


CASE REPORT ARTICLE

CAPOTHERAPY AS A COMMUNITY PRACTICE FOR HEALTHY AGING

CAPOTERAPIA COMO PRÁTICA COMUNITÁRIA PARA O ENVELHECIMENTO SAUDÁVEL

LA CAPOTERAPIA COMO PRÁCTICA COMUNITARIA PARA EL ENVEJECIMIENTO SALUDABLE

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ABSTRACT







**Objective:** to report the experience of undergraduate nursing students regarding the relationship between capotherapy and healthy aging of the elderly. **Method:** this is a descriptive study, like experience report, in a Municipal Health Unit. The activity was performed in three moments: technical visit to the unit; conversation wheel, feeling dynamics and calf girth assessment, and a poll. From the IRAMUTEQ, a textual corpus was submitted to similarity analysis. **Results:** the identification of coherence between words and indications of the following terms: elderly; activity; capotherapy; autonomy; group; best; muscle and life. According to the co-occurrence tree, the results show that capotherapy influences the quality of life of the elderly by improving functional capacity and promoting autonomy. **Conclusion:** it is concluded that the result allowed to identify that there is a relationship between the capotherapy and the healthy aging of the elderly. It is understood that the integrative and complementary practices mitigate the biological, psychological and social losses that occurred in the aging process, using the body and music as a form of individual and social relationship. **Descriptors:** Healthy Aging; Old Man; Integrative and Complementary Practices; Physical Activity; Independence; Autonomy.

RESUMO

**Objetivo:** relatar a experiência de acadêmicos do Curso de Enfermagem quanto à relação capoterapia e o envelhecimento saudável dos idosos. **Método:** trata-se de um estudo descritivo, tipo relato de experiência, em uma Unidade Municipal de Saúde. Executou-se a atividade em três momentos: visita técnica à unidade; roda de conversa, dinâmica de sentimentos e avaliação do perímetro da panturrilha e uma enquete. Construiu-se, a partir do IRAMUTEQ, um *corpus* textual submetido à análise de similitude. **Resultados:** obtiveram-se, na identificação, as coerências entre as palavras e as indicações da conexidade dos seguintes termos: idoso; atividade; capoterapia; autonomia; grupo; melhor; muscular e vida. Observou-se que, de acordo com a árvore de coocorrência, os resultados mostram que a capoterapia influencia a qualidade de vida do idoso por melhorar a capacidade funcional e promover a autonomia. **Conclusão:** conclui-se que o resultado permitiu identificar que há relação entre a capoterapia e o envelhecimento saudável do idoso. Entende-se que as práticas integrativas e complementares amenizam as perdas biológicas, psicológicas e sociais ocorridas no processo do envelhecimento, utilizando o corpo e a música como uma forma de relacionamento individual e social. **Descritores:** Envelhecimento Saudável; Idoso; Práticas Integrativas e Complementares; Atividade Física; Independência; Autonomia.

RESUMEN

**Objetivo:** informar sobre la experiencia de los estudiantes de Enfermería con respecto a la relación entre la capoterapia y el envejecimiento saludable de los ancianos. **Método:** estudio descriptivo, como informe de experiencia, en una Unidad Municipal de Salud, la actividad se realizó en tres momentos: visita técnica a la unidad; rueda de conversación, dinámica de los sentimientos y evaluación de la circunferencia de la pantorrilla y una encuesta. Se construyó, a través del IRAMUTEQ, un *corpus* textual para análisis de similitud. **Resultados:** identificación de coherencia entre palabras e indicaciones de los siguientes términos: ancianos; actividad capoterapia; autonomía; grupo; mejor; muscular y vida. Según el árbol de concurrencia, los resultados muestran que la capoterapia influye en la calidad de vida de los ancianos al mejorar la capacidad funcional y promover la autonomía. **Conclusión:** se puede concluir que el resultado nos permitió identificar que existe una relación entre la capoterapia y el envejecimiento saludable de los ancianos. Se entiende que las prácticas integradoras y complementarias mitigan las pérdidas biológicas, psicológicas y sociales que ocurrieron en el proceso de envejecimiento, utilizando el cuerpo y la música como una forma de relación individual y social. **Descritores:** Envejecimiento Saludable; Ciudadano Mayor; Prácticas Integradoras y Complementarias; Actividad Física; Independencia; Autonomía.

