

CICLO CARLOS CHAGAS

DE PALESTRAS

12ª EDIÇÃO

100+15: O TEMPO NÃO PARA
Informação, controle, cuidado e eliminação:
diferentes estratégias para uma doença com
múltiplas dimensões

LIVRO DE RESUMOS

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Submission area: clinical aspects

RESUMO 18

PHYSICAL ACTIVITY AND ITS ASSOCIATION WITH CLINICAL FORMS OF CHAGAS DISEASE

Leonardo G. Ribeiro¹, Tatiana R. Gonçalves², Vitor B. Paravidino³,
Henrique S. Costa⁴, Luiz Fernando Rodrigues Junior⁵, Flavia Mazzoli-Rocha¹, Gilberto M.
Sperandio da Silva¹, Fernanda S. N. S. Mendes¹, Roberto M. Saraiva¹, Alejandro Marcel
Hasslocher-Moreno¹ and Mauro F. F. Mediano¹

1. Laboratório de Pesquisa Clínica em Doença de Chagas (Lapclin-Chagas), INI-Fiocruz.
2. Instituto de Estudos de Saúde Coletiva, UFRJ, Rio de Janeiro, Brasil.
3. Instituto de Medicina Social Hesio Cordeiro, UERJ, Rio de Janeiro, Brasil.
4. Departamento de Fisioterapia, Ciências da Saúde e Biológicas, UFVJM, MG, Brasil.
5. Departamento de Pesquisa e Ensino, Instituto Nacional de Cardiologia, RJ, Brasil.

There is limited research on physical activity (PA) levels in individuals with Chagas disease (CD). Investigating PA levels in CD patients is important for implementing intervention strategies considering the potential health benefits of increased PA. This study aimed to assess PA levels in CD patients and examine their association with clinical forms. CD patients under regular follow-up at the National Institute of Infectious Diseases (INI)-Fiocruz in Rio de Janeiro, Brazil, were included. PA levels were assessed using the short version of the International Physical Activity Questionnaire (IPAQ). Clinical forms were determined according to the "II Consenso Brasileiro em Doença de Chagas-2015." Linear and logistic regression models were fitted to evaluate the association between clinical forms of CC and PA. 361 patients were included in the study (average age 60.7 ± 10.7 years; 56.2% women). The cardiac form without heart failure was significantly associated with a reduction in vigorous PA (Exp β 0.32 95% CI 0.10 to 0.98). CD patients with the cardiac form and heart failure showed significantly lower levels of total PA (Exp β 0.61 95% CI 0.44 to 0.84) and moderate PA (Exp β 0.59 95% CI 0.39 to 0.89). Those with the digestive form had lower levels of total PA (Exp β 0.75 95% CI 0.57 to 0.99) and walking (Exp β 0.66 95% CI 0.47 to 0.93). The cardiac form with heart failure had a lower likelihood of meeting the PA recommendations compared to those without cardiac alterations (OR 0.48 95% CI 0.24 to 0.97). No significant association was found between the digestive form and compliance with WHO PA recommendations. The study found low levels of PA in individuals with CD, with predominance in the cardiac and digestive forms of the disease. Intervention strategies are needed to improve PA levels in Chagas disease patients.

Physical activity and its association with clinical forms of Chagas disease

Leonardo G. Ribeiro^{1}, Tatiana R. Gonçalves², Vitor B. Paravidino³, Henrique S. Costa⁴, Luiz Fernando Rodrigues Junior⁵, Flavia Mazzoli-Rocha¹, Gilberto M. Sperandio da Silva¹, Fernanda S. N. S. Mendes¹, Roberto M. Saraiva¹, Alejandro Marcel Hasslocher-Moreno¹ and Mauro F. F. Mediano¹*

1. Laboratório de Pesquisa Clínica em Doença de Chagas (Lapclin-Chagas), INI-Fiocruz. 2. Instituto de Estudos de Saúde Coletiva, UFRJ, Rio de Janeiro, Brasil. 3. Instituto de Medicina Social Hesio Cordeiro, UERJ, Rio de Janeiro, Brasil. 4. Departamento de Fisioterapia, Ciências da Saúde e Biológicas, UFVJM, MG, Brasil. 5. Departamento de Pesquisa e Ensino, Instituto Nacional de Cardiologia, RJ, Brasil.

* **contact: ribeiroleonardo@hotmail.com**

Introduction

There is limited research on physical activity (PA) levels in individuals with Chagas disease (CD). Investigating PA levels in CD patients is important for implementing intervention strategies considering the potential health benefits of increased PA. This study aimed to assess PA levels in CD patients and examine their association with clinical forms.

Methodology

CD patients under regular follow-up at the INI-Fiocruz were included.

PA levels were assessed using the short version of the International Physical Activity Questionnaire (IPAQ).

Clinical forms were determined according to the "II Consenso Brasileiro em Doença de Chagas-2015."

Linear and logistic regression models were fitted to evaluate the association between clinical forms of CC and PA.



Results

361 patients were included in the study (average age 60.7 ± 10.7 years; 56.2% women).

The cardiac form without heart failure was significantly associated with a reduction in vigorous PA (Exp β 0.32 95% CI 0.10 to 0.98). CD patients with the cardiac form and heart failure showed significantly lower levels of total PA (Exp β 0.61 95% CI 0.44 to 0.84) and moderate PA (Exp β 0.59 95% CI 0.39 to 0.89).

Those with the digestive form had lower levels of total PA (Exp β 0.75 95% CI 0.57 to 0.99) and walking (Exp β 0.66 95% CI 0.47 to 0.93).

The cardiac form with heart failure had a lower likelihood of meeting the PA recommendations compared to those without cardiac alterations (OR 0.48 95% CI 0.24 to 0.97).

No significant association was found between the digestive form and compliance with WHO PA recommendations.

Conclusion

The study found low levels of PA in individuals with CD, with predominance in the cardiac and digestive forms of the disease. Intervention strategies are needed to improve PA levels in Chagas disease patients.