Translated from Portuguese to English - www.onlinedoctranslator.com
ournal O Saber -*Multidisciplinary Scientific Journal Know*
ISSN: 2675-9128. Sao Paulo-SP.

Strategies of the expanded family health and primary care center to encourage physical activity during the Covid-19 pandemic: an integrative review[1]

Strategies of the expanded core of family health and primary care to encourage the practice of physical activity in the midst of the Covid-19 pandemic: an integrative review[1]

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Submitted on: 03/01/2023
Approved on: 03/02/2023
Published on: 03/16/2023 DOI
10.51473/ed.al.v3i1.497

SUMMARY
This study aimed to mention strategies outlined by professionals from the Expanded Family Health and Primary Care Center to encourage the practice of physical activity amid the Covid-19 pandemic, since physical activity brings numerous health benefits. This is an integrative review, with retrospective data collection. The keywords used were determined based on the choice of the topic explored: Covid-19; Pandemic; Physical activity; Strategy; Basic Care; NASF-AB. Data were collected through the selection of scientific articles, from September to November 2022, in journals indexed in the databases of Google Scholar, Scientific Electronic library Online (SciELO), Biblioteca Virtual em Saúde (VHL), Literatura Latino -American and Caribbean Health Science (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE), Publisher Medine (PubMed). 190 articles were obtained, of which 163 articles were selected for reading the titles and abstracts and, finally, 2 articles were chosen that met the inclusion criteria and research objectives. The present study revealed the NASF-AB strategies to encourage the practice of physical activity amid the Covid-19 pandemic, showing that there are few studies in this segment and few strategies adopted by professionals, revealing a need to develop more and new strategies to encourage the practice of physical activity by users, continuing the work of primary care, which is prevention and health promotion.
Key words: Covid-19. Pandemic. Physical activity. Strategy. Basic Care. NASF-AB.

ABSTRACT
This study aims to mention strategies designed by professionals from the Expanded Center for Family Health and Primary Care to encourage the practice of physical activity in the midst of the Covid-19 pandemic, since it brings numerous health benefits. This is an integrative review, with retrospective data collection. The keywords used were determined from the choice of the theme explored: Covid-19; Pandemic; physical activity; Strategy; Primary Care; NASF-AB. The data was collected through the selection of scientific articles, from the months of September to November in 2022, in journals indexed in the databases of Google Scholar, Scientific Electronic Library Online (SciELO), Virtual Health Library (VHL), Latin Literature -American and Caribbean Association in Health Science (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE), Publisher Medine (PubMed). 190 articles were obtained, of which 163 articles were selected for title reading and abstracts furthermore, 2 articles were chosen that met the inclusion criteria and the research objectives. The present study revealed the NASF-AB strategies to encourage the practice of physical activity in the midst of the Covid-19 pandemic, showing that there are few studies in this segment and few strategies adopted by professionals, revealing a need to develop more and new strategies to encourage the practice of physical activity by users, continuing the work of primary care, which is prevention and health promotion.
Keywords: Covid-19. Pandemic. Physical activity. Strategy. Basic Attention. NASF-AB.

1 Article presented to the Municipal Government of Governador Valadares. Municipal Secretary of Health. Multidisciplinary Residency in Family Health-Governor Valadares

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1. INTRODUCTION

Just over three years ago, the world faced the new coronavirus pandemic, an emergency that has major repercussions for both human life, public health and economic activity (SILVA, 2020). On December 31, 2019, the emergence of several cases of coronavirus in the province of Hubei in China triggered an alert from the World Health Organization (WHO). As it was a new coronavirus, where there was no reference to it, this led to increased concern. (World Health Organization, 2019). Due to the growth of cases in different countries, consequently the exponential increase in infected people and deaths, motivated the WHO to declare on January 30, 2020 that what was an outbreak before, now constitutes a Public Health Emergency of International Importance. With the new coronavirus spreading quickly and uncontrolled around the world, reaching global proportions, COVID-19 was classified as a pandemic on March 11, 2020. On February 26, 2020, the Brazilian government confirmed the first case of COVID-19 in the country. Previously, what was a struggle for just a few countries became a global struggle, heavily affecting the SUS in Brazil, among other sectors (BRASIL, 2021). The COVID 19 pandemic has generated several impacts in relation to people's lifestyle changes, leading to an increase in inactivity, causing a significant increase in sedentary lifestyles. It is important to highlight that, due to WHO measures, especially social distancing, it came in a way to stop the spread of the virus, generating a change in service provision and quality of life. (SILVA, SILVA 2020).