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## INTRODUCTION

It is noteworthy that, according to the IBGE (Brazilian Institute of Geography and Statistics), the elderly population in Brazil increased from 25 million to 30 million, from 2012 to 2017, due to the growth and improvement in life expectation.<sup>1</sup> Aging is understood as a physiological process, encompassing changes in the functioning of organs, tissues and cells, leading to decreased functional capacities, changes in strength, endurance and flexibility and causing a progressive reduction in the individual's ability to adapt to the environment.<sup>2</sup>

It is known that through alternative activities, the quality of life and physical capacity can be improved, allowing a healthy, successful and active aging.<sup>3</sup> In 2006, Ordinance GM/MS no. 971, providing the National Policy for Integrative and Complementary Practices (PNPIC) in the Unified Health System (SUS), which discusses the approaches that seek to stimulate the natural mechanisms of disease prevention and health recovery.<sup>4</sup> It is noteworthy that, currently, more than 29 practices constitute the PNPIC, established in 2006 and updated in 2018, and one of those that has been growing is capotherapy.<sup>5</sup>

It is added that capotherapy is a strand of capoeira and has been increasingly contributing to minimize the aging process. It is believed to bring benefits through dance and musicality, providing relaxation and rescuing the memory of national folklore. It is pointed out that, as a socialization activity, the elderly who perform the capotherapy presents improved motor coordination, muscle strength and self-esteem and suffers a decrease in depressive symptoms.<sup>6</sup>

It is pointed out that health professionals have the responsibility of identifying and minimizing, through welcoming, the risk factors that interfere with the quality of life of the elderly, thus implementing actions directed to health promotion that promote quality improvement. Life and bring biopsychosocial benefits. Interdisciplinary work is pointed out as essential, since it allows the design of a care plan for this elderly person.<sup>7</sup> Thus, this study is justified due to the need for knowledge and alternative practices for the elderly. It was noticed in the practice fields that there is no such activity.

## OBJECTIVE

- To report the experience of nursing students on the relationship between capotherapy and healthy aging of the elderly.

## METHOD

This is a descriptive study, experience report type, conducted by students of the Nursing Course of the sixth semester of a private higher education institution (HEI), located in the city of Belém (PA), Brazil, in August 2019.

The choice of the theme is presented based on the experience with the process of training in Nursing classes in Health Care for the Elderly and in discussions about the use of integrative and complementary practices (ICPs) as an effective action that favors active and healthy aging. The literature was searched for bibliographic studies that offered the scientific basis on the subject and that addressed the use of ICPs aimed at the health of the elderly.

It is noteworthy that the findings achieved allowed academics a better basis to define the research problem to be studied and the definition of the methodology that best suited to meet the proposed objective. Thus, as a research problem, the use of community therapies as a practice for healthy aging was adopted.

It was determined that the target audience of this study consisted of 20 elderly participants in the activities of the Elderly Health Program, developed by the Municipal Health Unit (MHU), located in the Administrative District of Entroncamento (DAENT), in the municipality of Belém (PA).

The activity was divided into three main moments: I - Conduct a technical visit to the health unit to approach the managers, professionals, elderly and members of the capotherapy group, to know the reality of the place and become familiar with the activities developed in the program and then better define the methodology of action that would be used with the elderly; II - Conducting a conversation wheel, a dynamics of feelings and the assessment of the calf girth, highlighting the questions that guided the dynamics - "How did you feel before performing the capotherapy?" And "How do you feel today performing the capotherapy?" - and III - Conducting a survey with nine questions built from the observation made during the technical visit and established in a didactic and strategic way.

The questions related to the third moment were applied: "Do you consider that there was a decrease in body weight?"; "Do you think that after the capotherapy it became more electric?"; "Have you had a decrease in blood pressure [for the hypertensive]?"; "Was there a decrease in insulin [for diabetics]?"; "Do you think you gained muscle strength, flexibility or muscle mass?"; "Did you improve your self-esteem?"; "Was there a decrease in stress and anxiety?"; "Has socialization/relationship improved?" And "Has memory improved?".

An interpretive process of ICP was developed in search of the basis in the statements and experiences of the elderly, which was based on the evaluation and appreciation observed during the activity on capotherapy. With the ICP, participants were provided with a comfortable, free and reliable environment so that the elderly could expose their experiences and perceptions about the practice of capotherapy.

Based on the interpretation and perception of the speech of the elderly, a categorization of the results was developed, thus allowing the construction of a textual corpus, in which the positive and beneficial experiences of capotherapy were verified. The textual corpus was submitted to similarity analysis in the software IRAMUTEQ (R interface for Multidimensional Analysis of Textes and Questionnaires).

