29 - PALMORE QUESTIONNAIRE APPLIED TO PHYSICAL THERAPY STUDENTS IN FOZ DO IGUAÇU - PR.

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INTRODUCTION

The study of aging has become increasingly urgent and necessary provided that the world population has aged gradually due to the medical advances and cares about health (MORAES and BARROS, 200). In Brazil, the life expectancy has gone from about 45 years in the beginning of the XX century, to nearly 63 years for men and 71 years for women nowadays. (BRUNETTI and MONTENEGRO, 2003; IBGE, 2000; UNO, 2000). Such finding results in a natural tendency for the increase of interest on the issue, a fact that can be evidenced through the increasing number of researches developed in gerontology and geriatrics, in all health areas. Besides that, the health courses curriculum has gone through reformulations and adjustments in order to supply the knowledge need in the area (FREITAS et al., 2006).

In the Physical Therapy course, the Geriatrics and Gerontology subject has already been incorporated to the graduation course, however, with the intense changes in the population profile of elderly people in Brazil, it is necessary to consider whether the objective of guaranteeing knowledge about the aging has been successfully reached.

This knowledge is understood as the capacity of the health area professional to deal with the aging-related problems in a satisfactory way, knowing the interrelation of general pathologies, understanding the patient as a whole, from the psychological and social aspect to their systemic problems, paying full attention on them, based on the holistic concept of health. (MUSSE, 2000).

Thereby, the Physical Therapy professional must, during care provided to elders, emphasize the preventive physical therapy, besides being able to do home care and practice the profession in hospitals, rest homes and elderly home care, as well as participating in multidisciplinary activities for professionals related to the third age. Facing the peculiarities of the elderly patients and aging biopsychosocial processes, it is necessary for the physical therapist to have specific knowledge about that population.

Before all these factors, and taking into account the shortage of literature related to the knowledge level of the Physical Therapy professionals about the aging, it was considered opportune to evaluate, by means of a specific questionnaire mentioned in the scientific literature, the knowledge level, about the aging process, of Physical Therapy graduation course students in the city of Foz do Iguaçu - PR.

MATERIAL AND METHODS

This study is a transversal and prospective research conducted by means of data collecting from questionnaires, answered by Physical Therapy graduation course students in Foz do Iguaçu, PR, who accepted to answer voluntarily the Palmore questionnaire (PALMORE, 1999; STRAYER, 1986), related to their knowledge about aging.

The inclusion criteria were: Physical Therapy graduation course students enrolled in the 8th and 10th periods who accepted to participate voluntarily in the research.

The exclusion criteria were: Foz do Iguaçu's Physical Therapy graduation course students that were not enrolled in the 8th and 10th periods and other graduation courses' students.

As data collecting instrument it was used the Palmore questionnaire (PALMORE, 1999; STRAYER, 1986), related to the knowledge about aging. This questionnaire has been modified, updated and adjusted to the Brazilian reality by Bolzani (2005), and it is limited to factual statements, with answers like true or false, having been projected to cover the social, mental, physic and basic events, and the most common myths about the aging.

The participants were, in the same moment they received the questionnaires, informed about the research's objectives, risks and benefits through a copy of the Free and Clarified Consent Term (FCCT) provided together with the questionnaire. The return of the properly signed FCCT involved, therefore, the participant's agreement to be a volunteer in the research.

The results were analyzed as a descriptive statistic way, using the program EPIINFO 3.4.

RESULTS

Questionnaires answered by 30 Foz do Iguaçu's Physical Therapy graduation course students, who attended the 8th and 10th periods of the Physical Therapy course (equivalent to the supervised internship period of the course's last year), during the academic year of 2007, were evaluated.

The relative frequency of the right answers referents to the sample, regarding each proposed question, was tabbed and exposed in the following graphic (Figure 1):

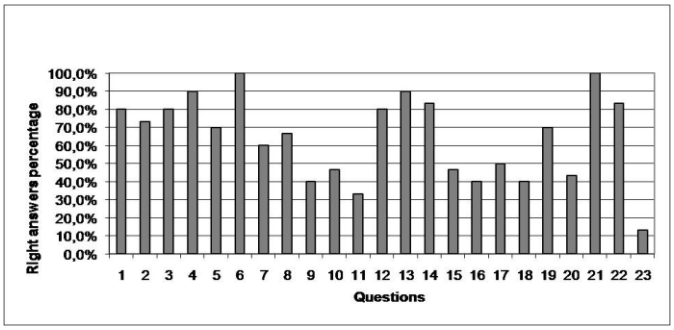

Figure 1 - Distribution of answers according to the right answers percentage

As it can be observed in the graphic above, the studied population presented a satisfactory index of right answers in more technical questions, for instance, the questions 4 and 6, which concern the physiological processes intrinsic to the aging,

related to the Geriatrics knowledge area. On the other hand, it was observed a little satisfactory index of right answers in questions about social gerontology, for example, the questions 11 and 23, which concern the social and cultural aspects of the elderly population.

