

## Physiotherapy in human collectivities: a systematic review

## Fisioterapia nas coletividades humanas: uma revisão sistemática

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**ABSTRACT | INTRODUCTION:** Physical therapy procedure curative and preventive activities, avoiding possible complications in health. **OBJECTIVES:** Systematize the scientific evidence on the knowledge of the field of physiotherapy in Public Health. **MATERIAL AND METHOD:** A systematic review was performed on the Pubmed, Scielo, Virtual Health Library in databases. The keywords were used: physical therapy, public health. **RESULTS:** We found 127 scientific articles in the database. Only, 6 studies were systematically reviewed. Those, features the importance of the professional in the levels in Health Care: primary, secondary and rehabilitation. The aspects of prevention in spinal pain, care in bedridden patients and health guidance of the student. The group activities of pregnant women, hypertensive and diabetes mellitus in Primary Health Care. There is a lack of information regarding the effectiveness of the physiotherapist in health services. **CONCLUSION:** It was observed that the physiotherapist is of fundamental importance in the multidisciplinary team.

**KEYWORDS:** Public health. Physiotherapy.

**RESUMO | INTRODUÇÃO:** A fisioterapia realiza atividades curativas e preventivas, evitando complicações possíveis em saúde. **OBJETIVOS:** Sistematizar as evidências científicas sobre o conhecimento da área de fisioterapia em Saúde Coletiva. **MATERIAL E MÉTODOS:** Foi realizada uma revisão sistemática nas bases de informações: Medline, Scielo, Biblioteca Virtual de Saúde (BVS). Foi utilizada as palavras chaves: fisioterapia, saúde coletiva. **RESULTADOS:** Foram encontrados 127 artigos científicos nas bases de dados. Apenas, 6 estudos foram de revisão sistemática. Dentre esses, mostrou a importância do fisioterapeuta nos níveis em Atenção a Saúde: primário, secundário e reabilitação. Haja vista que, o profissional atua em aspectos de prevenção em algias da coluna vertebral, atendimento para doentes acamados e orientação em saúde do escolar. Também, desenvolve atividades em grupos de gestantes, hipertensos e diabetes mellitus na Atenção Primária em Saúde. Há escassez de informação quanto a efetividade do fisioterapeuta nos serviços de saúde. **CONCLUSÃO:** Foi observado que, o fisioterapeuta é de fundamental importância na equipe multidisciplinar.

**PALAVRAS-CHAVE:** Saúde pública. Fisioterapia.

## Introduction

Health is a process in construction, based on rehabilitation, in addition to treating diseases of the system musculoskeletal<sup>1,8</sup>.

The physical therapy in communities, through an precocious diagnosis, prevention of disease and treatment of musculoskeletal diseases<sup>6</sup>.

The context of collective health, the epidemiology social brought a reflection of knowledge about concepts, methods and forms, which transforms the health - disease process large dimension<sup>7</sup>. The individuals to community; establishes between physiotherapist and patients; with techniques in rehabilitation, in aspects of common interests, to care in health.

The physiotherapist make in levels health: primary, secondary and tertiary. This professional was restricted to the techniques of rehabilitation of locomotors and orthopedic diseases. Currently, performs home care, preventing diseases and conducts health promotion, through lectures and guidance to caregivers of bedridden patient's<sup>8</sup>.

The performance of the physiotherapist allows resolvability in the cure and prevention of diseases. The knowledge in the health area carry forward in fragmented into body segments. This permeates the paradigm of professionals in the rehabilitation of sequelae for the need of the population in locomotors disorders<sup>9</sup>.

There are challenges in physiotherapeutic care in Public Health, such as: the difficulty of access, in the face of locomotors limitations and disabilities, in measures the rehabilitation<sup>10</sup>.

The collective health includes actions in supplementary health, through medical services and agreements<sup>11</sup>. This restricts the community, in terms of population access, in health services: increasing waiting line for session physiotherapy.

