# 133 - ANALYSIS OF CLINIC PROFILE OF PATIENTS WHO DID PHYSIOTHERAPY ADMITTED AT HOSPITAL SÃO LUCAS.

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## INTRODUCTION

Given the current scenario of physiotherapy, high complexity and responsibility, it is necessary to an analysis of the epidemiological profile of the patient who needs it, so the definition of the epidemiological profile of inpatients at St. Luke's Hospital who underwent physiotherapy is of paramount importance to define meet this demand.

Currently, if patients differ in need of therapy, being of different sexes, ages, diseases, among others, the details of these are very important for better organization and possible prevention or reducing treatments.

The physiotherapy clinic can be practiced in clinics themselves, outpatient clinics, general hospitals, rehabilitation centers bio-psycho-social, institutional programs of public health, etc.

The role of physiotherapy in the market becomes increasingly competitive, the supply of provision of service becomes daily greater.

Today, some cases where the therapy works, have a high level of risk and dealing with risk, it is best to minimize them. The epidemiological profile analysis is needed to avoid any possible risk. With it, we seek to the target audience and possible treatment needs and you can even see opportunities and threats of domestic and international markets.

Physiotherapy Hospital seeks to minimize the effects of immobility in bed, to prevent or treat the respiratory and motor, sensory integration and promoting motor and cognitive skills. (Azeredo, 2002).

The patient be it medical or surgical may appear in different health conditions, therefore, as required by a patient, prioritizes certain techniques, aiming at greater effectiveness in the conduct and use of available resources. Thus actively participates in the patient's recovery and a consequent reduction in their period of stay in hospital. (IRWIN, 2003) .

As a result of immobilization, the patient becomes deconditioned, which reduces their ability to perform aerobic exercise decreases your tolerance and may undermine efforts to wean patients undergoing prolonged mechanical ventilation. (Tarantino, 1997).

The more immobilization failure to adequately promote lung fluid shift respiratory complications such as atelectasis and pneumonia, sometimes requiring intubation and tracheotomy. (Azeredo, 2002).

Physical therapy is indicated aiming bronchial hygiene, improved oxygenation, besides improvement in respiratory mechanics. (IRWIN, 2003).

The long period of hospitalization, the inappropriate placement with lack of mobilization predisposes the morphological changes of muscles and connective tissues. In some cases we found: changes in biomechanical alignment, compromising cardiovascular endurance, which occur in functional requirements to perform coordinated movements, progressing to joint contractures, decreased tropism and muscle strength, and appearance of pressure ulcers. (Colby, 1998).

The physical therapist also works on the deleterious effects of inactivity or hypomobile of bedridden patients in hospitals contributes in reducing the mortality rate, infection rate, length of stay in ICU and in hospital, incidence of postoperative complications. (IRWIN, 2003).

Another factor essential to the child is the proper stimulation, because its development is directly related to knowledge and experience gained through daily experience, so many problems experienced by the child directly affect their welfare in present and future. (Tarantino, 1997).

It is essential that the physiotherapist in addition to concern about the improvement in breathing capacity and motor skills, stimulates the vestibular, auditory, visual, tactile and proprioceptive.

For O'Sullivan (1993), the beginning of rehabilitation is early, the greater the potential for success and the more delayed the start, there probably will be secondary complications such as joint contractures, and a general debilitation depressed psychological state.

The importance of early intervention, targeting caregivers / family members and professional staff, thus promoting an exchange of information within the hospital environment with the aim of persuading the team to do the prevention, each in their area, creating mediating agents, information multipliers , concepts and goals in various fields, increasing the scope of health programs, educating and informing the groups of care. (Colby, 1998).

Respecting the individual characteristics interact with through a global service, knowing that each one reacts to the same situation differently, reassuring the patient and family. (Tarantino, 1997).

The aim of this study is to define the profile of patients admitted to St. Luke's Hospital who underwent physiotherapy.

## MATERIALS AND METHODS

According to Hart and Bervian (2002), the exploratory research focuses on setting goals and intelligence relating to research, aiming at the connection to the event or phenomenon, to gain new ideas and new perceptions of it. Another detail of the exploratory study the authors claim, is the formation of precise descriptions of the situations and the search for relationships between the elements that make up the study.