DISCUSSION

In this study it was possible to identify that the last period students, who have already taken the Geriatric subject, have a satisfactory knowledge concerning the aging biological processes. However, it can't be stated they have a wide knowledge about gerontology, which must include not only the biological aspects, but also the social and cultural ones, among others. Such fact can be justified, according to Néri (1991), by the difficulty of distinction between the concepts of aging, elderly and old age, and the lack of clear relation between these concepts in contexts of space-time, socio-cultural and individual dimensions. Prado and Sayd (2006) corroborate with this fact, and suggest it seems not to be sufficiently clear the gerontology and geriatrics' study object, which limits the establishment of this area as a scientific field.

Rebelatto and Botomé (1999), by searching the characteristics of the graduation courses' subjects about the work's objective concept in Physical Therapy, show the predominance of a Physical Therapy concept exclusively as a professional performance field, not considering it as a knowledge area. Stengers (1990) considers that, due to the complexity of a scientific field constitution, they must be developed concepts and interests in the several society's fields, so that these can be pillars in the establishment of such field. In agreement, it was observed that, among the last periods graduation students, this subject must be also stimulated, since they forget these knowledge areas, stopping paying attention to some issues for considering them unimportant, and, in this way, damaging the holistic view of health.

This goes well with Motta's premise (2005), which suggests that there is a remarkable distance between, on the one hand, the necessary contents to a good geriatric practice and the education and health politics' guidelines and, on the other hand, the current graduation and post-graduation curriculum, in the Brazilian population aging context. The medical professionals, mainly those who work in the basic attention and the geriatric specialists, will have, each time more, a fundamental role in the public and private health systems, before the increase in the number of Brazilian elderly people. But, in order to these professionals work properly, it is necessary to mold their education into the reality of the elderly population's health needs. Prado and Sayd (2006), still in this context, show important qualification weaknesses of Brazilian researchers who dedicate to this subject in their scientific production. Concerning the aging-related literature, Prado and Sayd (2004) noted that the Health Sciences' area is still the one that produces more knowledge, which is demonstrated by a larger number of research groups about aging, however, this increase is still small, considering that it has been in a growing process. This explains the difficulty in finding a concept for geriatrics and gerontology, and reinforces the need of this subject's inclusion in the curriculum syllable of graduation courses involved in the care and attention to the aging process, besides encouraging a larger scientific research production in the area.

Specifically in the case of Physical Therapy, when evaluated the distribution of groups according to the knowledge area, it owns the smallest number of groups/research lines in relation to all others areas of health knowledge studied (Prado e Sayd, 2004). Such fact shows the urgency in exploring even more the discussions about the subject and the extension of the scientific knowledge production by means of research development, which must be encouraged since the graduation, and expanded to post-graduation courses.

Thus, in order to graduate physical therapists with satisfactory knowledge in gerontology and geriatrics for the Brazilian reality, as well as for the population aging perspectives, it is necessary the extension of scientific knowledge production in gerontology, as well as its inclusion in the graduation process of the physical therapist, as an area of profession knowledge.

CONCLUSION

Based on this study's results, it's possible to conclude that the knowledge regarding the aging biopsychosocial aspects in an integrated way is little satisfactory among the Physical Therapy students, which does not match with the holistic approach perspective in health, being, therefore, necessary the extension of this subject into the physical therapist graduation, as well as a larger knowledge production through scientific researches.

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PALMORE QUESTIONNAIRE APPLIED TO PHYSICAL THERAPY STUDENTS IN FOZ DO IGUAÇU - PR.

ABSTRACT:

The Brazilian population, as well as the world's population, is aging gradually, which makes the health area professionals comprehension of aging and its processes increasingly necessary. Thus, this study had as objective to evaluate the knowledge degree of the Physical Therapy graduation course students about aging. For that, it was applied the Palmore questionnaire to the last periods Physical Therapy course students in the city of Foz do Iguaçu - PR. The studied sample (n=30) presented a satisfactory index of right answers in questions concerning the physiological processes intrinsic to aging, more related to the Geriatrics knowledge area. On the other hand, it was observed a little satisfactory index of right answers in questions related to the social and cultural aspects of aging, which refers to Gerontology. This made it possible to conclude that the knowledge about the aging biopsychosocial aspects in an integrated way is little satisfactory among the Physical Therapy students, which does not match with the holistic approach perspective in health, being, therefore, necessary the extension of this subject into the physical therapist graduation.