This article aims to systematize the scientific evidence on the knowledge of the field of physiotherapy in Public Health.

## Materials and methods

In this study, a systematic review was carried out, according to criteria established by PRISMA<sup>11</sup>. The bibliographic survey was conducted in the databases: Scielo, Medline (Pubmed) and Virtual Health Library (VHL). The keywords were: collective health, physiotherapy. From January 2000 to January 2020.

### Study selection

The eligibility criteria and consistency of the information obtained were verified through the database. 127 scientific articles were found. The reading was performed in phases. The presently, a file of the texts was carried out: hypotheses, theories, objectives, results and conclusions of each study. This study excluded case reports and clinical interventions.

### Information collection

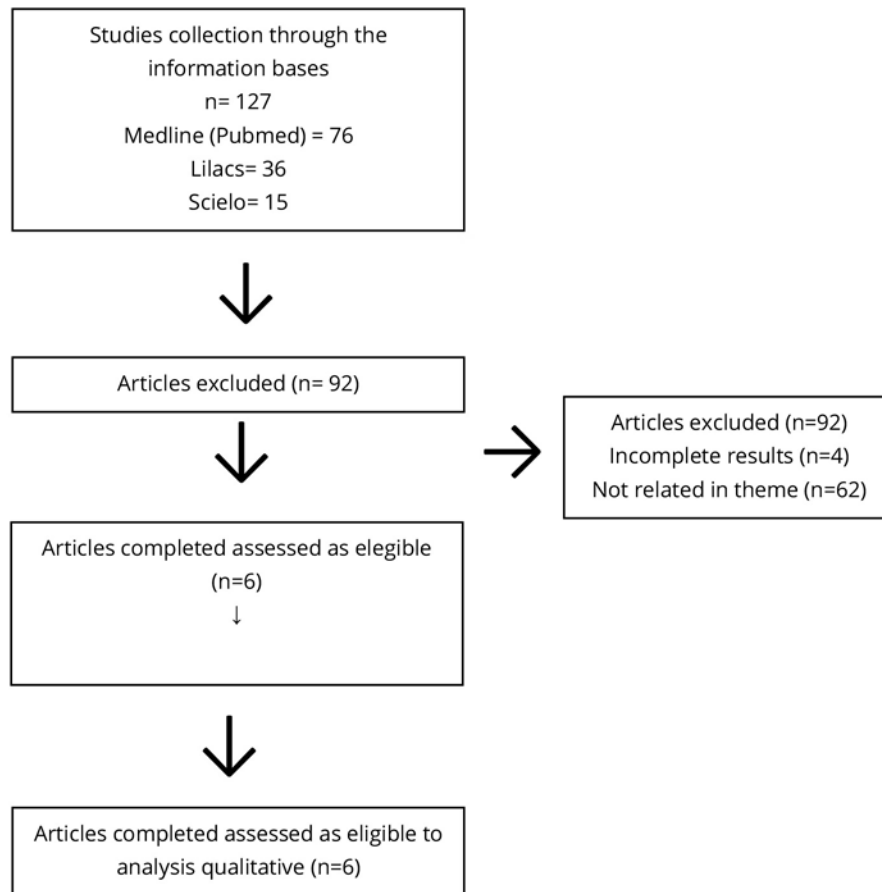
First, the analysis of the articles was related to the proposed theme of the study. The articles were selected in scientific articles in the languages portuguese and english. The eligibility criteria were established, according to the check list PRISMA Statement<sup>11</sup>, which consisted of 27 items to ascertain the study. Also, the PEDro<sup>12</sup> methodology was used, with 11 evaluation criteria for evaluating scientific studies. In order to establish, the methodological criteria for scientific evidence.

The aspects ethical of the research were established, according to ABNT / NBR 6.023 / 2002 and NBR 10520/2002, for systematic review studies.

