims to identify the knowledge of physical educators about fibromyalgia, in relation to , its hypothetical causes, possible symptoms and ways of treatment.

METHODS

For this descriptive field were sampled 30 Physical Educators in Florianópolis (SC), randomly selected from academies, universities and other educational institutions. The participants aged 30.6 ± 6 years, and were characterized as 40% graduates, 53.3% specialists and only 6.7% masters.

The research instrument used to collect data was a questionnaire for the characterization of physical education professionals, standardized, formulated by the researchers themselves, consisting of an ordered series of 5 questions, and 4 closed and 1 open. For greater reliability of the instrument, validity and clarity were analyzed. The questionnaires were handed out to physical education professionals, answered and returned to the researches as soon as they were completed.

The overall rate of correct answers was calculated for each group according to level of degree for each of the 4 questions. For data analysis descriptive statistic was used.

RESULTS AND DISCUSSION

The rates of correct answers for 4 questions (closed questions) are presented in Table 1 according to level of degree.

TABLE 1: Percentage of correct answers of according to level of degree

	LEVEL OF DEGREE		
	Graduates	Specialists	Masters
1. Concept	37,5% \pm 19,9	28,1% \pm 15,5	62,5% \pm 17,7
2. Causes	46,7% \pm 23,5	45% \pm 13,6	45% \pm 7,1
3. Symptoms	52,9% \pm 14,2	58,1% \pm 14,7	55% \pm 7,1
4. Treatment	58,3% \pm 18,6	60,3% \pm 18,2	65% \pm 7,1

Thus, the answers to question one (open) resulted in an overall average rate of 34.2% (\pm 19.2) regarding the knowledge of physical education professionals about the concept of fibromyalgia. This question showed the lowest overall average of correct answers obtained by the professionals.

It is noteworthy that, among all subjects who participated in this study, none of them presented total understanding about what is actually fibromyalgia. It would be considered totally correct, the alternative that came closest to the concept that fibromyalgia is a musculoskeletal disorder characterized by diffuse chronic muscle pain, fatigue, sleep disturbances, morning stiffness and anxiety. (Marques et al, 2004)

In relation to the level of degree (Table 1), it can be noticed that masters outperformed graduates and specialists. However, it is important to mention that, proportionally, masters represented only 7% of all participants.

Regarding the hypothetical causes of fibromyalgia (question 2), there was an overall average rate of 45.7% (\pm 17.6). Among the correct alternatives, the hypothetical causes more frequently marked were: genetic hypothesis, chronobiological hypothesis, the hypothesis of the stress hormone and dysfunction of the thyroid hormone hypothesis, which, according Chaitow (2002), are in fact the causes more frequently studied and more credited. It is noteworthy that the second most marked alternative indicated by the participants was wrong, dealing with the hypothesis that muscle was referring to a weakness linked to the deficiency of myostatin, suggesting that, perhaps, being the issue closed, it has facilitated the involvement of the hypothetical causes belonging to this pathology.

According to level of degree, it was found that the percentage of correct answers was 46.7% (± 23.5) for the graduates, 45% (± 13.6) for specialists and 45% (± 7.1) for masters.

Regarding the question about symptoms that occur within fibromyalgia (question 3), we identified an overall average rate of correct answers of 55.8% (± 14).

By comparing the percentage of correct items marked with regard to symptoms, leads with 70% depression and anxiety, fatigue 66.7% and the alternative on the stiffness of 60%. According to Chaitow (2002), these symptoms are the ones more frequently presented by people diagnosed with fibromyalgia, with 90% complaining of fatigue, which 25% are depressed and that the stiffness is present in 58 to 80% of cases.

The average overall rate of correct answers of the issue shows that the majority of the sample was able to identify the most common symptoms of fibromyalgia.

In relation to the average of correct answers according to the degree of participants, it can be seen a percentage of correct answers of 52.9% (± 14.2) for graduates, 58.1% ($\pm 14, 2$) for specialists and 55% (± 7.1) for masters. Thus, it suggests that there is a little difference between groups when symptoms Fibromyalgia Syndrome are concerned. It can be better seen in Table 1.

