

RATING OF PERCEIVED EXERTIOM IN THREE-MINUTE STEO TEST IN CHILDREN WITH CYSTIC FIBROSIS

Marcos Filipe da Silva Mello¹
Amanda Paiva Silva²
Erika Veiga Araújo³
Igor Pereira Machado⁴
Lívia Ferreira Alves⁵
Pedro Henrique de Almeida Silva⁶
Isabella Rodrigues Dias⁷
Viviane Soares⁸

The purpose of the study was to assess whether there are differences in cardiorespiratory fitness between children with and without cystic fibrosis (CF). Ten children with CF attended at a referral center for the treatment of CF and 13 children without CF were evaluated. The average age of the children with CF was 10.40 (3.13) years and those without CF was 9.39 (3.25) years. The children performed the three-minute step test with monitoring of hemodynamic parameters and the rating of perceived exertion (RPE) every minute. Oxygen desaturation of 4% during the test occurred in three children with CF and none of the children reached a SatO₂ percentage < 75%. After the step test, the findings showed that children with CF presented higher RPE scores during the test ($p = 0.002$) when compared to children without CF ($p < 0.001$). The RPE was the only parameter that changed during the test and demonstrated that children with cystic fibrosis tired more during the test when compared to children without CF despite the lack of changes in hemodynamic variables.

Keywords: children; cystic fibrosis; exercise tolerance; desaturation.

¹ Mestrando em Ciências do movimento humo e reabilitação, Universidade Evangélica de Goiás - UniEVANGÉLICA, E-mail: marcosfilipesm@gmail.com.

² Graduado em fisioterapia, Universidade Evangélica de Goiás - UniEVANGÉLICA, E-mail: amandapaivas10@gmail.com.

³ Graduado em fisioterapia, Universidade Evangélica de Goiás - UniEVANGÉLICA, E-mail: erika-veiga@hotmail.com

⁴ Graduado em fisioterapia, Universidade Evangélica de Goiás - UniEVANGÉLICA, E-mail: igorvioola@gmail.com

⁵ Graduado em fisioterapia, Universidade Evangélica de Goiás - UniEVANGÉLICA, E-mail: liferreiraalves@gmail.com

⁶ Doutorando em Ciências do movimento humo e reabilitação, Universidade Evangélica de Goiás – UniEVANGÉLICA. E-mail: marcosfilipesm@gmail.com

⁷ Graduanda de Educação Física, Universidade Evangélica de Goiás – UniEVANGÉLICA. E-mail: marcosfilipesm@gmail.com

⁸ Docente, Universidade Evangélica de Goiás - UniEVANGÉLICA, E-mail: ftviviane@gmail.com.