## Result

This theme found involved: 127 scientific articles; with keywords were included. Among these, 92 studies were excluded, which did not meet the research eligibility criteria. Only, 35 studies were included of a quantitative and qualitative.

**Figure 1.** Flowchart for collecting information from scientific studies, from October 2019 to January 2020



The studies demonstrate effectiveness on physiotherapy in communities. There is observed in scientific studies as the main theme the bases of the board instances of National Health System (SUS).

In agreement to Naves and Bricks in 2011, the health education tool used by physiotherapists, in which they showed the importance of qualifying physical therapy care.

The high demand of patients in public health services, in search of physical therapy care has become an expanded clinic, as far as the integration of alternative therapies is concerned<sup>23</sup>.

Another study carried out by Delai and Wisniewski in 2007, affirms the effectiveness of measures for disease prevention and health promotion in the Family Health Strategy, as well as: the guidelines on self-care in home physical therapy care.

The practices of the physiotherapist in health shows the importance of the professional in the integrality of the multidisciplinary team.

**Chart 1.** The information about studies developed through physical therapy intervention

Author/Year	Sample	Middle Ages	Objective	Intervention Physiotherapy	Resultads
Naves CR; Bricks VS; 2011	107	24±1,2	To verify students' expectations about the performance of physiotherapy in public health.	Health education; Physiotherapist's performance in the specialties; Physiotherapist's performance in Basic Health Units.	It was found that students consider the role of the physiotherapist in SUS-PSF to be important, as well as the preparation and qualification of public health care.
Delai KD; Wisniewski MS; 2007	24	22,5±1,2	Qualitative and quantitative study whose main objective was to map the insertion of the physiotherapist in the Family Health Program (PSF).	Prevention of diseases; Health promotion; Home Care Physiotherapeutic;	The PSF represents great advances in educational actions, it is suggested to adapt to individual and collective needs.
Silva DJ; Ros MA, 2007	31	Uninformed	Check the view of physical therapy interns regarding their training in relation to the PSF / SUS.	Performance of the physiotherapist in the integrality of the PSF / SUS.	In the context of primary care, the insertion of the professional has three modalities: physical activity; mental health and rehabilitation.
Carvalho MN et al., 2018	34.009 (UBS)	Uninformed	Describe the growth and regional distribution of higher education professions registered at UBS.	Home care; Technologies in the health service; Health system management.	The increase in the workforce of higher education in other regions of the country, with emphasis on the Northeast of Brazil, and the increase in the participation of other professional categories in Primary Care.
Silva ID, Silveira MFS, 2007	24	Uninformed	Check in conception of the graduates of the physiotherapy course about humanization in their training.	Health Practices; Humanization of Services; Bureaucracy of work;	The participants' conception of humanization is very restricted, superficial and devoid of support scientific.
Braghini CC, et I., 2017	17	25,8±11,2	Describe the context of the Physiotherapist's performance in the Family Health Support Center.	Liang Gong; Pilates; Decentralization of Services;	The work demands of the Physiotherapist in the NASF, showed greater representativeness for situations with neurological patients and activities related to gerontology.

In chart 1 evidences the studies in physiotherapy, involving the theme of the physiotherapist's performance in the Family Health Strategy, with a focus on interventions: health education, home physical therapy, and inclusion of alternative therapies: Liang Gong.

## Discussion

The Physiotherapy in the community enables the performance of this professional in risk control, that is, the development of self-care practices. It is known that the organization of services allows a maturation of professional physiotherapists in the construction of this knowledge, through an articulated way in the levels of Health Care<sup>13</sup>.

Most of the time, access to the Rehabilitation service is restricted to a clientelism of medical and private health plans. Physiotherapeutic care at home in the public health service has shown low effectiveness, especially in partnerships through public administration. This impacted the health profile of the population<sup>14</sup>.

The participation of the physiotherapist in the Family Health Strategy (FHS) establishes cooperation with health professionals in public services in Primary Care (AB)<sup>15</sup>.

