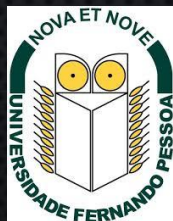


# EVALUATION OF THE CONTENT VALIDITY OF A LABOR GYMNASTICS PROGRAM FOR HEALTH PROFESSIONALS: AN E- DELPHI STUDY

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THERE IS NO CONFLICT OF INTEREST IN THIS RESEARCH

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

## OBJECTIVES

- TO **IDENTIFY** THE CONTENTS AND STRUCTURE OF A LABOR GYMNASTICS PROGRAM FOR HEALTH PROFESSIONALS.
- TO **EVALUATE** THE CONTENT OF A LABOR GYMNASTICS PROGRAM VALIDITY REGARDING ITS PERIODICITY, DURATION AND TYPES OF EXERCISES.

# METHODS

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

- 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.

# RESULTS

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

- 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

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

- 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.

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