Family Health Strategies (ESF's) are the main physical support of Primary Care (PC), where they are located close to users, in order to guarantee access to quality healthcare. They offer various services, including: consultations with doctors, nurses, dentists, reception, vaccines, dressings, distribution of medicines, prenatal care, home visits, multidisciplinary care with the Expanded Family Health and Primary Care Center (NASF- AB) as a Psychologist, Nutritionist, Physiotherapist, Pharmacist, Social Worker, Physical Education Professionals (BRASIL, 2017).

In 2008, the Ministry of Health (MS) through ordinance No. 154 created the NASF (Family Health Support Center), in 2017 with ordinance No. 2,436 the NASF became NASF-AB (Center for Expanded Family Health and Care Basic) with the aim of expanding and strengthening PC, increasing the number of professionals working in public health, consequently expanding the network's offerings, actions and scope, thus making the network more effective (BRASIL, 2017).

Primary Health Care (PHC) is the gateway for users, where they are easily accessible and closer to them. Concern about the coronavirus is increasing, which is why it is necessary to work on all aspects so that the population can have a better quality of life. With this in mind, physical education professionals seek to encourage, guide and teach regular physical exercise among users in their territories. Since studies demonstrate that physical activity can be an immunity modulator, as the amounts of substances that make up the immune system can change according to the level, intensity and duration of physical activity, this change can occur for more or less This is more common when the person becomes more sedentary. In addition to improving the immune system, practicing physical activity also reduces anxiety and stress.

Physical activity/exercise brings numerous benefits, especially for those who are in the group of chronic non-communicable diseases (NCDs), in addition, it helps in the treatment of people with psychological illnesses. Due to the pandemic, it was necessary to adopt some measures at the request of the WHO, such as social isolation, social distancing, among others.

The pandemic affected several sectors around the world, one of which was the sectors linked to physical activity/ exercise. A study carried out by Costa et al (2020) using an electronic questionnaire where he interviewed 2004 adults across Brazil with the aim of analyzing and evaluating how social distancing measures have influenced the level of physical activity of Brazilians. The study demonstrated that they decreased the level of activity physical activity, especially in metropolitan centers, where there is a greater accumulation of people, and observed an increase in searches on the internet to find out how to carry out training at home, probably carried out by people who were already active and wanted to continue with physical activity/exercise.

Ribeiro et al (2020) points out that physical activities or sports activities come in second place among those interviewed in their research, with activities of social interests coming first, highlighting that these activities carried out as leisure are essential for maintaining physical and mental health, and that due to social isolation, free time to carry out these activities is less than before the pandemic, as work and day-to-day tasks are more interconnected, especially when it comes to home office.

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Even with isolation and social distancing, people continue to look for ways to exercise, due to the search for physical activity/exercise Vancini et al (2021) sought to formulate general recommendations for health care and physical activity during the COVID pandemic- 19, with the aim of assisting in the maintenance of physical activity and health care and prevention during the coronavirus pandemic. These measures include: washing your hands using soap and water or an alcohol-based sanitizer (70%) frequently, when leaving the house, keep at least 1 meter of distance between you and anyone else, using disposable surgical masks, staying at home if you have any symptoms of flu-like illness.

Vancini et al (2021) also, in addition to health care recommendations to continue with physical activity/exercise, provides alternatives for what and how to stay active, such as: carrying out activities indoors (work and household activities) with or without the presence of music, muscular strength activities using dumbbells, free weights, elastic bands or just body weight, meditation, Yoga, Tai Chi Chuang and Lian Gong, among others.

