97 - PHYSIOTHERAPY AND HEALTHFUL AGING: QUALITATIVE STUDY IN THE PRIMARY ATTENTION OF THE PUBLIC SYSTEM OF HEALTH

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Introduction

The life quality of the elderly population in Brazil has been a concern for researchers as well as for the ones who formulate public politics, being this one the main priorities in the national health agenda. Such fact is due to verifications and prospects on the increase on the elderly number and, consequently, for the possible repercussions on their health (MINAYO, 2002, VERAS et al., 1987).

A research carried out in the city of Sao Paulo showed that more than half of the educated population (53%) related the need of both, partial and total aid to perform at least one of the regular daily life activities. Os authors describe that "it has been stated that it is much easier to avoid deaths than avoiding the occurrence of chronic diseases as well as the development of incapacities associated the aging process" (ROSA et al., 2003).

LAURENT and LEBRÃO (2003) studied the health condition of the elderly who were over 60 years old and pointed that in the city of São Paulo 31.7% presented part of the chronic diseases more frequently as arthrosis, arthritis and rheumatism. Among the related complaints and symptoms a number of 39,7% is represented by pain or back problems and other 38.9% by problems in the joints, totalizing an alarming total of 77,6%.

In this context of skeletal muscle events prevalence, the mobility appears as one of the most important physical capacities that may affect the elderly and must be highlighted for being also related to their longevity and life quality. The difficulties for performing the activities of daily life, as well as pains or the development of some diseases, for instance, can be related to changes involving the visual, vestibular and/or somatosensorial systems, because they are affected by the aging process. The vestibular system modulates the postural reflexes; this explains possible alterations in the balance and the speed of walking as one ages. Other mechanisms as cutaneous sensitivity and the proprioception would also be affected, reducing the perception of the information transmitted by the receptors and promoting the postural deviation (MATSUDO, 2001; LORD et al., 1991).

It is considered that the precocious intervention would be the best option, because in addition to eliminating or even minimizing the suffering of the people, it would be assisting the organization of the health systems, with the meaning of having a greater demand than the system can take, resulting from a culture centered in the illness rather than in the health.

Considering the reorganization of the SUS (System of Health - Brazil), with the perspective of health prevention and promotion, the Ministry of Health has been stimulating the actions in the first level, that is, regarding the basic attention, which manual defines the basic attention as: (….) "the set of action, of either individual or collective character, situated in the first level of attention of the health system, focused on the health promotion, the prevention of harm, the treatment and the Rehabilitation" (BRAZIL, 1998, p.39 *apud* ROUQUAYROL, 1999, p. 499-500).

The development of health practices in the primary attention also means to improve the bond with the user. In this sense, it is observed that if, in one hand, the clinic has gained in technological resources with highly sophisticated devices - which, most of the times, the majority of the population does not have access to - on the other hand, it lost the capacity interacting with the people. Meaning that, it is not only the disease that must be treated, but also the sick person. "The problem occurs when this state of being of the disease completely replaces the real human being, losing ones capacity of operating with the singularity of each in case" (CAMPOS, 2003, p.64).

This is a reality that relates to the predominance of the body education model, inherited from the reductionist scientific vision based exclusively on the biological approach. In this sense, the biomedical speech that corresponds to the practices for reaching the longevity by the cult to the body is also lined up with the rejuvenation industry. The appropriation of the body is not only in function of the disease, but also based on rigid standards of aesthetic behaviors.

Simultaneously to this reflection, this study aimed to develop a type of corporal education that lead to a better relation with the body itself so that, based on such, the process of living/aging can also be reflected on. For such, the work is structured in three main pillars, which are: the change of the professional relation with the user of the service, a conception of body without dichotomy that involves bio-psycho-social aspects and also the completeness of the actions in the Primary Attention of the public health system. Therefore, the general objectives were: 1) To apply a Program of Postural Education, with women ranging from 35 to 45 years old, in a UBS of the SUS. 2) To understand the perceptions of the participants on their body, aging process and the procedures adopted in the intervention Program. The specific objectives (Postural Education): 1) To stimulate the Kinesthesic sense for the good postural alignment (corporal conscience). 2) To improve the relation with the body itself in order to prevent or to reestablish diseases. 3) To stimulate the freedom of movement in order to regain the re-appropriation of spontaneous movements, encouraging the autonomy of the corporal movement.

