165 - EVALUATION OF THE PHYSICAL CONDITIONING OF MILITARY OF THE FEMININE SEX, TECHNICIAN OF NURSING OF A MILITARY HOSPITAL OF THE CITY OF RIO DE JANEIRO.

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Introduction Rezende (2003, p.18) affirms that, "the nursing is subdivided, historicamente, in categories. Currently, in Brazil, it has three, which are, the nurse, the technician of nursing and the nurse aid ". The Technician of Nursing is a responsible professional for the cares of bigger contact with the patient. Together it with the nurse participates of the planning and assistance to the individual that needs cares special for the recovery of its health, as also, carries through the actions of prevention and education in the community. In a unit of hospital internment, the cares of this professional are of basic importance, therefore it is one of whom more it has the direct contact, therefore he is it who gives the banns in the acamados ones, it mobilizes them in the stream bed, it removes them of the stream bed, besides making medications prescribed for the doctor and of the excessively well-taken care of ones planned by the responsible nurse. Knowing these incumbencies of this professional classroom it can be concluded that the physical overload of work is intense and it we increase it estresse specific tax for the day-by-day characteristic one of its work. The Technician of military Nursing, beyond the specific functions of nursing has other military responsibilities and activities, causing more overload of service and estresse. This area of intervention of the health possesss characteristics, how much to the sort that, as Rezende (2003), has a feminine predominance: "... the predominance of women in the nursing is historical, therefore the cares to the patients always seem to have been effected by religious women, widowers, virgins and noblemen, with the objective to carry through caridade".(p.53) Know that in the military system, the accomplishment of evaluations in such a way for the ingression in its cash as periodically reevaluations of its groupings is Regulated requirement. However, in that it refers to to the operating women in the nursing area, the results of the re-tests are of immediate exploitation, or either, at the moment of the evaluation the group is pparently in physical conditions for the position that exerts. After carried through the official requirement, one perceives, subjectively, that it has a reduction of the conditions of the same group.

Although, theoretically, sages of the importance to possess good conditioning to exert its functions, what he is strengthened by Zkharov (1992, apud FERNANDES SON, 2003), "Any functional task that must be decided by the organism become fullfilled themselves thanks to the definitive intention of its elements" and the human organism possesss great amounts of capacity, a time that, in different conditions of interaction with the environment, discloses diverse capacities functional. Amongst the parameters that guide the base of the conditioning is: the aeróbica capacity and low incidence of risk factors. In the case of the Armed Forces, amongst the carried through evaluations to mensurar these 0 variable they are the test of 12 minutes (Cooper, 1968) the indices: RCQ (Relation waist-hip) and the Index of Corporal Mass, IMC (Quetelet, 1869). Independent of critical how much the abrangência of the cited tests, in view of the quantitative one of individuals that are evaluated the cited protocols they take care of to the necessities the one that if consider e, are part of Internal regulation of this group in particular.

Objective: This study it had for objective to verify the morfofuncionais characteristics of military Technician of Nursing, of the feminine sex of a military hospital located in the City of Rio De Janeiro, by means of the use of some of the constant instruments of the one of the official battery of evaluations of the grouping, verifying the capacity to carry through the activities demanded in day-by-day that it would qualify it in such a way to exert its functions with lesser comprometimento of its proper health as of that it is under care.

Methodology: The present study he was descriptive in agreement Thomas and Nelson (2002, p. 280), of the type data-collecting. The sample was composed for 99 women in the etária band of 20 the 46 years (31,5 +/- 2,34 years). The sample was intentional and the criteria for had been: technician of military nursing, the feminine sex between 20 and 46 years (interval of age of the cash, the studied military hospital). The time of military service was not considered. All had been submitted ace obligator evaluations: gauging of the stature and corporal mass, mensuração of the cutaneous folds for calculation of the percentage of fat (Pollock, 1993); mensuração of the perimeters of waist and hip and Test of Cooper of 12 minutes. For the evaluation of the obesidade level index of corporal mass was used (IMC), reason of the corporal mass for the high stature to the square, Quetelet (1869). For the risk probability the RCQ, the relation enter the perimeter of waist (cm) and of hip (cm). For evaluation of the cardiorrespiratória aptitude the Test of Race of 12 Cooper minutes was used (1968).

