

Senior Dance: A Resource in Occupational Therapy Intervention with rheumatic diseases

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The group " Orientation for individuals with rheumatic diseases" is a community program of The University of Minas Gerais, aims to promote health through education with orientation and creation of strategies of the handling of the symptoms and to facilitate the occupational performance, socialization and interaction. The activities ludic-recreation are one of the methods of intervention, specially with the senior dance (SD). The characteristic of the dance is that it is done in a group, using movements with rhythm with adequate music and is for a elderly population. The aim of the study is to relate the experience of the group and the observation of the impact of SD on physical, emotional and social aspects of the individual with rheumatism. The intervention with SD was during ten weeks successively in a group with 15 individuals with Rheumatoid Arthritis (RA).Five of them (medium age 56) were selected for the study. The methods were: application of Health Profile of Nottingham(HPN), Stanford Health Assessment Questionnaire(HAQ) and Outcomes Study 36-itens Short Form Survey(SF-36) and collection of reports. The evaluation of HAQ showed that 60% of the individuals obtained an increase or preservation of the skills. The test PSN registered a better perception of health in 80% of the cases .The scores obtained from SF-36 showed that in 80% of the participants happened a stabilization of physical aspects, the vitality and in general the perception of health; and better emotional aspects. There was 60% better social contact. The reports show emotional and social benefits through the dance. A correlation of the numbers suggests o positive influence of SD in self respect and personal skills, in other words the SD contributes for a better perception of quality of life of the rheumatic individuals.