The International Manifesto for the Promotion of Physical Activity in the Post-COVID-19: Urgency of a Call to Action seeks to expand actions in favor of physical activity, thus reducing the level of sedentary lifestyle and increasing the quality of life, in order to prepare not only for this pandemic, but for future pandemics, but for that this search cannot be individual, everyone must seek a healthier and better world. Given the assumptions, the objective of the present study is to bring together the main NASF-AB strategies to encourage the practice of physical activity during the pandemic, since physical activity is a health protection and prevention factor.

2 METHOD

This is an integrative review of the literature, which allows the inclusion of experimental and non-experimental studies so that the approach is broad (SOUZA, SILCA, CARVALHO, 2010).

A virtual survey was carried out on the following platforms: *Google Scholar, Scientific Electronic library Online (SciELO), Virtual Health Library (VHL), Latin American and Caribbean Literature in Health Science (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE), Publisher Medine (PubMed)* in the period from September to November 2022 with the descriptors “physical activity”, “pandemic”, “covid-19”, “primary care” and “NASF-AB”, “strategy”. For this integrative review study, the following steps were established: elaboration of the guiding question, establishment of inclusion and exclusion criteria for studies, search or sampling in the literature, data collection and categorization of studies, critical analysis of included studies, interpretation and discussion of the results and finally presentation of the integrative review (SOUZA, SILVA, CARVALHO, 2010).

The research question was considered: what strategies did NASF-AB use to encourage the practice of physical activity amid the Covid-19 pandemic? The following inclusion criteria were used: articles available in full, in digital format and available free of charge; published in Portuguese. In addition to works that did not meet the inclusion criteria, articles that did not fit the theme and those related to review studies were excluded from this study.

Thus, 190 articles were obtained, of which 163 articles were selected for reading the titles and abstracts and, finally, 2 articles were chosen that met the inclusion criteria and research objectives.

3 RESULTS AND DISCUSSION

190 articles were retrieved, of which 158 were excluded after screening titles and abstracts. There were 4 complete articles assessed for eligibility. Of these, 2 works were identified related to NASF-AB strategies to encourage the practice of physical activity amid the covid-19 pandemic, of which which were synthesized and included in the systematic review.

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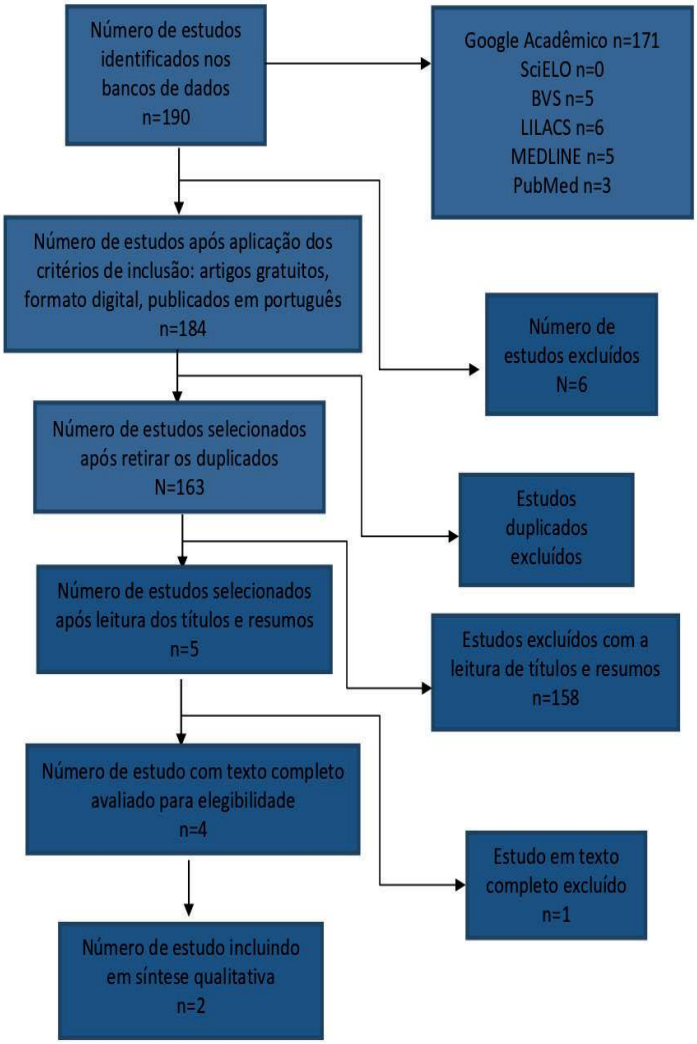