This study was formalized through secondary data, data that has already, from research in physical therapy evaluation records of patients who underwent the physical therapy care at St. Luke's Hospital for physiotherapy students prepared for the period April to June 2010 were collected the following data: age, sex and pathology, which were tabulated and made a simple analysis for interpretation and presentation of results.

From this quote the authors, the information is interpreted and analyzed with averages and percentages in the study aims to describe the clinical profile of patients.

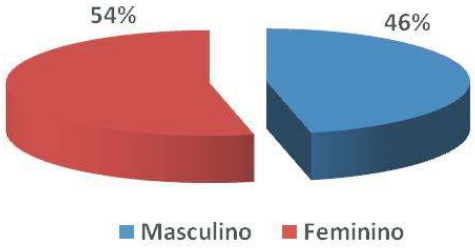
## RESULTS

Patients were divided into sex, male and female, age range 10 years with diseases and Postoperative by trauma,

stroke (CVA), Congenital Heart Failure (CHF), pulmonary infection, high blood pressure (hypertension) and pneumonia.

Analyzing the data collected during the survey, the results are listed in the following charts below.

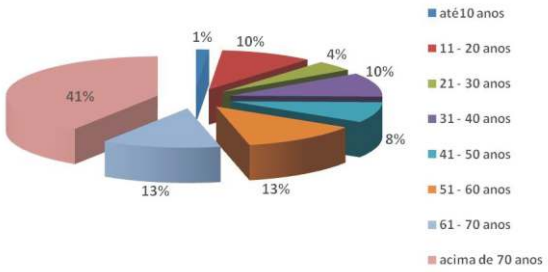
PICTURE 1: Gender of hospitalized patients who underwent physiotherapy at St. Luke's Hospital.




SOURCE: Data from the survey.

According to a chart that females prevailed with 54% (38) patients versus 46% (33) male patients.

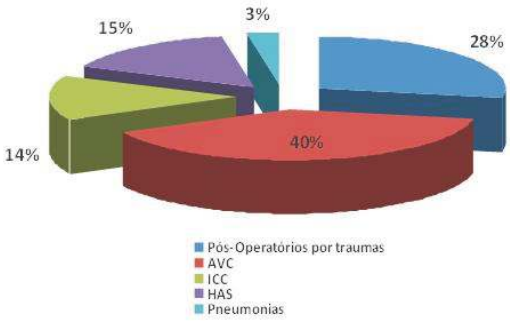
PICTURE 2: Age group of hospitalized patients who underwent physical therapy at St. Luke's Hospital.




SOURCE: Data from the survey.

The data collected can be seen that only 1% of patients were younger than 10 years, between 11-20 years and 31-40 years represented the same amount of patients, 10% for each, since 21 to 30 years have come 4%, 8% 41-50 years, at ages 51 - 60 years reached 13% equating also the age group of 61-70 years and 41% of patients aged over 71 years.

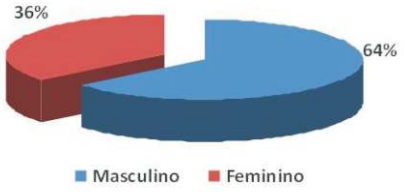
PICTURE 3: Pathologies of patients who underwent physical therapy at St. Luke's Hospital.




SOURCE: Data from the survey.

According to Figure 3 can be observed that 3% of patients had pneumonia, 14% CHF, 15% hypertension, 28% Post-Operative trauma and 40% of patients with stroke.

PICTURE 4: Gender of patients with cerebrovascular accident (CVA) who were admitted to St. Luke Hospital in physiotherapy.




SOURCE: Data from the survey.

As shown in Figure 4 prevails in male patients who underwent physiotherapy treatment that has a stroke, a total of 18 patients (64%), while 10 patients (36%) who have strokes are female.

**RESULT AND DISCUSSION**

What we can observe is that the majority of patients, which represent 54% are female, where the remaining patients, 46% are male.

Of the population studied was identified that 54% are aged over 61 years and that the other 46% is younger than 60 years.

The higher incidence of diseases are: stroke (CVA) and Postoperative trauma, and the two together represent 68%, what stands out is that the stroke (stroke) is higher in men representative in accordance with research data and as stated ANDRÉ (1999) the incidence of stroke in men is slightly higher than in women.

