

Impact of an Adapted Physiotherapy Program with Traditional and Historical Dances for Mastectomized Women Surviving Breast Cancer

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INTRODUCTION

Breast cancer survivors longer treatments often leave sequelae. Dance provides greater adherence to regular physical activity.

METHODS

Longitudinal quasi-experimental method. Intervention dances were chosen based on exercise guidelines for mastectomized women.

RESULTS

Improvements on:

- QoL in body image ($z = -2.315$, $p < 0.021$) and future perspective ($z = -2.121$, $p < 0.034$).
- Functionality of the upper limb ($t(10) = 2.826$, $p < 0.018$).
- Cognitive fatigue ($z = -2.852$; $p < 0.004$) and chronic fatigue ($z = -2.362$; $p < 0.018$).

DISCUSSION

The physiotherapy intervention program with traditional and historical dances, oriented and chosen for this sample, demonstrated to be a promising program to develop in rehabilitation.

The physiotherapy intervention program with traditional and historical dances, had a positive impact on quality of life, in relation to body image and future perspective, on the functionality of the upper limb and fatigue.



Dance session.18/2/2021 Author's photo *

*all participants gave informed consent for the collection and dissemination of images.



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Program

60 minutes once a week, for 7 weeks, of a low-impact physical activity through art that provides greater adherence to regular physical activity.

Sample

11 women with an average age of 55 years and standard deviation of 9, who underwent mastectomy for more than 6 months, who were not undergoing adjuvant treatments and without contraindications for physical exercise

Instruments

- European Organization for Research and Treatment of Cancer (EORTC QLQ-BR23);
- Disabilities of the arm shoulder and hand (DASH);
- Modified Fatigue Impact Scale (MFIS).

Statistics

Shapiro-Wilk adjustment, T Student test or the Wilcoxon, for a significance level of 0.05 %.