The choice of such age range is due to the fact that, despite the aging process presents considerable individual variations that do not necessarily take place correspondingly to the chronological age, it is around the forty's that the exponential and significant increase in the reduction of the physical capabilities starts. In addition, performing in a prevention perspective before reaching the elderly period assures a greater level of information so that the people are able to avoid the damages on their health. The reason to work with women elapses from the phenomenon of the increase in the number of aging women. The difference between the life expectancies of women and men is that they live 7,8 years more than the men. The women live usually until the 72,8 years of age, and the men until the 65 years of age (IBGE, 2002). Another factor is the fact that the women are the ones who most suffer with the occurrences of falls in the age ranges above the 65 years old.

Methodology

The delineation of the research has the characteristics of a Project of Research and Development. "They are those that interfere in the reality to transform it from either the acquired or produced knowledge" (TOBAR, 2001, p. 48-50). It is about an intervention in the social reality, an exploratory research of qualitative character from which the study of two cases derived.

The study field was the city of Guarulhos, in the UBS of Vila Fátima. The choice of the place was given mainly by the easiness of access and specially because until that moment, it did not have a work of Physiotherapy or Physical Education in the

Primary Attention in the city. It had only one isolated initiative with physical activities in a Family Health Program unit. The intentional inclusion criterion had the following characteristics: 1) women in the age range from 35 to 45 years old.

This criterion was adopted because such research regards a prevention program. Acting in this age range allows one solving postural problems which, as the years pass, could become chronic. 2) Women who did not have special needs, such as: the need of using wheel chairs; with walking difficulties, with visual and/or auditory deficiency; and also cognitive deficiency; including dementia; amnesia; cerebral injury or delirium; in advanced state of pregnancy; with deficiencies derived from the use of alcohol or other drugs; that had totally or partially, lost their capacities related to the language (aphasia). 3) Women who had revealed interest when reading the posters affixed on the place of the research having or not the following complaints: back pains; fibromyalgia; problems and postural vices; arthrosis; arthritis; muscular tensions and stress, among other similar.

Regarding the Program of Postural Education twelve individual sessions of 50 minutes each, and the frequency of twice a week were established (GOTTARDI, 2000). The first meeting was the moment of the interview when open questions and anamnese took place, followed by the postural evaluation with photographs of the incidences: previous, posterior, in addition to right and left profiles. The photographs included in the evaluation and reevaluation worked only as an additional co-adjuvant parameter to trace the attendance plan of each participant. The analysis of the photographed images was not the focus of the work. Such analysis of the research consists of the categories' interpretation as well as of each participant observing and perceiving on the modifications or learning concerning their own posture. At a second moment, based on the plan of treatment with the data gathered of each participant, the application of the exercises program was started. After each session, the participants answered three questions: How were they feeling when arrived? What did they think about the proposed activities and how were they feeling after the session? In the last session, the procedures were: the postural reevaluation with photographs in its respective incidences and, again, the open interview.

Four axis of reference guided the program: 1- the group of corporal conscience exercises, which was an essential component for the work. From the evolution of these exercises, it is possible to evaluate in which moment it is necessary to appeal to the other resources. The applicability of this axle is influenced by the Neurophysiology, for presenting the description of the nervous system function, and for the contact with different "techniques" of global approach, as the Eutonia, the conscience for the movement of Feldenkrais, the method of Laban, among others; 2- the relaxation exercises because at many moments it collaborates with the work of conscience of both parts and the body as a whole. It is a resource that assists in the restoration of the neuro-vegetative system. 3- The exercises of corporal expression that promote the freedom of movement and stimulate the spontaneous movements; 4- the resources of the Kinesiotherapy, in addition to the manual therapy with the objective of transmitting proprioceptive and exteroceptive information aiming the postural correction and muscular tension relief.

Results

The process of interaction with the two participants who attended the twelve proposed meetings propitiated the qualitative analysis on the basis of the thematic analysis (BARDIN, 1979; MINAYO, 1998). The records of the interviews, the evolutions, the postural evaluations and reevaluations were jointly analyzed, relating them to the theoretical context that guided this research (TURATO, 2003).

In this manner, the analysis was configured from the pre-categorized subjects such as: conception of participants' body; aging process (autonomy-empowerment) and the proposal of Postural Education in the UBS, highlighting the points of convergences and divergences of the participants' testimonies to the light of the corresponding relations to the extrinsic principles (theoretical aspects) and intrinsic (specific of the Program) of the work elaboration.

Regarding the perceptions on body and aging process the opinions differentiated, as one understands the context of aging well detaching the importance of the family and emphasizing the way the person lived their own life. On the other hand, to other participant centers her opinion, literally in the speeches divulged by the media and by the majority of the professionals of the Health area. She focuses the issues much more on the individual, emphasizing its biological aspect.