Of the male patients 55% had stroke, representing most of the population of sex and that only 26% of all female patients have a stroke.

**FINAL CONSIDERATIONS**

Through the analysis of results in research and according to the objectives proposed by the study, it was possible to profile the patient in physical therapy at St. Luke's Hospital.

Thus, the main pathologies were affected Postoperative stroke and trauma, and although the incidence of these diseases is higher in men, the female patients reached a higher percentage needing physiotherapy treatment and aged over 61 years.

The profile of patients under study can be stated that 55% of men who are undergoing physical therapy and stroke compared to women is only 26% who have a stroke.

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**ANALYSIS OF CLINIC PROFILE OF PATIENTS WHO DID PHYSIOTHERAPY ADMITTED AT HOSPITAL SÃO LUCAS.**

**ABSTRACT**

The high complexity and responsibility demonstrated in the current scenario of Physiotherapy Hospital, the highly competitive market that includes due to fierce competition to provide service and planning ahead to prevent risks and with poor results, the differential intends to maintain and grow the market, and to that end, with physical therapy, the intention to improve the quality of life of patients who need it, with a special service and qualified, we sought to profile the population that demand in order to achieve success in the claim of the study. Delineate the clinical profile of patients admitted to St. Luke's Hospital who underwent physiotherapy. Through exploratory survey was conducted of data through the physical therapy evaluation forms of Cardiology and Pulmonology - Hospital in the period from April to June 2010, identifying gender, age and pathology, which were then tabulated, analyzed, interpreted and the result presented . 54% of the amount treated were female and 46% male. Regarding the age group 10% were between 11 and 20 years, 4% from 21 to 30 years, 10% of 31 to 40 years, 8% from 41 to 50 years, 13% from 51 to 60, 13 % from 61 to 70 years and 41% aged over 70 years. The pathologies found stand out stroke 40%, 28% for Postoperative trauma, 15% hypertension, 14% and 3% of CHF patients hospitalized for pneumonia. What we can observe is that the majority of patients, which represent 54% are female and 54% are aged over 61 years. The higher incidence of diseases and stroke are the Postoperative trauma, and the two together account for 68%.

**KEYWORDS**: Hospital Physical Therapy, Clinical Profile, Epidemiology.

**ANALYSE DES CLINIQUES PROFIL DES PATIENTS DANS LES HOPITAUX SAN LUCAS QUI FAIT DE LA PHYSIOTHERAPIE.**

**RÉSUMÉ**

La grande complexité et de responsabilité dont font preuve dans le scénario actuel de la physiothérapie Hôpital, le marché très concurrentiel qui comprend due à une concurrence féroce pour fournir des services et de planifier à l'avance pour prévenir les risques et avec des résultats médiocres, la différence de l'intention de maintenir et développer le marché, et à cette fin, la physiothérapie, l'intention d'améliorer la qualité de vie des patients qui en ont besoin, avec un service spécial et qualifiés, nous avons cherché à profil de la population que la demande en vue d'atteindre le succès dans la revendication de l'étude. Délimiter le profil clinique des patients admis à l'hôpital Saint-Luc qui fait de la physiothérapie. Grâce à un sondage exploratoire a été menée de données à travers les formes physiques évaluation des traitements de cardiologie et de pneumologie - Hôpital de la période d'avril à Juin 2010, d'identifier le sexe, l'âge et la pathologie, qui ont ensuite été classées, analysées, interprétées et les résultats présentés . 54% du montant traités étaient des femmes et 46%. En ce qui concerne la tranche d'âge 10% ont été entre les années 11 et 20, 4% de 21 à 30 ans, 10% des 31 à 40 ans, 8% de 41 à 50 ans, 13% de 51 à 60, 13 % de 61 à 70 ans et 41% âgés de plus de 70 ans. Les pathologies rencontrées se distinguent AVC de 40%, 28% pour les traumatismes post-opératoires, l'hypertension de 15%, 14% et 3% des patients hospitalisés pour une pneumonie CHF. Ce que nous pouvons observer, c'est que la majorité des patients, qui représentent 54% sont des femmes et 54% sont âgés de plus de 61 ans. L'incidence plus élevée des maladies et des accidents vasculaires cérébraux sont le traumatisme post-opératoire, et les deux représentent ensemble 68%.

