



Journal of Nursing

Revista de Enfermagem

UFPE On Line

ISSN: 1981-8963

NOTE PREVIEW ARTICLE

MEMBERSHIP AND QUALITY OF LIFE OF NEW USERS OF A PROJECT ON PREVENTION OF FALLS

ADESÃO E QUALIDADE DE VIDA DE NOVOS USUÁRIOS DE UM PROJETO DE PREVENÇÃO DE QUEDAS

ADHESIÓN Y CALIDAD DE VIDA DE LOS NUEVOS USUARIOS DE UN PROYECTO DE PREVENCIÓN DE CAÍDAS

Tauan Nunes Maia¹, Edmundo de Drummond Alves Junior²

ABSTRACT

Objective: investigating the effect of the project PrevQuedas on quality of life of new regulars. **Method:** an experimental study of case-control type, to be held at Project PrevQuedas, IEF/UFF. The sample will be non-probabilistic convenience. To evaluate the quality of life will be used a questionnaire. To quantify the membership will be consulted the lists frequently. Results will be presented as average and standard deviation or median and interquartile range. The significance level of $\alpha \leq 0,05$ will be adopted. The software used to perform the analyses will be the SPSS version 19. **Expected results:** it is possible to analyzing the effects of a physical activity program on quality of life for new users, as well as factors related to adherence of these users. Individuals who have greater adherence to the program will be those whose quality of life will be increased significantly. **Descriptors:** Accession; Quality of Life; Accidental Falls.

RESUMO

Objetivo: investigar o efeito do projeto PrevQuedas na qualidade de vida dos novos frequentadores. **Método:** estudo experimental do tipo caso-controle, a ser realizado no Projeto PrevQuedas, IEF/UFF. A amostra será não probabilística de conveniência. Para avaliar a qualidade de vida será utilizado um questionário. Para quantificar a adesão serão consultadas as listas de frequência. Os resultados serão apresentados em média e desvio padrão ou mediana e amplitude interquartil. Será adotado o nível de significância de $\alpha \leq 0,05$. O software utilizado para realizar as análises será o SPSS versão 19. **Resultados esperados:** que seja possível analisar os efeitos do programa de atividade física na qualidade de vida dos novos usuários, bem como os fatores relacionados à adesão destes usuários. Os indivíduos que tiverem maior adesão ao programa serão aqueles cuja qualidade de vida será aumentada significativamente. **Descritores:** Adesão; Qualidade de Vida; Acidentes por Quedas.

RESUMEN

Objetivo: investigar el efecto del proyecto PrevQuedas en la calidad de vida de nuevos clientes habituales. **Método:** un estudio experimental del tipo caso-control, que se celebrará en el Proyecto PrevQuedas, IEF/UFF. La muestra es de conveniencia no probabilística. Para evaluar la calidad de vida va a ser utilizado un cuestionario. Para cuantificar la adhesión serán consultadas con frecuencia listas de miembros. Los resultados serán presentados como media y desviación estándar o mediana y amplitud intercuartil. Será adoptado el nivel de significación de $\alpha \leq 0,05$. El software utilizado para realizar los análisis será el programa SPSS versión 19. **Resultados esperados:** es posible analizar los efectos de un programa de actividad física sobre la calidad de vida para los nuevos usuarios, así como los factores relacionados con el cumplimiento de estos usuarios. Las personas que tienen una mayor adherencia al programa serán aquellas cuya calidad de vida se incrementará significativamente. **Descriptores:** Adhesión; Calidad de Vida; Las Caídas Accidentales.

¹Physical Educator, Professor Specialist in Intensive Therapy, Master's Student, Postgraduate Program in Science Health Care, Fluminense Federal University/UFF. Niterói (RJ), Brazil. Email: taunum@hotmail.com; ²Physical Educator, Professor, Postgraduate Course in Science Health Care, Coordinator of Physical Education Degree Course, Fluminense Federal University/UFF. Niterói (RJ), Brazil. Email: edmundodrummond@uol.com.br

INTRODUCTION

Currently the propaganda about the human need to have a healthy life is gaining more strength in the media. This is partly because of the result of several studies those suggest that the active model is almost like an imposition, without giving an alternative to those who do not wish to opt for. We can identify discourses that be unhealthy receives criticism towards blaming a poor choice of the individual, putting the blame for it no choice without identifying the set of reasons that may lead someone or not to join a program of physical activity and especially those who have strong relationship with leisure. Disregarding, therefore, how these programs affect the lives of individuals.¹

As a result of industrialization accompanied urbanization of large cities shows the artificiality of work time and reducing the space available for physical activity, and a fragmentation of the subject directly influencing a new way of life to be adopted by individuals. In parallel we saw the birth of the artificiality of the time does not work with this several ways to occupy their free time from work were, over the years, reworked as more or less codified body practices, aiming among other leisure and health.

