

**UNIVERSIDADE FEDERAL DE CIÊNCIAS DA SAÚDE DE
PORTO ALEGRE
CURSO DE FISIOTERAPIA**

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**EFEITO DE DIFERENTES PROGRAMAS
DE PROMOÇÃO DA SAÚDE SOBRE A
DOR MUSCULOESQUELÉTICA E O
ABSENTEÍSMO EM PROFISSIONAIS DA
SAÚDE: UMA REVISÃO SISTEMÁTICA**

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Orientador: Prof. Dra. Adriana Torres de
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RESUMO

Distúrbios osteomusculares relacionados ao trabalho (DORT) atingem uma parcela significativa dos profissionais de saúde em diferentes cargos. Diferentes programas de promoção da saúde no ambiente ocupacional, ou fora dele, têm sido investigados a fim de verificar sua eficiência na prevenção e controle de DORT, bem como seus fatores associados. Esse estudo teve como objetivo revisar sistematicamente os efeitos de diferentes programas de promoção da saúde em profissionais da área da saúde para o controle de dor musculoesquelética e absenteísmo. Foi realizada uma revisão sistemática de ensaios clínicos randomizados (ECR) nas bases de dados: MEDLINE, Embase, SCOPUS, Lilacs/BIREME, Cochrane, PEDro e Web of Science. Foram incluídos estudos clínicos randomizados (ECR) publicados até Maio de 2022. A estratégia de busca foi composta por descritores em ciências da saúde (DeCS) e Medical Subject Headings (MeSHs) com a utilização dos termos booleanos OR e AND. Apenas dezesseis estudos atenderam aos critérios de inclusão para a revisão qualitativa. Em relação à qualidade metodológica, doze estudos obtiveram escore de moderado a alto, segundo a Escala PEDro. Os protocolos de promoção da saúde envolveram exercício físico em 93,65% dos estudos selecionados, e apresentou alta heterogeneidade nas modalidades, frequência e tempo de intervenção. Já em relação ao absenteísmo, não houve diferenças significativas após a intervenção nos estudos que analisaram esse desfecho. Os resultados desta revisão sistemática sugerem que intervenções que utilizaram exercícios físicos no local de trabalho, em conjunto com outras terapêuticas que visem a promoção da saúde, reduziram efetivamente a dor musculoesquelética em diferentes regiões do corpo, como pescoço, ombro e região lombar. No entanto, a heterogeneidade terapêutica, bem como dos protocolos de exercícios utilizados, requer que os resultados sejam interpretados com cautela.

Palavras-Chave: Promoção da Saúde; Exercício; Dor; Absentismo; Pessoal de Saúde.

ABSTRACT

Work-related musculoskeletal disorders (WMSDs) affect a significant number of health professionals in different roles. Several health promotion programs in or outside the occupational environment have been investigated to verify their effectiveness in WMSD prevention and control, as well as their associated factors. This study aimed to systematically review the effects of different health promotion programs in health care workers on the control of musculoskeletal pain and absenteeism. A systematic review of randomized clinical trials (RCT) was performed in the following databases: MEDLINE, Embase, SCOPUS, Lilacs/BIREME, Cochrane, PEDro, and Web of Science. Randomized clinical trials (RCTs) published until May 2022 were included. A search strategy was composed by health science descriptors (HSD) and Medical Subject Headings (MeSHs) using the Boolean terms OR and AND. Only sixteen studies met the inclusion criteria for the qualitative review. Regarding methodological quality, twelve studies scored moderate to high according to the PEDro Scale. Health promotion protocols involving physical exercise were used in 93.65% of selected studies, showing high heterogeneity in modalities, frequency, and intervention time. On the other hand, there was no significant difference in absenteeism after the intervention in the studies that analyzed this outcome. This systematic review findings suggest that interventions using physical exercises at the workplace, combined with other therapies to promote health, effectively reduced musculoskeletal pain in different regions of the body, such as the neck, shoulder, and lower back. However, therapeutic heterogeneity as well as exercise protocols used, requires caution in the results interpretation.

Keywords: Health Promotion; Exercise; Pain; Absenteeism; Health Personnel.

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