CHOOSING WISELY BRAZILIAN LIST OF PHYSIOTHERAPY IN WOMEN'S HEALTH: PRELIMINARY RESULTS OF THE PELVIC FLOOR AREA

TRACKING NUMBER: #24887



Luísa Pasqualotto¹, Cristine Jorge Homsi², Patrícia Driusso³, Camila Chiazuto Catai², Jessica Cordeiro Rodrigues³, Felipe José Jandre dos Reis^{4,5}, Cassio Riccetto¹, Simone Botelho^{1,6}

¹State University of Campinas - SP, Brazil, ² University of São Paulo – Ribeirão Preto, SP, Brazil,³ Federal University of São Carlos - SP, Brazil, ⁴Federal Institute of Rio de Janeiro - RJ, Brazil. ⁵Faculty of Physical Education & Physiotherapy, Vrije Universiteit Brussel - Belgium. ⁶Federal University of Alfenas – MG, Brazil.



FAPEMIG



VroFisioterapia Laboratory

Introduction

The Choosing Wisely campaign is an international initiative that aims to promote dialogue among professionals and help the population choose evidence-based care that is truly necessary and risk-free (1,2). The purpose of this study is to describe the development process of the Choosing Wisely Brazilian list of physiotherapy in women's health in the pelvic floor area.

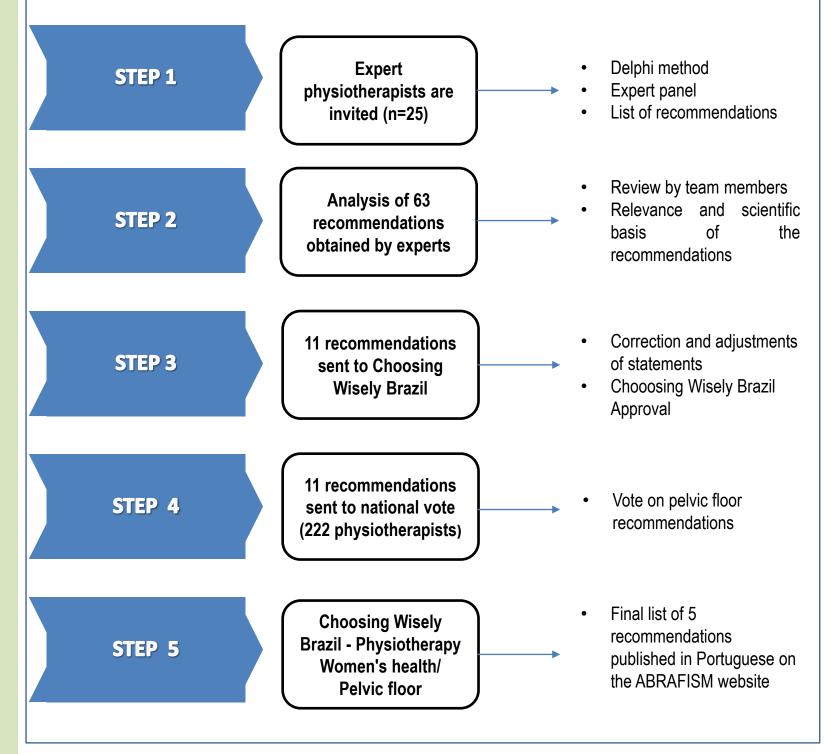
Methods

Cross-sectional study carried out based on the study by Reis et al (3), through the Google forms platform in partnership with the Brazilian Association of Physical Therapy in Women's Health (ABRAFISM).

The process of developing the Choosing Wisely list in

Physical therapist characteristics	(n=222)
Women (f/%)	183 (82.43)
Age, Years (mean ± SD)	38.87 (±8.59)
Nationality by region (f/%)	
North	7 (3.15)
North East	45 (20.27)
Midwest	10 (4.50)
Southeast	106 (47.74)
South	54 (24.34)
Women's Health Specialists (f/%)	102 (45.94)
Completion of graduation, year (mean)	2003
Graduate institution, private (f/%)	135 (60.81)
Training degree, completed (f/%)	
Graduation	1 (0.45)
Enhancement	3 (1.35)
Specialization	66 (29.73)
Residence	5 (2.25)
Master's degree	57 (25.67)
Doctorate degree	49 (22.07)
Post doctoral	41 (18.48)
Professional activity, main (f/%)	
Teaching and research	59 (26.58)
Clinic	127 (57.21)
Other activities	36 (16.21)
Link with post graaduate (f/%)	
Professor	40 (18.01)
Student	49 (22.07)

Women's Health/Pelvic Floor physiotherapy was divided into 5 stages:



Results

A total of 25 physiotherapists participated in the expert panel and 63 recommendations were received during the first stage.

After the consensus meeting, 52 statements were excluded, 28 because they did not comply with the

Discussion

So far, as preliminary results, 5 recommendations are included in the Choosing Wisely Brazil list: Physical Therapy in Women's Health/Pelvic Floor. Recommendations that received 80% or more affirmative responses (agreement) in the national vote:

Table 2. Brazilian Recommendations Choosing Wisely Women's Health/Pelvic Floor

Č ,	
Recomendations	National vote (f/%)
1. Evaluation of the pelvic floor muscles using manometry is not	187 (84.23)
recommended in women who are unable to contract these muscles	
2. Do not perform indirect contraction exercises of the pelvic floor	186 (83.76)
muscles and/or other muscle groups as a treatment for pelvic floor	
disorders.	
3. It is not recommended to use programs such as the Paula method,	204 (91.89)
hypopressive gymnastics, pilates, yoga as a treatment for pelvic floor	
disorders.	
4. Do not perform any endocavitary, intravaginal or intra-anal procedure	213 (95.95)
without informing or obtaining consent from the patient and/or legal	
guardian.	

Choosing Wisely criteria or because they were incomplete and 24 they were duplicates. Of the recommendations received, 11 were included and sent to a national voting by 222 physiotherapists (38.87 ± 8.59 years old). Six were still excluded in this final phase because they were considered professional guidelines.

5. Do not perform any endocavitary (intravaginal) procedure in women 191 (86.04)

who have not started their sexual life.

Conclusions

The Choosing Wisely list of recommendations in women's health/pelvic floor physiotherapy will help practitioners and patients make appropriate decisions about the quality treatment and care they need.

References

Cassel CK, Guest JA. Choosing wisely: helping physicians and patients make smart decisions about their care. JAMA 2012;307:1801–2.
Scott IA, Duckett SJ. In search of professional consensus in defining and reducing low-value care. Med J Aust2015;203:179–81
Reis FJJ, Meziat-Filho N, Soares RJ, Correia LCL. Choosing Wisely Brazil: top 5 low-value practices that shouldbe avoided in musculoskeletal physical therapy. Physiotherapy. 2021;112:9-15