The following material was used: One balances mechanics of the FILIZOLAâ mark, with precision 100 gr. for gauging of the corporal mass; one estadiômetro scientific of the SANNYâ mark for gauging of the stature; a metallic trena of the SANNYâ mark with precision of 1 cm to survey the perimeters and for the cutaneous folds compass scientific of the Cescorfâ mark with precision of 1 mm and used the protocol of Pollock (1993) for calculation of % of fat. Track of race of 400m and digital chronometer of the TECHNOSâ mark for the Test of Cooper of 12 minutes. Moreover, freqüêncímetro of the Polar mark F1 only for clinical control was used one. The tests had followed the following procedures: initially anamnese and before the race (walked) the PAR-Q as well as the signature of an assent term was filled one. Later the cardiac frequency of rest of the citizens was surveyed.

The antropométrica evaluation was carried through before the track test. To minimize the influence of intervening 0 variable and in order to get a bigger fidedignidade in the analysis of the results the data had been collected in the period between 7:30 h and 10:00 h. was carried through a small individual heating before the test of Cooper that was carried through in track of 400 meters demarcated meter the meter.

RESULTS: Division of the total for age in absolute and relative terms:

Absolute	Relative	
46	46.94%	have between 20 and 29 years
40	40.82%	it has between 30 and 39 years
12	12.24%	it has between 40 and 49 years

Of the total of 99 volunteers for study 96 the tests and measures had only completed all. The characteristics of the involved ones in the study are illustrated in tabela1.

N = 96	IDADE	MASSA	ESTATURA	IMC
MEDIA	31,5	62,5	163,8	23,5
DESV PAD	6,45	10,02	6,11	3,20
MIN	20,0	41,6	151,0	17,5
MAX	46,0	109,0	178,0	32,2

Table 1: Characteristics of the Citizens of the Study

From the tabulated results, we verify that the average of age of the studied group oscillates between 24 and 38 years, being that new it had 20 years and with the biggest age had 46 years, what in the sample to be a heterogeneous group how much the etária band. In relation to the mass the biggest difference occurs, therefore a 109 exists variation of 41,6 and kg being that it measured it if also locates in the 72,5 band of 42,5 and kg demonstrating to us that does not exist a homogeneity, but can observe that in it measured the evaluated ones are inside of the standards of normality established for the Norms (2004). In the stature also a great difference occurs, therefore we have a shunting line standard of 6,11 centimetros where lowest it measured 151 cm and the highest 178 cm and the average and of 163 cm. How much to the IMC, we can notice the lesser shunting line standard (3,20 kg/m2), therefore measured it was of 23,5 being given a concept of normal for the criteria referenciados in the Norm.

	20 - 29 N = 43				30 - 39 N = 41				40 - 49 N= 12			
	IMC	RCQ	% G	12'	IMC	RCQ	% G	12'	IMC	RCQ	% G	12'
MEDIA	22,8	0,74	23,8	1781,11	22,97	0,74	26,51	1689,00	25,05	0,73	25,88	1714,17
SD	2,97	0,06	8,01	208,29	3,01	0,04	6,33	252,98	2,09	0,24	9,16	302,70
MIN	17,5	0,63	4,2	1140,00	18,94	0,64	16,60	1100,00	22,35	0,68	1,64	1280,00
MAX	32,2	0,97	38,6	2290,00	29,84	0,82	46,45	2220,00	28,48	0,90	41,79	2310,00

Table 2: Average values, shunting line-standard, Maximo and Mínimo of the measures and tests estratificado by etária band.

Quarrel of the results From the joined results we verify that the individuals of band between 20 and 29 years, 16.28% had been below of the normal one, 60.47% if they find in normal levels, 20.93% present overweight levels and only 2.33% indicated obesidade from the IMC. How much the percentage of fat 11.6% if finds above-normal, 41.9% is below of the normal one, 4.7% if they find very below of the normal one, 4.7% if they find above of the normality levels, others 23.3% present normal(-), and normal 14% (+), how much RCQ only one individuo presented raised index, however this did not present levels raised in the IMC and the percentage of fat, generating a paradox in that says respect the evaluated parameters.