KEY-WORDS: Geriatrics, Knowledge, Physical Therapy.

QUESTIONNAIRE DE PALMORE APPLIQUÉ À DES ÉLÈVES DU COURS DE PHYSIOTHÉRAPIE DANS FOZ DO IGUAÇU - PR.

RÉSUMÉ:

La population brésilienne, ainsi que le mondial, vieillit progressivement, en se rendant de plus en plus nécessaire à compréhension du vieillissement et leurs processus de la part des professionnels du secteur de la santé. Ainsi, cette étude il a eu objectif évaluer degré de connaissance d'élèves du cours de graduation dans Physiothérapie sur le vieillissement. Pour cela, est appliqué le questionnaire Palmore aux académiciens des dernières périodes du cours de Physiothérapie dans la ville d'Foz do Iguaçu - PR. L'échantillon étudié (n=30) a présenté un degré satisfaisant d'exactitude dans des questions qui disent respect aux processus physiologiques intrinsèques au vieillissement, plus rapportées avec le secteur de connaissance Gériatrie. Dans opposition, s'est observé un indice peu satisfaisant d'exactitude dans des questions rapportées aux aspects culturels et sociaux du vieillissement, qui font de la référence au Gerontologia. Cela a permis de conclure que la connaissance concernant les aspects biologiques et psicossocias de manière intégrée du vieillissement est peu satisfaisante entre les académiciens de Physiothérapie, en ne coïncidant pas avec la perspective d'abordage holistique dans santé, en se faisant, donc nécessaire à élargissement de ce sujet dans la formation du Physiothérapeute.

MOTS CLÉS: Gériatrie, Connaissance, Physiothérapie

CUESTIONARIO DE PALMORE APLICADO A ALUMNOS DEL CURSO DE FISIOTERAPIA EM FOZ DO IGUAÇU - PR

RESUMEN:

La población brasileña, así como la mundial va envejeciendo progresivamente, haciendo-se cada vez mas es necesaria la comprensión del envejecimiento y sus procesos a los profesionales del área de salud. Así este estudio tiene por objetivo evaluar los grados de conocimiento de los alumnos del curso de graduación en Fisioterapia sobre el envejecimiento. Para ha sido aplicado el cuestionario Palmore a los académicos de los últimos periodos del curso de Fisioterapia en la ciudad de Foz do Iguacu - PR. La muestra estudiada (n=30) presentó un índice satisfactorio de aciertos en cuestiones propuestas a los procesos fisiológicos inherentes al envejecimiento, mas relacionados con el área de conocimiento geriátrica. Por otro lado se ha observado un índice poco satisfactorio de aciertos en cuestiones relacionadas a los aspectos culturales y sociales del envejecimiento, que hacen referencia a la Gerontologia. Esto permitió que se concluya que el conocimiento acerca de los aspectos biopsicosociales de manera integrada del envejecimiento es poco satisfactorio entre los académicos de Fisioterapia, no respondiendo con la perspectiva del abordaje holístico en salud, se hace necesaria la aplicación de este tema en la formación de Fisioterapeuta.

PALABRAS CLAVE: Geriatría, Fisioterapia, Conocimiento

QUESTIONÁRIO DE PALMORE APLICADO A ALUNOS DO CURSO DE FISIOTERAPIA EM FOZ DO IGUAÇU - PR.

RESUMO:

A população brasileira, assim como a mundial, envelhece progressivamente, tornando-se cada vez mais necessária a compreensão do envelhecimento e seus processos por parte dos profissionais da área da saúde. Assim, este estudo teve por objetivo avaliar grau de conhecimento de alunos do curso de graduação em Fisioterapia sobre o envelhecimento. Para tal, foi aplicado o questionário Palmore aos acadêmicos dos últimos períodos do curso de Fisioterapia na cidade de Foz do Iguaçu - PR. A amostra estudada (n=30) apresentou um índice satisfatório de acerto em questões que dizem respeito aos processos fisiológicos intrínsecos ao envelhecimento, mais relacionadas com a área de conhecimento Geriatria. Em oposição, observou-se um índice pouco satisfatório de acerto em questões relacionadas aos aspectos culturais e sociais do envelhecimento, que fazem referência à Gerontologia. Isso permitiu concluir que o conhecimento acerca dos aspectos biopsicossociais de maneira integrada do envelhecimento é pouco satisfatório entre os acadêmicos de Fisioterapia, não condizendo com a perspectiva de abordagem holística em saúde, fazendo-se, portanto necessária a ampliação desse tema na formação do Fisioterapeuta.

PALAVRAS-CHAVE: Gerontologia, Fisioterapia, Conhecimento.