

UTICAJ KINEZITERAPIJE NA FIZIČKU AKTIVNOST U TRUDNOĆI

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Sažetak: Fizička aktivnost u trudnoći podstiče muskuloskeletni, kardiovaskularni, respiratorni sistem, poboljšava kondiciju, održava snagu i elastičnost mišića. Smanjuje rizik od prekomjerne težine, gestacijskog dijabetesa, preeklampsije, prevremenog porođaja i postporođajne depresije. Cilj rada bio je ispitati uticaj kineziterapije na nivo fizičke aktivnosti trudnica. U Crnoj Gori je 2018. godine (februar-avgust) na primarnom nivou zdravstvene zaštite sprovedena prospektivna longitudinalna studija. Po odobrenju ginekologa-akušera u istraživanje dobrovoljno su regrutovane 34 trudnice trećeg trimestra trudnoće iz Herceg Novog (n=29) i Cetinja (n=5). Tokom četiri nedelje sprovodila se prenatalna priprema za porođaj, bazirana na kineziterapiji, u grupama (n= 4-6) trudnica. Kroz 8 sesija od 30 minuta, uz nadzor fizioterapeuta izvođene su vježbe disanja, poboljšanja cirkulacije, posture, mobilnosti zglobova i jačanja oslabljenih mišića. Učesnice su svakodnevno šetale 30 minuta. Dozirani nivo opterećenja, intenziteta 3-4 usklađen je s modifikovanom Borgovom skalom percipiranog napora eng. Borg rating of perceived exertion (RPE). Istraživački instrument bio je međunarodni upitnik o fizičkoj aktivnosti eng. The International Physical Activity Questionnaire (IPAQ-SF). Nivo fizičke aktivnosti analiziran je početkom i dvije nedjelje po završetku priprema. Starosna dob regrutovanih učesnica: 20-30 godina (63%), 31 - 40 godina (34%), iznad 40 godina (3%). Obrzovni nivo: srednja stručna sprema (60%), viša stručna sprema (6%), visoka stručna sprema (3%). Nivo fizičke aktivnosti: minimalan (n=10), umjeren (n=18), intezivan (n=6). Analiza rezultata pokazala je poboljšanje nivoa fizičke aktivnosti kod sedam učesnica. Prosječna ukupna potrošnja energije početkom priprema iznosila je 1649,82 MET minuta, a kontrolna 1882,35 MET minuta. Trudnice treba podsticati na prenatalnu pripremu jer nadgledan kineziterapijski protokol povećava nivo fizičke aktivnosti.

Ključne riječi: trudnice, fizička aktivnost, kineziterapija, psihofizička priprema za porođaj

INFLUENCE OF PHYSIOTHERAPY ON PHYSICAL ACTIVITY IN PREGNANCY

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Abstract: Physical activity during pregnancy stimulates the musculoskeletal, cardiovascular and respiratory systems, improves fitness, maintains muscle strength and elasticity. It reduces the risk of overweight, gestational diabetes, preeclampsia, premature birth and postpartum depression. The aim of the work was to examine the impact of kinesitherapy on the level of physical activity of pregnant women. A prospective longitudinal study was conducted in Montenegro in 2018 (February-August) at the primary level of health care. With the approval of the gynecologist-obstetrician, 34 pregnant women in the third trimester of pregnancy from Herceg Novi (n=29) and Cetinje (n=5) were voluntarily recruited into the study. During four weeks, prenatal preparation for childbirth, based on kinesitherapy, was carried out in groups (n= 4-6) of pregnant women. During 8 sessions of 30 minutes, under the supervision of a physiotherapist, breathing exercises, improving circulation, posture, joint mobility and strengthening weakened muscles were performed. The participants walked for 30 minutes every day. The dosed load level, intensity 3-4, is aligned with the modified Borg scale of perceived effort (RPE). The research instrument was a international questionnaire on physical activity The International Physical Activity Questionnaire (IPAQ-SF). The level of physical activity was analyzed at the beginning and two weeks after the preparation. Age of recruited participants: 20-30 years (63%), 31-40 years (34%), over 40 years (3%). Level of education: secondary (60%), higher (6%), BA (3%). Level of physical activity: minimal (n=10), medium (n=18) and intensive (n=6). The analysis showed an improvement in the level of physical activity in seven participants. The average total energy consumption at the beginning of the preparations was 1649.82 MET minutes, and the control 1882.35 MET minutes. Pregnant women should be encouraged to prepare prenatally because a supervised kinesitherapy protocol increases the level of physical activity.

Keywords: pregnant women, physical activity, kinesitherapy, psychophysical preparation for childbirth