The convergence of opinions between both occurs in relation to the importance of the awareness on the health problems prevention, and also about their complaints regarding the SUS service, mainly concerning the relation doctor-patient. The speeches of the two participants culminated in the need of quality service in the health system. Their expressions fortify the idea of that the hegemonic speeches of the health are restricted only to the biological aspects, mistakenly omitting what is really important for obtaining a good health.

The awareness that they can be integrant part of the SUS is not explicitly cogitated. Even when listening one of the participants from the UBS social control meetings, it is possible to perceive barriers, fears and difficulties to face the health problem in the places where she participates, either as a voluntary in a hospital or user of the UBS.

Regarding the application of the Program of Postural Education, it was realized from the attempt of an integral approach of corporal education and the analysis of the women's testimonies, whose perceptions were not limited to the physical aspects. See below one of the testimonies:

"The activities always provide a relaxation and mental balance; and the movement provides me a general relationship with the body itself and part of it that seemed to be asleep, and even generally isolated. I stretched the whole body without any difficulties at all; it is always possible to take the activities to my day-by-day, for a more healthful life. I am totally than when I arrived here; serene, relaxed and feeling much better and enthusiastic. The treatment offered me elements for using after performing stressful tasks, such as cleaning the house, which gave me horrible pains. Now I can deal with this making relaxation and policing me better in the positioning for not having pain nor the body tensions" (M., 35 years old).

The testimonies demonstrated that the integral approach propitiated the development of a bond with intense and effective relations that culminated in the improvement of the pains; the postures and the movements' quality; concerning the subjectivity and the relation with the body itself. Observe:

"I think that all this time in my life until I got to talk to you, because I had not talked to anybody about this before, I couldn't… You know… that thing blocked me, I was just stuck there, but not anymore. After I had this conversation with you, when we talk about the snoring thing, and all that [….] Then I started to take it easy. Then I started to feel freer, to make that gymnastics better. All this was very worth (E., 38 years old).

In the last session, during the interviews, the participants not only expressed the individual benefits they had obtained, but also a concern with the collective, stating that this work should be continued because it could help a greater number of people.

[….] "This project you are making should not end here. [….] the people's quality of life would improve. Specially, for the people over their forty's, right? The people are able to make these exercises and talk with the professional. Because, some times, only the fact of talking improves sufficiently. The people [….] do not have the correct orientation that they would have here, with a professional; and it can also prevent the person of taking so much pain-killers, right? I used to take analgesics constantly, everyday. I took them because it hurt. […]" (E., 38 years old).

In this sense, there was the understanding concerning the viability of the work in the UBS. This was confirmed not only by the interaction with the participants, but also with the UBS professionals, because the accomplishment of the research at no moment disturbed the dynamics of the services.

Final Considerations

It is a challenge to the professionals of the Health to understand that the aging process cannot be considered a disease to be treated. The reality of aging is related to our way of being in the world, of being accepted by our pairs, and of interacting in society. Learning to assist the people in this understanding is another difficulty, when coming across with the materiality around the conceptions of the body, constructed from a paradigm that has last for centuries.

The attempt of an integral approach of body education was made from the application of a Program of Postural Education and the testimonies of the women, whose perceptions were not limited to the physical aspects. In addition to the benefits related to the physical posture, the work aimed to develop the empowerment by means of the body itself, considering that one of the principles of the SUS regards the involvement of the population towards the improvement of health conditions. After all, it is with the body and through the body that we feel our needs of life in society.

From the methodological point of view, some difficulties of the research opened non-limiting possibilities for the knowledge construction on the subject. It also extended the reflection on the socioeconomic difficulties of the people, to which it was not possible to conciliate the schedules of sessions. As a result, culminating in the study of two cases.

Yet, this is a preliminary study to understand the elements that subsidize the enlargement of these actions to a bigger number of people, with the meaning of later evaluate its impact. It is an alternative of health prevention and promotion related to the rethinking of the corporal practices based exclusively on the biological reductionism, the healing service and centered in the hospital, as well as for the completeness of the SUS actions.

In this sense the following questions emerge: Until which point the professionals of the health area understand the need of establishing relations between different disciplines, contexts and knowledge concerning the health of the people? Would both public and private institutions of education in the Health field, be adjusting to the needs of the demands of the Brazilian Public System of Health?

