EVALUATION OF THE CONTENT VALIDITY OF A LABOR GYMNASTICS PROGRAM FOR HEALTH PROFESSIONALS: AN E-DELPHI STUDY

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There is no conflict of interest in this research
OBJECTIVES

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• TO IDENTIFY THE CONTENTS AND STRUCTURE OF A LABOR GYMNASICS PROGRAM FOR HEALTH PROFESSIONALS.

• TO EVALUATE THE CONTENT OF A LABOR GYMNASICS PROGRAM VALIDITY REGARDING ITS PERIODICITY, DURATION AND TYPES OF EXERCISES.
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• **METHODS**
  
  • **E-Delphi technique, consensus set at 70%**
  
  • **Intentional sample of 15 experts (2 physiotherapists, 6 rehabilitation nurses, 2 physical education teachers and 5 higher education health professors)**
  
  • **Inclusion criteria**
    
    • 1) A minimum of 10 years of professional experience
    
    • 2) A minimum academic degree of master (PhD for professors)
    
    • 3) Previous experience in the development of physical activity programs in a work context

• **Three rounds:**
  
  • **First open round:** identification of requirements regarding periodicity, duration and type of exercises for a labor gymnastics program targeting health professionals working in hospital settings;
  
  • **Second and third closed rounds:** for consensus on the issues identified on the previous rounds.
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• Periodicity **depends on the type** of work activity

• **10 to 15 minutes** per session

• **Sessions guidance in charge of** rehabilitation nurse, physiotherapist or any other professional properly trained for it

• Appropriate time to perform the sessions at the **beginning and during** work shifts (conditioned to type of work performed)

• Exercises adequate to the work activity developed - particular account to ergonomic and psychological issues

• Stretching exercises, postural correction, relaxation and joint mobility
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- **Findings are in line with the most current evidence (Lima, 2007; Souza, 2017).**

- **In-company workplace health prevention/promotion programs can contribute to meet ones physical and mental needs, improving workers’ quality of life and reducing costs through labor gymnastics programs (Castro, 2007).**

- **The present study allowed the identification of the structure and contents of a workout program for health professionals and its content validity. Considering these data, it seems now important to carry out an RCT to evaluate the efficacy of the developed program.**


