

63 - VERIFICATION THE OCCURRENCE OF BURSITIS IN CLEANING WORKERS IN THE CITY OF CARAPICUIBA (SP), FROM 2008 TO 2009.

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INTRODUCTION

For Earl Codman, adhesive capsulitis is a pathology that can lead to disability, not always has an effective treatment leading dissatisfaction to the patient and therapist. Best known as bursitis or frozen-shoulder, adhesive capsulitis brings several consequences for the individual, can lead to serious physical impairments, since it creates a fibrous adhesion of the serous subacromial bursa making the joint is less used because of the pain and taking an antalgic position indefinitely (Duplay, 1872). The adhesive capsulitis has 4 stages, I called pre-adhesive, II called acute adhesive synovitis, III called maturation and IV called chronic stage, where the problem is getting worse and the pain is more intense and mobilization is precarious because of the articular surface reduction of the shoulder. (Neviaser, 1945).

Many people are forced to leave their jobs for failure that adhesive capsulitis can cause, where they can not perform their usual tasks. So they end up trading the service by the treatment that most often does not relieve (Neer, 1992).

Some movements affect the shoulder, such as: abduction of the shoulder with a compression on the subacromial bursa, arm elevation with aggressive movements, especially if done for long periods of time (Silva et al, 1994).

MATERIALS AND METHODS

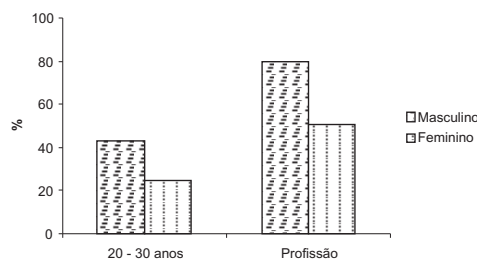
This is a epidemiological, transversal, descriptive and quantitative study, composed of 139 individuals (n = 139) who worked in the role of service school agent, cleaning assistants and housemaid of Carapicuíba who complained of shoulder pain. Data collection was done through a questionnaire with 8 objective questions, wondered age, occupation, affected side and what they think is the most difficult-task day by day. The data, compiled after, were shown in tables and graphs of simple frequency expressed in numbers and percentages. The ethical and legal aspects were preserved in accordance with Resolution No. .196/96, CNS-MS

AIM

The research aims to evaluate the impact level of individual cleaning workers in the city of Carapicuíba SP who have shoulder pain when performing their activities of daily living (ADLs).

RESULTS

Chart 1: Distribution in percentage terms of age and profession of respondents in the city of Carapicuíba, SP, 2008 - 2009.



It can be seen in chart 1 that the prevalence of age is 20 to 30 years. In males, the profession of respondents is assistant general and female homemaker.

Chart 2: Distribution in percentage to the affected side by pain and period pain of respondents in the city of Carapicuíba, SP, 2008 - 2009.

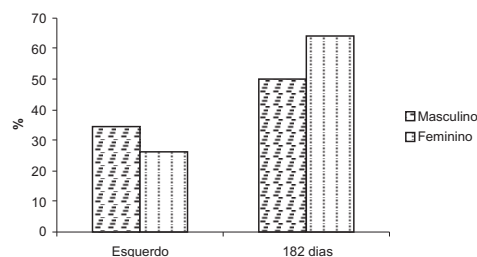


Chart 2 shows that the male respondents feel pain on the left side and female prevalence of pain is on the right side, in both sexes, the margin of pain is 182 days.

Chart 3: Distribution in percentage related to the suffering of any injury caused by the pain and repetitive movements of the respondents in the city of Carapicuíba, SP, 2008 - 2009.

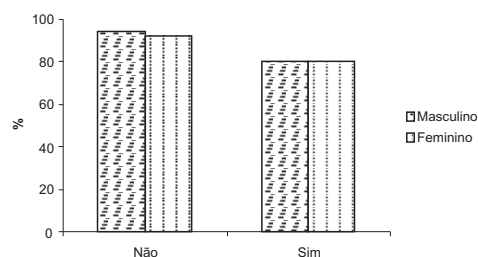
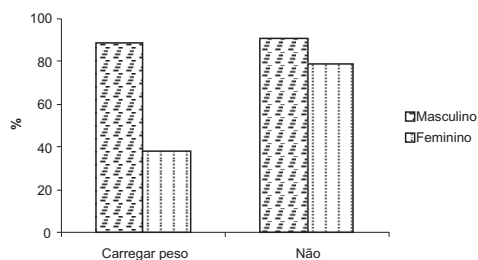


Chart 3 shows that both females and males, have never suffered any injury due to shoulder pain and that they daily do repetitive activities.