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PHYSIOTHERAPY AND HEALTHFUL AGING: QUALITATIVE STUDY IN THE PRIMARY ATTENTION OF THE PUBLIC SYSTEM OF HEALTH

Abstract

To consider questions on the aging process of the people is a determinant factor for the formulators of the public polices being this a priority in the national agenda, but to think of public polices for the elderly not only means to make interventions when they are already in an advanced age. This research is related to promoting a healthful aging process. The objective is the application of a Postural Education Program with women ranging from 35 to 45 years old, as well as the understanding of their perceptions on their own body and aging. This is an intervention research which derived from the study of two cases. The results demonstrated that the participants learned how to have a better relation with their own body, showed signs of improvement in the pains as well as in the quality of both the static and in movement posture. It also revealed a concern about the collective expressing that this work could help a greater number of people. This experience indicates that the performance of the physiotherapist at the UBS can contribute to the principle of completeness of the prevention actions and health promotion on the Basic Attention of the SUS.

PHYSIOTHÉRAPIE ET VIEILLISSEMENT SALUTAIRE: ÉTUDE QUALITATIVE DANS L'ATTENTION PRIMAIRE DU SYSTÈME PUBLIC DE SANTÉ

Résumé

Considérer des questions sur le vieillissement de la population est un élément déterminant pour les autorités publiques. Il s'agit d'ailleurs d'une priorité gouvernementale à l'échelle nationale. Pourtant, développer des politiques publiques pour personnes âgées ne veut pas dire uniquement faire des interventions quand ces-ci ont déjà un age avancé. Cette étude propose une promotion du vieillissement salutaire. L'objectif est l'application d'un programme d'application d'éducation de posture pour des femmes entre 35 et 45 ans, ainsi que la compréhension de leurs perceptions sur le corps et le vieillissement. Il s'agit d'une étude d'intervention de laquelle ont dérivé deux cas. Les résultats ont démontré que les participants ont appris à avoir une meilleure relation avec leur propre corps ; Il y eut une amélioration des cadres algiques et dans la qualité de la posture statique et en mouvement. Il y eut aussi une préoccupation avec le collectif et une manifestation que ce travail pourrait aider un plus grand nombre de personnes. Cette expérience démontre que l'action du physiothérapeute au sein de la UBS peut contribuer avec le principe de l'intégralité des actions de prévention et de promotion de la Santé auprès de l'Attention Basique du SUS.

FISIOTERAPIA Y ENVEJECIMIENTO SALUDABLE: ESTUDIO CUALITATIVO EN LA ATENCIÓN PRIMARIA DEL SISTEMA PÚBLICO DE LA SALUD

Resumen

Considerar preguntas sobre el envejecimiento de la gente es un determinante para los formadores de las políticas públicas, y ésta es una prioridad en la agenda nacional. Pero pensar en las políticas públicas para los mayores de edad no sólo significa hacer intervenciones cuando están ya con la edad avanzada. Este estudio se relaciona a la promoción de un envejecimiento saludable. El objetivo es el uso de un Programa de Educación Postural con las mujeres de 35 a 45 años, así como la comprensión de sus percepciones sobre el cuerpo y el envejecimiento. Ésta es una pesquisa de intervención de la cual surgió el estudio de dos casos. Los resultados habían demostrado que los participantes aprendieron a cómo tener una relación mejor con su propio cuerpo, con muestras de mejora en los dolores y en la calidad de la postura estática y en movimiento. También habían demostrado una preocupación con el todo, expresando que este trabajo podría ayudar a un número importante de personas. Esta experiencia señala que la actuación del fisioterapeuta en la UBS puede contribuir con el principio de la totalidad de las acciones de prevención y de promoción a la Salud en la Atención Básica del SUS.

FISIOTERAPIA E ENVELHECIMENTO SAUDÁVEL: ESTUDO QUALITATIVO NA ATENÇÃO PRIMÁRIA DO SISTEMA PÚBLICO DE SAÚDE

Resumo

Considerar questões sobre o envelhecimento das pessoas é um determinante para os formuladores das políticas públicas, sendo esta uma prioridade na agenda nacional. Mas pensar políticas públicas para idosos não significa fazer intervenções apenas quando eles já estão com a idade avançada. O presente estudo está relacionado à promoção do envelhecimento saudável. O objetivo é a aplicação de um Programa de Educação Postural com mulheres de 35 a 45 anos, bem como a compreensão das suas percepções sobre corpo e envelhecimento. Trata-se de uma pesquisa intervenção da qual derivou o estudo de dois casos. Os resultados demonstraram que as participantes aprenderam a se relacionar melhor com o próprio corpo; houve melhora nos quadros álgicos e na qualidade da postura estática e em movimento. Manifestaram também uma preocupação com o coletivo, expressando que esse trabalho poderia ajudar um número maior de pessoas. Esta experiência sinaliza que a atuação do fisioterapeuta na UBS pode contribuir com o princípio da integralidade das ações de prevenção e promoção à Saúde na Atenção Básica do SUS.