



THE INTERNATIONAL SCIENTIFIC CONFERENCE

---

The Quality of Health Care and Social Welfare -  
**EDUCATION AND PRACTICE**

---

18.-19.05.2023, JŪRMALA, LATVIA

**SCIENTIFIC ABSTRACTS  
AND ARTICLES**

2023

International Scientific Conference “The Quality of Health Care and Social Welfare – Education and Practice”. 18.05.2023–19.05.2023, Jūrmala, Latvia. Scientific Abstracts and Articles. Riga: University of Latvia, 2023. 54 p.



**UNIVERSITY  
OF LATVIA**



Jūrmala

### **P. Stradins Medical College of the University of Latvia executive commission of conference**

- Deputy Director for Research Dagnija GULBE
- Docent Jolanta PUPURE
- International Coordinator Aiga GRAUDUMA
- Head of Medicine Department Janeta STRAZDIŅA
- Docent Mārīte SAULĪTE
- Head of Social Care Department Ina VĪKSNIŅA
- Education Methodologist of Social Care Department Ina OZOLA
- Lecturer Iveta SUNDIKOVA
- PR specialist Agnese GRASE
- Head of Recordkeeping Division of Medicine Department Diāna BAKĀNE
- Bookkeeper Agnese OLĪŅA
- Senior Network Maintenance Administrator Jānis OLĪŅŠ
- IT Management Specialist Agris BĒRZIŅŠ

### **Scientific committee of conference**

- PhD, Prof. Valdis SEGLIŅŠ, University of Latvia, Latvia
- PhD, Assoc. Prof. Ainārs BAJINSKIS, University of Latvia, Latvia
- PhD, Assoc. Prof. Līga PLAKANE, University of Latvia, Latvia
- Prof. emeritus, Dr. paed. Rudīte ANDERSONE, University of Latvia, Latvia
- Prof., Dr. oec. Andrejs GESKE, University of Latvia, Latvia
- Doc., Dr. med. Iveta STRODE, P. Stradins Medical College of the University of Latvia, Latvia
- Doc., Dr. sc. admin. Rita GESKE, P. Stradins Medical College of the University of Latvia, Latvia
- Doc., Dr. sc. ing. Alevtīna LEICE, P. Stradins Medical College of the University of Latvia, Latvia
- Doc., Dr. med. Jolanta PUPURE, P. Stradins Medical College of the University of Latvia, Latvia
- Doc., Dr. paed. Mārīte SAULĪTE, P. Stradins Medical College of the University of Latvia, Latvia
- PhD, MNSc, RN Virpi SULOSAARI, University of Turku, Department of Nursing Science, Finland
- PhD, Doc. Vitalija BARTUŠEVIČIENE, Vice Rector for Studies and Science, Utena University of Applied Sciences, Lithuania
- PhD, Professor Anna-Liisa TAMM, Tartu Health Care College, Estonia
- PhD Fernando MENDES, Escola Superior de Tecnologia da Saúde de Coimbra, Portugal

Publisher: University of Latvia Press

© University of Latvia, 2023

ISBN 978-9934-36-013-8 (PDF)

<https://doi.org/10.22364/isc.qhcsw.23>

# EFFECT OF EDUCATIONAL SESSIONS DIRECTED TO MUSCULOSKELETAL DISORDERS ON HEALTH LITERACY AND ON THE KYPHOTIC AND LORDOTIC INDEXES IN EMPLOYERS OF THE CESPU GROUP: PILOT STUDY

*Marlene da Costa<sup>1</sup>, Nuno da Costa<sup>1</sup>, André Fonseca<sup>1</sup>, Sofia Lopes<sup>1,2</sup>, Ana Coelho<sup>1</sup>, Paula Rocha<sup>1</sup>, Gabriela Brochado<sup>1</sup>, Ágata Vieira<sup>1,3</sup>*

*<sup>1</sup>Departamento de Tecnologias de Diagnóstico e Terapêutica, Escola Superior de Tecnologias da Saúde do Tâmega e Sousa, Instituto Politécnico de Saúde do Norte (IPSN), CESPU, 4585-116 Gandra, Portugal*

*<sup>2</sup>Departamento de Fisioterapia, ESS Porto Escola Superior de Saúde, Politécnico do Porto, 4200-072 Porto, Portugal*

*<sup>3</sup>Departamento de Fisioterapia, Escola Superior de Saúde de Santa Maria, ESSSM, 4049-024 Porto, Portugal*

**Introduction.** Due to technological advance in developed countries, there has been an evolution of workplaces which, in turn, has increased the adherence to the “sitting position” in the workplace, consequently leading to an increase in the incidence of musculoskeletal disorders (MSDs). Currently, physiotherapy has shown an important role, through health literacy, not only in the treatment but also in the prevention of MSDs.

**Aim of work.** To evaluate the effect of educational sessions aimed at MSDs on health literacy and on the indices of the thoracic and lumbar region curvatures, in a population of employers of the Cooperativa de Ensino Superior Politécnico e Universitário (CESPU) group.

**Materials and Methods.** A pilot study:quasi-experimental was conducted on 22 employers of the CESPU group. They were allocated into two groups, the Experimental ( $N = 12$ ), which was subject to the educational sessions, aimed at posture and prevention of MSDs, and the Control ( $N = 10$ ), consisting of employers who showed no interest in attending the educational sessions. A sociodemographic questionnaire was applied to characterise the sample, a Quiz, in validation process, with the purpose of assessing the level of literacy of the employers in an educational and interactive way, and the Flexicurve, with the purpose of assessing the physiological curvature of the thoracic and lumbar regions, before and one week after the educational activities. Data were analysed using the IBM® SPSS® software, with a confidence interval of 95%.

**Results.** No statistically significant differences were found in the values of the kyphotic and lordotic indexes, between the two groups. Statistically significant differences were found, in the intragroup analysis (between the two moments of assessment) in the Total Score, assessed by the Quiz, for the experimental group ( $p = 0.005$ ).

**Conclusions.** This study concluded that there seems to be no effect of the educational sessions on the curvatures of the thoracic and lumbar regions of the employers of the CESPU group. However, the results seem to show a positive effect of the educational sessions on the Total Score, which may suggest an increase in the level of health literacy.