As the debate about leisure in diverse spheres of life has advanced significantly in recent years, little has been discussed about the importance of leisure in institutions of health promotion as health programs. The pleasure is configured as a constitutional right, however little has been the effort to make this right is guaranteed in public health facilities. The leisure when he is approached becomes utilitarian and/or compensatory manner. As much as leisure-informed interventions should seek pleasure and motivation for users, there is a lack of contextualization about this practice as well as dissociation between leisure and other spheres of life, making him unable to transform the lives and improve quality of life.²

Regarding health promotion, it seems to be a weakness in practice performed by health professionals. This weakness contributes to the existing gap between the needs of the population and the provision of services by the NHS is even greater. In this sense there are a number of difficulties in the proposal suggests that operate in the field of health promotion. These difficulties arise because there is no clarity about what are the philosophical, theoretical and political perspectives, resulting in inconsistencies, contradictions

and blind spots. So committed is the operationalization of projects in health promotion, not distinguishing them from a traditional practice merely preventive.³

Soon, the professional who seeks to transform society must overcome multidisciplinary view of health and transcend the limits of their functions and their profession, seeking dialogue with all areas of knowledge. Emerges, therefore, the need for a transdisciplinary work, understood as a result of the ability of health professionals involved in overcoming the limits of their professions, articulating and contributing to other professions, representing a process of investigations aimed at new practices.⁴

Advances are observed as in the case of the national policy of humanization which proposes the integration of multidisciplinary teams involving professionals linked to the leisure area in the hospital environment. With regard to primary care humanizes the SUS recommends that teams Centers of Attention Family Health should develop collectively and intersectoral actions aimed at integrating with other social policies, among leisure.⁵

It is known that to reap the benefits of physical activity practice becomes extremely important to adhere to physical activity programs in order to have a gain in quality of life. In this sense the authors claim that adherence to a program of physical activity is a key to provide an independent and greater quality of life aspect of aging. According to the authors the most relevant factors that make this membership are social contact, improve and maintain the health, learn new activities and increased self-esteem.⁶

The Project PrevQuedas: Preventing falls today will prevent the next to fall is you, that develops in the Institute of Physical Education, Federal University Fluminense/UFF has, since 2001, working in health promotion through its character education and prevention, addressing the issue of prevention of accidents by falls, using simple teaching strategies that seek to influence the multifactorial nature of falls occurring both behavioral, intrinsic, environmental and social problems.

The political project of the activities operates in physical qualities such as balance, joint mobility, strength and proprioceptive system. This happens through physical exercises presented in various activities, always using an intergenerational approach that takes into account the double-pedagogical aspect of leisure, and educating for the same through the same. Through cultural activities, professionals from various

fields have been using the most varied cultural events in their practice. The project integrates research, teaching and extension, not restricted to the walls of the university but going beyond them.

Currently the project has more than 200 students enrolled, most of these are women, it is not necessary to make any investment to enroll in the project. Regarding physical aerobic activity classes, workshops stretching and balance, and a gym called PrevQuedas, from Monday to Friday are performed; there is no limitation on participation in those activities or obligation to attend the activities. The activities take into account the associative life of the elderly, the social life, seeking to occupy the time available for the elderly in a pleasant way. Thus sensitization by various elements of physical culture and we propose.

It is crucial to understand the relation between this accession and quality in new users so that they may have become regulars and can enjoy the benefits provided not only by the physical exercise itself, but also the other benefits provided by the programs.

OBJECTIVES

- Investigating the effect of PrevQuedas design quality of life of new regulars.
- Investigating the changes in the quality of life of new users.
- Comparing the adherence and the changes on the quality of life of the new customers male and female.
- Associating the adherence to the quality of life and socio-demographic indicators.