The similarity tree was created, which allows the organization of the structure of the reports, for a better visualization of the connection between the words, identifying the most frequent words and co-occurrence in the corpus, called central lexical items, and also the nearby words. these items, called peripheral lexical items.<sup>8</sup>

## RESULTS

It was evident that the capotherapy allows the organization of a large wheel in which the participants, side by side, make the movements indicated by the teacher to the sound of tambourine and wheel songs used in capoeira, enabling the use of various dynamics in which students work on body expression, joints, musicality, interpersonal relationships and affection, among other skills.

The beneficial effects of this therapy as a community practice are highlighted, taking into account the particularities, potentialities and difficulties of each individual, acting in the perspective of promoting an aging with higher quality of life, independence and autonomy.

It has been found that capotherapy, inserted in the ICPs, provides a reduction in body fat, increased muscle strength, decreased blood

pressure, improved insulin sensitivity, improved self-esteem and body image, decreased stress and anxiety, improved feelings of insomnia and muscle tension, socialization, decreasing symptoms of depression, and improvement of daily activities, which demonstrates the need to act from the perspective of fully and resolutely attending, to the demands of the elderly.

It is emphasized that, during the conversation, the elderly listed the word “pathology” as the expression that most defined them before performing the activity, but highlighted the improvement and relief of symptoms with the practice of capotherapy. It was noticed that the expression "quality of life" was often cited by users registered in the program as something beneficial that happened after the commencement of community therapy.

It is emphasized, from the researchers' perception, the creation of a unique textual corpus, through the interpretation of what was observed, based on the frequency and association between the words, as can be observed in Figure 1. This fact was verified through the tree of similarity, from the most important elements of the experience with the elderly in the meeting.

Figure 1. Similarity tree - researchers' perception of the most important elements of the elderly's speech. Belem (PA), Brazil, 2019.

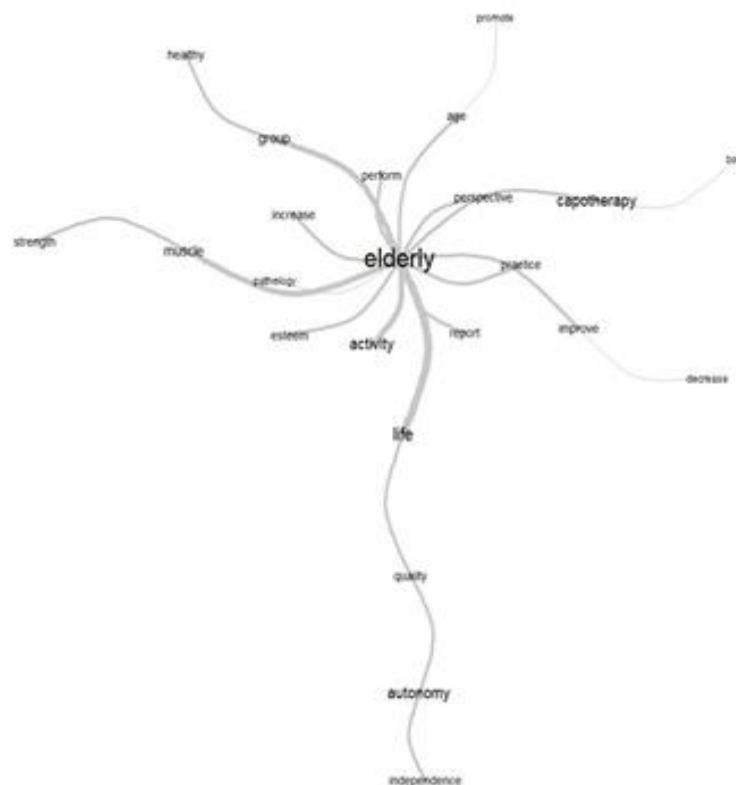


Figure 1. Similarity tree - researchers' perception of the most important elements of the elderly's speech. Belem (PA), Brazil, 2019.

It is detailed that this type of analysis allows the visualization of the connexity between the words and identifies the terms with greater frequency and occurrence in the corpus. Thus, in identifying the co-occurrences between the words and indications of connexity, the following terms were obtained: elderly; activity; capotherapy; autonomy; group; best; muscle and life. According to the co-occurrence tree, the results show that capotherapy influences the quality of life of the elderly, by improving functional capacity and promoting autonomy.