The dissemination of health information through community agents increased the demand for patients in the Unified Health System (SUS). Also, there is a difficulty for the population regarding access to health services: transportation for the sick, with physical and motor limitations<sup>16</sup>.

In the proportion of physical therapists working there is 1 public health professional for 45 physical therapists working in private clinics. In other words, the training of these professionals has a focus on the healing and rehabilitation process<sup>17</sup>. Whether necessary, expand the career of physiotherapist, through public concurrence.

The health risk situation reintegrates collective health, with the other professionals: physician, nursing, physiotherapists, psychologists, speech therapists, occupational therapists, dentists and agents health<sup>18</sup>.

The knowledge of primary prevention consisted of observing the pre - pathogenic factors, that is, they precede the onset of diseases. Health promotion was practiced as a strategy, which means taking concrete steps towards a world less sick<sup>5</sup>.

A study developed in the State of Rio Grande do Sul, with the participation of 31 municipalities in 2007, many cities do not have physical therapy services<sup>14</sup>.

The secondary period pathogenic health prevention comprises. The measures Collective Physiotherapy were performed through home care for individuals in the community<sup>15</sup>.

The tertiary prevention consisted of treatment measures in the rehabilitation of physical disability or sequelae of the musculoskeletal system. The rehabilitation of patients and the inclusion of neurological patients were the focus of physiotherapeutic treatment<sup>16</sup>. Also, there is an increasing number of people, with chronic degenerative diseases in the elderly.

In a basic health network, 23% of the individuals considered the quality of physical therapy care: good<sup>17</sup>. The challenge in structures for creating new clinics.

The reductive health practices are divergent in the face of precepts, which advocate the Unified Health System (SUS): justice, integrality and access to users in the service public<sup>18</sup>.

There is a need for interdisciplinary research on health promotion and disease prevention practices, in relation to the quality of life of UBS users. Because, physical therapy is not able to produce health effects in isolation<sup>19</sup>. The integrality of the team multidisciplinary must be beyond papers.

The performance of the physiotherapist ensures the strengthening of primary care, increasing the system's resolution, thus stimulating the development of new relationships between professionals and patients<sup>20</sup>.

The actions in health must be defined by preventive, curative and rehabilitation actions, through continuing education<sup>21</sup>.

The health education is the key to improving the service to population. There is a technical and ethical deficiency in the training of professionals, who need to be prepared and humanized<sup>22</sup>.

There is interview was conducted with 8 physiotherapists linked to the Family Health Strategy, in 2013, in the municipality of Chapeco, SC. The collective health intervention measures were: home visits, auriculotherapy, health education activities and disease prevention<sup>23</sup>.

The decentralization in Public Health Services allows an expanded view of the clinic, through the integrality of health teams<sup>24</sup>. There is a need to qualify care through innovations that produce integrality in Primary Care, through technologies<sup>25</sup>.

The physical therapist to have actions promotion in health, through information extracted from common sense in the community in which he lives. Whereas, the report of experiences, through dialogue contribute to the consolidation of the quality of Health Services.

## Conclusion

The physical therapy is a process under construction, based on rehabilitation, in addition to treating disease. The importance of the professional is emphasized, as an team multidisciplinary in the Health Services. In addition, it is necessary to expand the debate among physiotherapists, in praxis, in the various areas of performance in Rehabilitation; contemplating aspects at the Health levels: primary, secondary and tertiary. Thus, integrality in Health is a producer of knowledge in the community in which we live.

## Author contributions

Casellato TFL, Diogo LC and Zavarize S participated in the writing of the manuscript, extraction of information, data analysis, research design, review of bibliographic references and critical reading of the study.

## Competing interests

There is not financial, legal or political conflicts involving third parties (government, companies and private foundations, etc.) have been declared for any aspect of the submitted work (including, but not limited to grants and funding, participation in advisory council, study design, preparation manuscript, statistical analysis, etc.).

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