Chart 4: Distribution in percentage of the difficulty of tasks and treatment of respondents Carapicuíba, SP, 2008 - 2009.



In this last graph, it is clear that in males, heavy is the biggest difficulty. The index for non-completion of treatment is high in both sexes, where they should seek a therapist to improve or at least to relief of pain.

CONCLUSION

It was concluded through this research that bursitis in the shoulder occurs in people who perform any type of professional activity, but the prevalence is higher in people who do repetitive movements. The pain can be considered as muscle in the early days, but over time, and with a good medical diagnosis can be diagnosed if the individual actually feels just a muscle pain or if there is already presence of inflammation in the bursa. No one knows for sure cure for bursitis, we just know is it causes only a relief for the patient, which most often causes frustration on therapist and patient.

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VERIFICATION THE OCCURRENCE OF BURSITIS IN CLEANING WORKERS IN THE CITY OF CARAPICUIBA (SP), FROM 2008 TO 2009.

ABSTRACT

Causing disability, adhesive capsulitis, also known as bursitis or frozen shoulder, not always has an effective treatment leading dissatisfaction to the patient and therapist. This pathology can bring physical impairments. The research aims to evaluate the occurrence level on individuals working in cleaning services in Carapicuíba City S.P. who have shoulder pain when performing their activities of daily living (ADLs). This is an epidemiological, transversal, descriptive and quantitative study, composed of 139 individuals (n = 139) who worked in the role of service school agent, cleaning assistants and housemaid of Carapicuíba who complained of shoulder pain. Data collection was done through a questionnaire with 8 objective questions, wondered age, occupation, affected side and what they think is the most difficult-task day by day. The data, compiled after, were shown in tables and graphs of simple frequency expressed in numbers and percentages. The ethical and legal aspects were preserved. The data show that 42.86% of male respondents were between 30 and 40 years old; 80% work as general helpers; 36.47% of female respondents had pain on the right shoulder; in both sexes, the report of pain was 182 days; 91.07% of male respondents do not realize treatment for pain. With the results obtained, we concluded that incidence of bursitis is higher in males aged between 20 and 30 years; in both sexes pain is constant every day. The work done by both sexes is a repeating one and the pain increases when they need to carry weight, however only a small part receives treatment for pain relief.

KEYWORDS: bursitis, workers, capsulitis.

VÉRIFICATION DE LA POSSIBILITÉ DE TRAVAILLEURS DE NETTOYAGE DE VILLE CARAPICUIBA BURSITE (SP), DE 2008 À 2009.

Peut conduire à l'invalidité, capsulite rétractile, aussi connu comme une bursite à l'épaule ou congelés, sans aucun traitement efficace, conduisant à l'insatisfaction du patient et thérapeute. Cette condition peut causer des problèmes physiques. La recherche vise à évaluer le degré de leur réalisation chez les individus travaillant dans les services de nettoyage dans la municipalité de Carapicuíba, SP, qui ont des douleurs à l'épaule lors de l'exécution des activités de la vie quotidienne (AVQ). L'étude de la Croix-épidémiologique, descriptive et quantitative se compose de 139 individus (n = 139) qui a travaille dans le rôle

de l'école intermédiaire de service, le nettoyage des assistants et qui amanuensis de Carapicuíba plaignait de douleurs à l'épaule. La collecte des données d'un questionnaire a été composée comportant 8 questions objectives, qui ont été utilisées comme variables dans la composition de l'étude, en tenant compte des aspects éthiques et juridiques. Les résultats combinés sont présentés dans les tableaux et graphiques souvent exprimés en chiffres simples et les pourcentages. Il a noté que 42,86% des répondants étaient âgés entre 30 et 40 ans, 80% travaillent comme assistants en général, des femmes, 36,47% avaient douleur à l'épaule droite dans les deux sexes, le rapport de la douleur était 182 jours, 91,07% des personnes interrogées ne connaissent pas de traitement pour la douleur. Les résultats indiquent que la prévalence de la bursite est plus grande chez les hommes âgés de 20 à 30 ans, chez les deux sexes est une douleur constante ils se sentent chaque jour, ce qui augmente lorsqu'il ya nécessité de procéder de poids, cependant, seule une petite partie du traitement est de permettre à soulager la douleur.