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Authors	goal	Method	Result	Conclusion
Becchi et. al, 2021	The study aimed to reduce the effects of inactivity physical due to the measures taken to control of the CO-VID-19 pandemic.	Through digital platforms, a remote service program is created, providing guidelines and prescriptions for physical exercises, ensuring the continuity of professionals' work, to encourage the performance of physical activity.	As a product of the program, there was an increase in the level of weekly PA. members of the family nucleus of the participants of the program and communication general public can freely access the archived video lessons on the digital platform such, thus expanding the practice of exercises physical benefits for these, not restricted to those who already enjoyed the services offered by primary care locally.Remotely the program extra- lou the local territory and the face-to-face form of the class, reaching other neighborhoods, municipalities, states and countries. Also involving other groups such as children, pregnant women, patients with post-CO sequelae VID-19, among others.	The program presented gains and positive results, through video classes on the platform digital. For this reason, expect - if the continuity of the program even in post-pandemic period, with the purpose of offering people comprehensive care, of which the prescription and promotion of exercises is essential physicists.
Novaes et. al, 2020	The objective of this work was to show the implementation of a Body Practice/Physical Activity program, made available by technologies, remotely, through a logical model. mind to evaluate users' adherence to the program.	The study is part of an investigation, carried out in the field of Health Academies and NASF-AB teams in the city from Arapiraca, Alagoas, in an effort to determine, through a diagnosis of the problem situation, an orderly, effective plan ive and viable way to resume PCAF groups during the SARS-CoV-2 pandemic	Agite em Casa was implemented in 32 health groups. Physical exercises fo- were offered two times a week, and according to the peculiarities of the groups were selected. For promote prescription From the exercises, a bank was produced with 53 videos and 26 mosaics that show the description and demonstration ofexercises. Of the 754 users who acted of physical activity groups before the pandemic, 344 (45.6%) followed the program remote, and 225 (33.9%) actually integrated in the “Agite em Casa” program.	The return of physical exercise groups, through the Agite em Casa program, at APS, symbolizes an important step to implement tion of healthy habits, as there is still a risk of Contamination recurrent by time indeterminate. But for due to some reasons such as: the difficulty of elderly people in handling technological resources; high number of users using low quality mobile data internet; smallest number- The number of classes supervised by a physical education professional means that user participation is low. Even with these obstacles, users are being guided

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				to perform physical exercises from the program on other days, with the objective of reaching 150 minutes per week recommended by the WHO.

Table 1-Article selection flowchart.

Social isolation as a measure to combat the Covid-19 pandemic caused the availability of places such as gyms, courts, clubs, among others, to temporarily close or suspend collective classes, consequently making people more prone to a sedentary lifestyle. Once this happens, it directly influences people's physiological, psychological health and social life, in turn there is a decrease in their quality of life.

The main objectives of NASF-AB professionals, together with the rest of primary care professionals, is the promotion and prevention of health among users. Since this happens mainly through operational groups within the Strategies, the physical exercise group being one of the largest in its composition and with the greatest frequency. With the suspension of face-to-face services at NASF-AB, including the physical exercise group, there was a need to devise new strategies to continue encouraging the practice of physical exercise.

In the articles researched, the strategy achieved was the use of digital resources, including video, video classes, images, messages through online groups and applications.