## DISCUSSION

Capotherapy is defined as a playful modality, through the formation of groups, spontaneity, creativity and play as inherent parts of existence, and the movements adapted from the gestures of capoeira. It is described that the capoeiristic elements used to compose the capotherapy involve the ginga, the basics of dodging, capoeira songs and roda. It is observed the absence of jumps and striking blows, but the rhythm and intensity should be adequate for the practice with the elderly.<sup>9</sup>

Alternative therapies are found to be ways of preventing illness and its complications, contributing to active aging and making the patient participative in society, demonstrating autonomy over old age.<sup>5</sup>

It is understood that community practices positively influence group physical activities and, if performed on a regular basis, constitute an important factor for healthy and active aging, and are considered an alternative model in health promotion and disease prevention that favors

socialization benefits health and encourages measures to improve quality of life.<sup>10</sup>

It is emphasized that during the capotherapy ICPs, it was observed, through the evaluation of anthropometric data, such as the calf perimeter, that these elderly have a good functional capacity and musculature. It is known that performing activities that involve greater physical intensity contributes to the improvement of the physical condition of those who practice and to the increase of muscle strength, which may be associated with the disability, capacity, dependence or independence of elderly individuals.<sup>11</sup>

It is pointed out that the calf girth is an evaluation that can be used to check muscle mass. Values lower than 31 cm are indicative of reduced muscle mass and are associated with a higher risk of falls, decreased muscle strength and functional dependence.<sup>12</sup>

Participation in therapy groups helps in health promotion, contributing substantially to the adoption of healthy practices and stimulating the self-care and autonomy process of the elderly, and beneficially influencing self-esteem and quality of life. through social insertion, which builds bonds and spaces for group living in which strategies for coping with problems are created, boosting healthy and active aging.<sup>13</sup>

It was evidenced that, with capotherapy, more than half of the elderly reported weight loss and increased aerobic power. Physical exercise is thought to favor increased muscle stiffness and decreased fat percentage, standing out for allowing the practitioner to experience a feeling



of lightness and joy during movement, being an important component of distraction.<sup>11</sup>

It is noteworthy that, as the elderly have increased muscle strength, especially of the lower limbs, there is also an increase in gait speed and consequent functional independence.<sup>14</sup>

It is noteworthy that therapies performed by the elderly, such as capotherapy, point to a better control of chronic diseases, such as systemic arterial hypertension (SAH) and Diabetes Mellitus (DM).<sup>15</sup> It is considered that patients with hypertension and perform physical exercise reduce blood pressure (BP) levels, making this practice an important ally in the treatment of this disease. Thus, it is known that a healthy lifestyle, associated with physical exercise and proper and balanced diet, is a necessary factor for the treatment of diabetes.<sup>16</sup>

Increased strength and muscle mass and flexibility are closely related to the elderly's ability to perform daily tasks and reflect the health conditions of the elderly, since the presence of functional decline is an indicator of frailty, dependence, loss of autonomy and institutionalization.<sup>17</sup>

It is believed that, in addition to improving the functional capacity of the elderly, therapy contributes to the psychological aspect, since it influences self-esteem and the pleasure of looking after their appearance, promoting the reduction of stress and anxiety.<sup>2</sup> It is noticed that PICs enable individuals to feel free, loved, and able to take initiative.<sup>18</sup>

Capotherapy promotes, for the elderly, socialization and interaction, thus reducing common psychological problems in this age group.<sup>10</sup> Physical activities are emphasized as actions that contribute to the development of well-being, social life, exchange of experiences, fun and relaxation, also reducing the feeling of disability and loneliness.<sup>19</sup> It is pointed out that the activities performed in therapy cause a cognitive stimulation of the elderly, due to the use of music, their songs and singing, allowing the practitioner to exercise his body with spontaneity and pleasure.<sup>20</sup>

It is believed that the implementation of ICPs in the Unified Health System (SUS) is justified by Brazil's multiculturalism, where the UHS is based on the principles of integrality and universal care. The easy access and low cost of inserting these practices stand out. Challenges such as the difficulty in training and qualifying professionals, the monitoring and evaluation of services and the investment for the development of processes and products can be found in relation to the implementation in the service..<sup>21</sup>

It is suggested that frailty conditions may lead to increased vulnerability of the elderly, given that the aging process is accompanied by changes

in the biopsychosocial aspect. In this perspective, it is reflected on the role of professionals in health promotion, through strategies that promote healthy and active aging with the participation of individuals in groups, with autonomy and independence.<sup>22</sup>

## CONCLUSION

It is concluded that the result found identified that there is a relationship between capotherapy and healthy aging for the elderly. It is noteworthy that integrative and complementary practices can alleviate the biological, psychological and social losses that occurred in the aging process, using the body and music as a new form of individual and social relationship. Such activities are considered fundamental for the elderly, as they promote the improvement of self-esteem, pain relief, control of hypertension, increased balance, disposition, social life, strengthening of bone and muscle structures and reduction of drug consumption.

It is considered of paramount importance that nurses and other health professionals develop actions and policies in order to allow an expansion in the implementation of ICPs, especially inserted in primary care, as a form of health promotion and education, as well as combating and disease control.

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