**MOTS-CLÉS:** Thérapie Physique des Hôpitaux, Le Profil Clinique, L'épidémiologie.

**ANÁLISE DE PERFIL CLINICO DE PACIENTES EN EL HOSPITAL SÃO LUCAS TOMA DE FISIOTERAPIA**

**RESUMEN**

La gran complejidad y responsabilidad demostrada en el escenario actual de Fisioterapia del Hospital, el mercado altamente competitivo que incluye debido a una fuerte competencia para proporcionar servicios y planificar el futuro para prevenir los riesgos y con resultados pobres, el diferencial tiene la intención de mantener y hacer crecer el mercado, y, para ello, con la terapia física, la intención de mejorar la calidad de vida de los pacientes que lo necesitan, con un servicio especial y calificado, buscamos el perfil de la población que demanda el fin de lograr el éxito en la reivindicación del estudio. Delinear el perfil clínico de los pacientes ingresados en el Hospital St. Luke que se sometieron a fisioterapia. A través de la campaña exploratoria fue realizado de datos a través de los formularios de evaluación de terapia física de Cardiología y Neumología - Hospital en el período de abril a junio de 2010, la identificación de género, la edad y la patología, que fueron tabulados, analizada, interpretada y presentó el resultado de la . 54% de la cantidad tratada eran hombres mujeres y el 46%. En cuanto al grupo de edad 10% fueron entre los años 11 y 20, 4% a partir 21 a 30 años, el 10% de 31 a 40 años, 8% a partir 41 a 50 años, 13% de 51 a 60, 13 % de 61 a 70 años y 41% mayores de 70 años. Las patologías que se encuentran destacan ictus del 40%, 28% para el trauma postoperatorio, el 15% hipertensión, 14% y 3% de los pacientes con ICC hospitalizados por neumonía. Lo que podemos observar es que la mayoría de los pacientes, que representan el 54% son mujeres y el 54% son mayores de 61 años. La mayor incidencia de enfermedades y los accidentes cerebrovasculares son el trauma postoperatorio, y los dos juntos representan el 68%.

**PALABRAS CLAVE**: Terapia Física del Hospital, Perfil clínico, La epidemiología.

**ANALISE DO PERFIL CLÍNICO DOS PACIENTES INTERNADOS NO HOSPITAL SÃO LUCAS QUE REALIZARAM FISIOTERAPIA.**

**RESUMO**

A alta complexidade e responsabilidade demonstrada no cenário atual da Fisioterapia Hospitalar, a grande competitividade que o mercado engloba devido a concorrência acirrada de prestação de serviço e o planejamento prévio para prevenção com resultados insatisfatórios e riscos intencionam o diferencial para se manter e crescer no mercado, e neste intuito, com a fisioterapia, na intenção de melhorar a qualidade de vida dos pacientes que a necessita, apresentando um atendimento especial e qualificado, buscou-se o perfil da população que a demanda, a fim de atingir êxito na pretensão do estudo. Traçar o perfil clínico dos pacientes internados no Hospital São Lucas que realizaram fisioterapia. Através da pesquisa exploratória foi realizado o levantamento dos dados através da Ficha de Avaliação Fisioterapêutica de Cardiologia e Pneumologia – Hospitalar no período de Abril a Junho de 2010, identificando sexo, faixa etária e patologia, que posteriormente foram tabulados, analisados, interpretados e o resultado apresentado. Do montante atendido 54% eram do sexo feminino e 46% do sexo masculino. Em relação a faixa etária 10% encontraram-se entre os 11 e 20 anos, 4% dos 21 aos 30 anos, 10% dos 31 aos 40 anos, 8% dos 41 aos 50 anos, 13% dos 51 aos 60 anos, 13% dos 61 aos 70 anos e 41% com idade acima de 70 anos. As patologias encontradas destacam-se 40% AVC, 28% Pós-Operatórios por traumas, 15% HAS, 14% ICC e 3% dos pacientes internaram por quadro de Pneumonia. O que se pode observar é que a maioria dos pacientes, que representam 54%, são do sexo feminino e 54% têm idade superior a 61 anos. As patologias de maior incidência são AVC e Pós-Operatório por trauma, sendo que as duas juntas representam 68%.

**PALAVRAS-CHAVE:** Fisioterapia Hospitalar, Perfil Clínico, Epidemiologia.