Becchi et al (2021) presented a project that had as its first strategy the sending of previously created training through social networks, using images and descriptions of the exercises, but unfortunately it was observed that this approach was not being effective, since it did not promoted autonomy for practice at home. It was then decided to carry out training remotely via video classes with professionals who taught in-person classes before the pandemic. In addition to these video class recordings being with professionals already known to users, the strategy continues to use materials that are easily accessible or low cost, such as plastic bottles, balls, mats, among other materials. The creation of a channel called “Exercise and Health – Prefeitura de Londrina NASF-AB” allowed professionals to send video classes via smartphone communication application to pre-existing NASF-AB groups and groups at Elderly Community Centers.

In addition to video classes with training guidelines, professionals use the platform to address issues such as safety measures for carrying out exercises such as distancing, if they perform it with another family member, food, hydration, footwear, clothing, among other measures. Furthermore, Health Education was added as a strategy, which previously took place in the waiting room or in operative groups, working on topics such as prevention and control of anxiety, women's health, sexually transmitted infections, prevention of Covid-19, through the insertion of other NASF-AB professionals. On the channel created, it is possible to find exercise video classes covering all stages of life, from children to the elderly, including pregnant women. It is also possible to choose classes according to the individual needs of each user, which ranges from strength training to stretching training, with the option of even dance classes as a different modality, and most importantly, due to the situation the world and people are in, post-Covid-19 exercises. In the study presented by Novaes et al (2020), the strategy used was to create a storage bank of short videos containing gestural and verbal descriptions of physical exercises and mosaics containing explanatory images of stretching, this protocol was called “Shake at home". But unlike the study presented by Becchi et al (2021), this database was only offered to participants in face-to-face physical exercise groups who were interested. Just like the strategy presented by Becchi et al (2021), in the “Shake at home” protocol, physical education professionals also maintained

communication with students, to clarify the exercises and for guidance such as appropriate clothing, water intake, among others.

The “Shake at home” protocol resulted in 88.9% of the groups being reactivated, an adherence of 45.6% of users, adherence of 33.9% of users registered before the pandemic and adherence of 65.4% of users who started the “Shake at home” program.

As positive points, both programs managed to encourage the practice of physical exercise using digital media as a strategy. The two programs found factors that had a negative influence, such as, for example, a greater number of users using low data or poor quality internet,

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difficulty in accessing or understanding technological resources among the older population. They may have possibly found the financial resources of each user as another factor of negative influence, since the person has low financial resources and may not even have access to technological resources such as Android or iOS cell phones, through which the programs were accessed.

Unlike the "Agite em casa" program, the "Exercise and Health – Prefeitura de Londrina NASF-AB" program showed better results. There is a record of 1160 participants through the communication application, these participants come from the list of users of the NASF-AB groups registered in Electronic Citizen Records (PEC), when the video posting application records 2061 subscribers, it is clear that These records are due to participants in the communication application groups plus the direct search for the video posting channel. Even facing the same negative influencers as "Agite em casa", this could have occurred due to several factors, but among them are the non-restriction of the project, since it was inserted in the groups of the Elderly Community Centers, as well as in all pre-existing NASF-AB groups, not just those for physical exercise, enabling those who did no or little physical exercise to increase or start a regular physical exercise routine, and encouraging other members to adhere to the program of the family, since its platform includes training for all stages of life and also the offer of physical exercises for post-pandemic, which is an increased demand according to the proliferation of Covid-19.

In addition to all these points listed, the participation of all NASF-AB professionals, not only physical education professionals, enabled greater care for users with regard to health promotion and prevention, since the project added Education in Health addressing themes and subjects in addition to encouraging physical exercise.

CONCLUSION

The present work revealed the NASF-AB strategies to encourage the practice of physical activity amid the covid-19 pandemic. The articles compiled in this review demonstrate that there are few studies in this segment and few strategies adopted by NASF-AB professionals, so that users continue to practice physical activity in the midst of the pandemic, whether or not physical exercise groups in primary care are suspended. , due to the risk of recurring contamination due to Covid-19.

These results demonstrate the need to develop more and new strategies to encourage the practice of physical activity by users, continuing the work of primary care, which is prevention and health promotion, especially with regard to physical activity, helping in the process of autonomy of health care even during and after the Covid-19 pandemic.

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