The fourth question presented an average overall rate of 59.8% (± 17.5) in the treatment of this syndrome, which could be the one with the highest rate obtained by the professionals surveyed.

Analyzing the correct alternatives indicated for the primary and supplementary treatment of fibromyalgia, those who received greater emphasis were stretching with 80% relaxation in general 73.3% and aerobic exercise of low intensity at 63.3%. Garcia (2003) reports that these alternatives are, in fact, some of the most effective forms of treatment, and help both to relief of symptoms and to improve well-being and mental health. The alternative related to the use of drugs such as anti-inflammatory drugs, sedatives, muscle relaxants and antidepressants was also very important to be checked and obtained a rate of 46.7% since, according to Natour (2001), a drug intervention coupled with the practice physical exercise of low intensity, has been a form of treatment more successful, minimizing symptoms in up to 80% of cases.

In relation to complementary forms of treatments, the most frequently marked alternatives were massage, hydrotherapy and acupuncture. All received the same percentage rate of 56.7%. Natour (2001) states that acupuncture, hydrotherapy, massage and relaxation techniques (33.3%) which reduce levels of anxiety and depression are also used effectively as treatment especially in individuals who do not respond well to conventional treatment. It is important to highlight that an incorrect form of treatment was marked by 43.3% of the participants. It was related to muscle strengthening in the areas most affected. However, it is known that strengthening must be present, but only of the less affected areas.

According to level of degree graduates presented a rate of correct answers of only 37.5% (± 19.9), experts reached even less, 28.1% (± 15.5), however masters had a hit with percentage of 62.5% (± 17.7) with regard to treatment, primary and complementary of Fibromyalgia Syndrome.

The fifth question was "Do you consider yourself able to work with a person with fibromyalgia?". The answer should be a personal opinion and is shown on the graphic below (Figure 1).

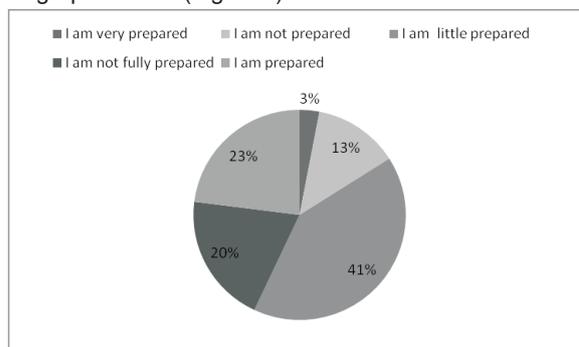


FIGURE 1: Percentage of answers to the following question: "Do you consider yourself prepared to deal with a person with Fibromyalgia?"

Most of the participants (41%) was considered poorly prepared to work with a person with fibromyalgia. Those who consider themselves not fully prepared came right after accounting for 20% of the participants. Those who claim to be prepared added up to 23% and only 3% of the professionals considered themselves prepared to work with Fibromyalgia. This shows that most professionals are aware that they know little about fibromyalgia and that they are not currently prepared to work with syndrome.

CONCLUSION

Since physical activity is one of the most effective way to improve well-being and reduce symptoms of fibromyalgia, it is important that the Physical Educators are aware of everything associated with it.

In respect to the Physical Educators understanding about Fibromyalgia in Florianopolis, it was found that the overall percentage of correct answers with regard to the concept, causes, symptoms and treatment of Fibromyalgia Syndrome was 48.9% (± 19.7), which shows that they have a reasonable knowledge about fibromyalgia and that, among the participants, the level of understanding varies.

A greater knowledge than that shown in this study could provide the professional with a better ability to identify the syndrome and to assist the treatment, in order to promote a better quality of life to their student.