In the etária band between 30 and 39 years, 20% indicate below of the normal one, 55% indicate levels of normality, 25% with overweight and 2.5% had presented obesidade for the IMC. For the percentage of fat 19.51% they are below of the normal one, 2.44% very below of the normal one, 53.66% in normal (-), 24.39% in normal (+), how much to the RCQ the individuals had not presented levels above of the normal one. In the individuals of 40 and 49 years, in IMC the none it was below of the normal one, 58.33% if they find inside of the normality levels, 41.67% are with overweight, and none with obesidade, RCQ only one individuo presented superior level to the normal one. In the test of Cooper of 12 minutes, observing all the group we evidence that of the 96 tested the conceptualization normal it was gotten, in percentile terms for 71,43%, being that only 1.02% were very above-normal (MAC), above-normal 9.18% (ACN), 11.22% below of the normal one (ABN), 7.14% very below of the normal one (MAB). When it analyzes it was carried through estratificando for etária band

Conclusion We can conclude that the group with the biggest etária band 43,25 +/- 2.01 years, it presented the bigger average values that the group with measured of age of 34,1 +/- 2,6 years, also we can stand out that the maximum value of the sample in the race was of 2310 meters carried through by one of the evaluated ones of the 40-49 band years, as well as the minimum greater was of 1280 meters of the same band. From the results of the IMC we can verify that, the individuals above of the 40 years possess certain similarity between itself in view of the amplitude between the minimum and the Maximo, what it does not occur in the too much etárias bands where occurred bigger discrepancy in the minimum and maximum values. With the RCQ results we verify that the evaluated ones inside of the band of the 40 years are inside of the normality band. The maximum RCQ of the band of the 40-49 was of 0,90, greater that the maximum RCQ of 0,97 of the band of 20-29. We can conclude that the difference in the etárias bands can be related to the sectors to which the evaluated ones could be working or to the type of service for executed them, therefore the more good conditional band proportionally was of 40-49 years other the assumption for endorses these results can be the criteria of election of these military who can have been differentiated.

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EVALUATION OF THE PHYSICAL CONDITIONING OF MILITARY OF THE FEMININE SEX, TECHNICIAN OF NURSING OF A MILITARY HOSPITAL OF THE CITY OF RIO DE JANEIRO.

Summary the nursing is a historicamente feminine profession, in its primórdios the cares to the patients was effected by religious women, widowers and or noblemen, with the objective to carry through charity. In the year of 1854, a noble English lady of name Florence Nightingale, that served in the war of the Criméia as voluntary in the English military hospitals, in full field of war, iníciou the professionalization of the nursing. Currently the nursing is subdivided in categories: nurse, technician of nursing and assistant of enfermagem.O Technician of military Nursing, receives the one overload from physical and intense work, beyond the specific functions the nursing has other military responsibilities and activities, causing bigger physical consuming and estresse. This study he had for objective to verify the morfofuncionais characteristics of military Technician of Nursing, of the feminine sex of a located military hospital in the City of Rio De Janeiro. They had been chosen because they are they responsible them for the well-taken care of right-handers to the patients. For the evaluation of the obesidade level index of corporal mass was used (IMC), for the probability of cardiológico risk the RCQ and for evaluation of the cardiorespiratória aptitude the Test of Race of 12 Cooper minutes was used (1968). After the evaluation of the data we can conclude that in this group, the military of the 40-49 band years are best the conditional ones.

Word-keys: Morfofuncional evaluation, Functional Condition, Techniques of Military Nursing.

ÉVALUATION Du TRAITEMENT PHYSIQUE Des MILITAIRES Du SEXE FÉMININ, TECHNICIEN Des SOINS D'un HÔPITAL MILITAIRE De la VILLE De RIO DE JANEIRO.

Sommaire les soins sont une profession féminine de historicamente, dans ses primórdios que les soins aux patients ont été effectués par les femmes religieuses, des veufs et ou des nobles, avec l'objectif pour réaliser la charité. Par année de 1854, une dame anglaise noble du rossignol nommé de Florence, qui a servi dans la guerre du Criméia en tant que volontaire dans les hôpitaux militaires anglais, dans le plein domaine de la guerre, iníciou la professionnalisation des soins. Actuellement les soins sont subdivisés dans les catégories : nourrissez, technicien des soins et aide du technicien d'enfermagem.O des soins militaires, recevez l'une surcharge de physique et le travail intense, au delà du détail fonctionne les soins a d'autres responsabilités et activités militaires, entraînant une plus grands consommation et estresse physiques. Cette étude qu'il a prise pour l'objectif pour vérifier les caractéristiques de morfofuncionais du technicien militaire des soins, du sexe féminin d'un hôpital militaire localisé dans la ville de Rio de Janeiro. Elles avaient été choisies parce qu'elles sont elles responsables elles du soin bien-pris de droit-handers aux patients. Pour l'évaluation de l'index de niveau d'obesidade de la masse corporelle a été employé (IMC), parce que la probabilité du risque de cardiológico le RCQ et pour l'évaluation de l'aptitude de cardiorespiratória l'essai de la course de 12 minutes de tonnelier a été employé (1968). Après que l'évaluation des données nous puisse conclure que dans ce groupe, les militaires des 40-49 années de bande sont les meilleurs conditionnels.