METHODOLOGY

The present study uses a quantitative approach. The experimental study of the case-control design is performed in PrevQuedas that develops in the Institute of Physical Education, Fluminense Federal University. The sample is non-probabilistic convenience. Volunteers will be recruited by invitation done orally by the investigator in charge, which will clarify the objectives, means, methods, benefits and risks of research. All volunteers will be informed in advance about the procedures to be used and will participate as volunteers.

Volunteers will be divided into a control group and intervention group. The intervention group will carry out activities PrevQuedas project for 3 months starting from the date of your enrollment in the project being assessed at registration and after three months. The control group will be assessed

before and after three months. Both groups will be assimilated by comparison frequency.

Will be included in the study: individuals who do not present any physical disabilities, hearing or visual; new users of that project; and who have agreed to participate in this study. Will be excluded from the study were that: accept not participate in the study; having some kind of dementia, obtaining score less than 23 Minimental; attend a project of regular physical activity; and who have medical contraindications for performing physical exercises. To evaluate changes in self-perceived quality of life of individuals the Short Form 36. This is a questionnaire validated for the Brazilian population and widely used in the related quality of life studies will be used. To quantify the membership will be consulted lists of class attendance as well as application, after 3 months, the scale adhesion. The socio-demographic characteristics and history of falls will be collected through the registration of the individual record.

For data analysis, the normality of the variables test will be conducted. Depending on the results of the normality test, the Pearson correlation or Spearman will be held. A t test for analysis of SF-36 will be held. The results are presented as mean and standard deviation or median and interquartile range, and will be stratified according to the number of possible attendance during the period. The significance level of $\alpha \leq 0.05$ is assumed. The software used to perform the analysis will be SPSS version 19.0.

This project will be submitted to the Ethics Committee of the Fluminense Federal University, meeting the requirements of Resolution 466/2012 of the National Board of Health Volunteers who agree to participate in the study have signed a term of informed consent.

EXPECTED RESULTS

It is expected that it is possible to analyze the effects of a physical activity program on quality of life for new users, as well as factors related to adherence of these users. It is believed that individuals who have greater adherence to the program will be those whose quality of life will be increased significantly. This improvement in quality of life perceived self will probably be related to decreased pain and improved social, emotional, physical, vitality aspects of general health, mental health, functional capacity, and tolerance of the individual pain. Thus this study will bring fundamental notes to establish the relationship between adherence and quality of

life of users of the program. Thus, the activities of this program can be directed to improving the quality of life of its audience and its maintenance in the program, adapting to the needs of the population.

REFERENCES

1. Vasconcellos-Silva PR, Castiel LD, Bagrichevsky M, Griep RH. As novas tecnologias da informação e o consumismo em saúde. Cad Saúde Púba [Internet]. 2010 [cited 2013 Sept 30];26(8):1473-82. Available from: <http://www.scielo.br/pdf/csp/v26n8/02.pdf>.
2. Isayama HF, Siqueira FTR, Araujo NS, Pinto GB, Souza TR, Nunes LM. Lazer na Humanização Hospitalar: Diálogos Possíveis. Licere, MG. 2011; 14:1-26.
3. Czeresnia D, Freitas CM. Promoção da Saúde: conceitos, reflexões, tendências. Edição revista e ampliada. Rio de Janeiro, RJ: FIOCRUZ, 2009. v. 1
4. Minayo MCS. Disciplinaridade, interdisciplinaridade e complexidade. Emancipação, Ponta Grossa [Internet]. 2010 [cited 2013 Sept 30];10(2):437-44. Available from: http://www.erevistas.csic.es/ficha_articulo.php?url=oai:uepg.br:article/1937&oai_iden=oai_revista920.
5. Brasil. Ministério da Saúde. Secretaria de Atenção a Saúde. Política Nacional de Humanização. Atenção Básica. Brasília, DF: Ministério da Saúde; 2010.
6. Gomes KV, Zaza DC. Motivos de adesão a pratica de atividade física em idosas. Revista brasileira de atividade física e saúde [Internet]. 2009 [cited 2013 Sept 30];14(2):132-138. Available from: <http://periodicos.ufpel.edu.br/ojs2/index.php/RBAFS/article/view/765>

Submission: 2014/05/17

Accepted: 2014/05/26

Publishing: 2014/07/15

Corresponding Address

Tauan Nunes Maia
Rua Professor Rubens Braga, 44
Bairro de Fátima
CEP 24070-060 – Niterói (RJ), Brazil