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ABSTRACT

The main purpose of this descriptive field research was to evaluate physical education professionals knowledge about fibromyalgia, its hypothetical causes, possible symptoms and treatment ways. The sample was formed by 30 Florianópolis (SC) physical education professionals, with random selection. They presented mean $30,6 \pm 6$ years old, with 63,3% male and 36,7% female; 73,3% are licensed, 26,7% are bachelors, and 40% graduated, 53,3% post graduated and just 6,7% of masters. According with the time they are formed, 36,7% of them are until 3 years, 36,7% are between 4 and 7 years and 26,7% are up to 8 years. Though these professionals the main have or had been worked with health, sports or/and education. A questionnaire was used as a research instrument. To statistics analysis was used descriptive statistic. $48,9\% \pm 19,7$ was bull eyes mean on the question realized. We had been percept that physical education professionals' knowledge was moderate about fibromyalgia, as well as significant variation of knowledge between professionals about this syndrome.

KEYWORDS: physical education professionals, fibromyalgia, knowledge.

RESUMÉ

Cette étude est une recherche sur le terrain descriptif qui vise à identifier le profil de connaissance des professionnels de l'éducation physique sur la fibromyalgie, vérifier la connaissance que ces professionnels ont sur ce syndrome, ses causes hypothétiques, possible symptômes et formes de traitement. L'étude a été menée avec 30 professionnels de l'éducation physique dans la ville de Florianópolis (SC), choisis au hasard. Avaient un âge moyen de $30,6 \pm 6$ ans, 40% sont diplômés universitaires, 53,3% de spécialistes et seulement 6,7% sont des maîtres. L'instrument de recherche utilisée pour collecter les données a été un questionnaire visant à identifier le profil de connaissance de ces professionnels. Pour l'analyse des données statistiques descriptives ont été utilisées. La moyenne globale des réponses correctes était de $48,9\% \pm 19,7$, se rendant compte que les professionnels en question aient une connaissance raisonnable sur la fibromyalgie et exist, parmi les sujets de l'échantillon, il y a une variation importante dans les connaissances au sujet de cette pathologie.

MOTS-CLÉS: professionnels de l'éducation physique, fibromyalgie, connaissance

RESUMEN

El objetivo del estudio fue identificar el perfil de conocimientos de los profesionales de la educación física sobre la fibromialgia, tratando de verificar el conocimiento que estos profesionales tienen sobre este síndrome, sus causas hipotéticas, los posibles síntomas y formas de tratamiento. La muestra constó de 30 profesionales de la educación física en Florianópolis (SC). Tenían una edad media de $30,6 \pm 6$ años, 40% son titulados, especialistas en 53,3% y sólo el 6,7% tienen maestría. El instrumento de medición fue un cuestionario diseñado para identificar el perfil de conocimientos de estos profesionales. Para el análisis de datos se utilizaron estadísticas descriptivas. La media general de aciertos fue del $48,9\% \pm 19,7$, dándose cuenta de que los profesionales en cuestión tienen un conocimiento razonable sobre la fibromialgia y tienen, entre los sujetos de la muestra, una variación significativa en el conocimiento de esta patología.

Palabras-clave: Educación Física, fibromialgia, conocimiento

RESUMO

Esse estudo descritivo objetivou identificar o perfil do conhecimento dos profissionais de Educação Física sobre a fibromialgia, buscando verificar o conhecimento que estes profissionais têm a respeito desta síndrome, as suas causas hipotéticas, os possíveis sintomas e as suas formas de tratamento. A amostra foi composta por 30 profissionais de educação física da cidade de Florianópolis (SC), selecionados randomicamente. Apresentaram média de idade de $30,6 \pm 6$ anos, sendo que 40% são graduados, 53,3% especialistas e apenas 6,7% são mestres. O instrumento de pesquisa utilizado para coletar os dados foi um questionário destinado a identificar o perfil de conhecimento destes profissionais. Para análise dos dados foi utilizada estatística descritiva. A média geral de acerto das questões foi de $48,9\% \pm 19,7$, percebendo-se que os profissionais em questão têm um conhecimento razoável sobre a Fibromialgia e que há, entre os sujeitos da amostra, uma significativa variação de conhecimento sobre esta patologia.

PALAVRAS-CHAVE: profissionais de Educação Física, fibromialgia, conhecimento.

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