Mot-clefs : Évaluation de Morfofuncional, état fonctionnel, techniques des soins militaires.

EVALUACIÓN Del CONDICIONAMIENTO FÍSICO De los MILITARES Del SEXO FEMENINO, TÉCNICO Del OFICIO DE ENFERMERA De un HOSPITAL MILITAR De la CIUDAD De RÍO De JANEIRO.

Resumen el oficio de enfermera es una profesión femenina del historicamente, en sus primórdios que los cuidados a los pacientes fueron efectuados por las mujeres religiosas, viudos y o noblemen, con el objetivo para llevar con caridad. En el año de 1854, una señora inglesa noble del usignuolo conocido de Florencia, que desempen'ó servicios en la guerra del Criméia como voluntario en los hospitales militares ingleses, en el campo completo de la guerra, iníciou la profesionalización del oficio de enfermera. El oficio de enfermera se subdivide actualmente en categorías: cuide, técnico del oficio de enfermera y ayudante del técnico de enfermagem.O del oficio de enfermera militar, recibe la una sobrecarga de físico y el trabajo intenso, más allá del específico funciona el oficio de enfermera tiene otras responsabilidades y actividades militares, causando consumir y un estresse físicos más grandes. Este estudio que él tenía para que el objetivo verifique las características de los morfofuncionais del técnico militar del oficio de enfermera, del sexo femenino de un hospital militar localizado en la ciudad de Río De Janeiro. Habían sido elegidas porque son ellas responsables ellas del cuidado bien-tomado de derecho-handers a los pacientes. Para la evaluación del índice del nivel del obesidade de la masa corporal fue utilizado (IMC), porque la probabilidad del riesgo del cardiológico el RCQ y para la evaluación de la aptitud del cardiorespiratória la prueba de la raza de 12 minutos del fabricante de vinos fue utilizada (1968). Después de que la evaluación de los datos nosotros pueda concluir que en este grupo, los militares de los 40-49 años de la venda están los mejores condicionales.

Palabra-llaves: Evaluación de Morfofuncional, condición funcional, técnicas del oficio de enfermera militar.

AVALIAÇÃO DO CONDICIONAMENTO FÍSICO DE MILITARES DO SEXO FEMININO, TÉCNICOS DE ENFERMAGEM DE UM HOSPITAL MILITAR DO MUNICÍPIO DO RIO DE JANEIRO.

Resumo A enfermagem é uma profissão historicamente feminina, nos seus primórdios os cuidados aos pacientes eram efetuado por mulheres religiosas, viúvas e ou nobres, com o objetivo de realizar caridade. No ano de 1854, uma nobre dama inglesa de nome Florence Nightingale, que serviu na guerra da Criméia como voluntária nos hospitais militares ingleses, em pleno campo de guerra, iníciou a profissionalização da enfermagem. Atualmente a enfermagem é subdividida em categorias: enfermeiro,técnico de enfermagem e auxiliar de enfermagem.O Técnico de Enfermagem militar, ecebe uma a sobrecarga de trabalho físico e intenso, além das funções específicas da enfermagem tem outras responsabilidades e atividades militares, acarretando maior desgaste físico e estresse. Este estudo teve por objetivo verificar as características morfofuncionais de Técnicos de Enfermagem militares, do sexo feminino de um hospital militar localizado no Município do Rio de Janeiro. Foram escolhidos porque são eles os responsáveis pelos cuidados diretos aos pacientes. Para a avaliação do nível de obesidade foi utilizado índice de massa corporal (IMC), para a probabilidade de risco cardiológico o RCQ e para avaliação da aptidão cardiorespiratória foi utilizado o Teste de Corrida de 12 minutos Cooper (1968). Após a avaliação dos dados podemos concluir que neste grupo, as militares da faixa de 40-49 anos são as melhores condicionadas quando submetidas ao teste e às avaliações antropométricas propostas pelo local onde trabalham.

Palavras-chave: Avaliação Morfofuncional, Condição Funcional, Técnicas de Enfermagem Militar.