MOTS-CLEFS : bursite, travailleurs, capsulite.

VERIFICACIÓN DE LA POSIBILIDAD DE LOS TRABAJADORES DE LA LIMPIEZA BURSITIS LA CIUDAD DE CARAPICUÍBA (SP), DESDE 2008 HASTA 2009.

Pudiendo conducir a una discapacidad, la capsulitis adhesiva, también conocida como la bursitis o el hombro congelado, sin ningún tipo de tratamiento eficaz, llevando a insatisfacción del paciente y el terapeuta. Esta patología puede ocasionar problemas físicos. La investigación pretende evaluar el grado de ocurrencia en individuos que trabajan en los servicios de limpieza en el municipio de Carapicuíba, SP, que tienen dolor en el hombro al realizar sus actividades de la vida diaria (AVD). El estudio de los aspectos epidemiológicos, transversal descriptivo y cuantitativo integrado por 139 individuos (n = 139) que trabajó en el papel de la escuela de servicio del agente, la limpieza de los asistentes y cronista Carapicuíba que se quejaban de dolor de hombro. La recopilación de datos consistió en un cuestionario con 8 preguntas objetivas, que se utilizaron como variables en la composición del estudio, teniendo en cuenta los aspectos éticos y jurídicos. Los datos agrupados se reportaron en tablas y gráficos de frecuencia simple expresados en números y porcentajes. Observó que 42,86% de los encuestados tenían edades comprendidas entre 30 y 40 años, el 80% trabajan como ayudantes en general; de género femenino, 36,47% tenía dolor en el hombro derecho en ambos sexos, el informe de dolor fue de 182 días, 91,07% de los encuestados no se dan cuenta de tratamiento para el dolor. Los resultados sugieren que la frecuencia de la bursitis es mayor en los varones de entre 20 y 30 años, en ambos sexos es un dolor constante que se sienten cada día, que, se incrementa cuando hay necesidad de llevar el peso, sin embargo, sólo una pequeña parte del tratamiento es permitir un alivio del dolor.

PALABRAS-CHAVE: bursitis, trabajadores, capsulitis.

VERIFICAÇÃO DA OCORRÊNCIA DE BURSITE EM TRABALHADORES DE LIMPEZA DO MUNICÍPIO DE CARAPICUIBA (SP), 2008 – 2009.

Podendo levar a uma incapacidade funcional, a capsulite adesiva conhecida também como bursite ou ombro congelado, nem sempre tem o tratamento eficaz trazendo a insatisfação para o paciente e terapeuta. Essa patologia pode trazer comprometimentos físicos. A pesquisa tem como objetivo avaliar o grau de ocorrência em indivíduos que trabalham em serviços de limpeza no Município de Carapicuíba S.P. que apresentam dor no ombro ao realizar suas Atividades de Vida Diária (AVD). O estudo realizado é do tipo epidemiológico, transversal, descritivo e quantitativo composta por 139 indivíduos (n=139) que trabalhavam na função de agente de serviço escolar, auxiliar de limpeza e diarista de Carapicuíba que se queixavam de dor no ombro. A coleta de dados constou de um questionário com 8 questões objetivas, onde se perguntou idade, profissão, lado afetado e o que eles julgaram ser mais dificultoso na tarefa do dia-a-dia. Os dados após compilados foram expostos em tabelas e gráficos de frequência simples expressos em números e percentagens. Os aspectos éticos e legais foram preservados. Os dados mostram que 42,86% dos entrevistados do sexo masculino tinham idade entre 30 e 40 anos; 80% trabalham como ajudantes gerais; no sexo feminino, 36,47% apresentavam dor do lado direito do ombro; em ambos os sexos, o relato de dor era de 182 dias; 91,07% dos entrevistados do sexo masculino não realizam tratamento para a dor. Com os resultados obtidos, conclui-se que a incidência de bursite é maior no sexo masculino com idade entre 20 e 30 anos; em ambos os sexos é constante a dor que os mesmos sentem diariamente. Os trabalhos que ambos os sexos realizam é de repetição e que a dor aumenta quando há necessidade de se carregar peso, entretanto somente uma pequena parte faz tratamento para que haja um alívio da dor.

PALAVRAS-CHAVE: bursite, trabalhadores, capsulite.

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