

Professional profile of the physiotherapy course of a higher education institution: observational study

Perfil profissional dos egressos do curso de fisioterapia de uma instituição de ensino superior: estudo observacional

Maria Claudilene de Andrade Ramos¹, Janaina de Moraes Silva², Tassiane Maria Alves Pereira³, Osmar Ferreira da Silva Filho⁴, Silmar Teixeira⁵, Marco Orsini⁶, Marco Antônio Araújo Leite⁷, Viviane Marques⁸, Victor Hugo do Vale Bastos⁹

¹Maurício de Nassau Faculty. Teresina, Piauí, Brazil. ORCID: 0000-0002-1076-6590. claudileneandrade18@hotmail.com

²Corresponding author. State University of Piauí. Parnaíba, Piauí, Brazil. ORCID: 0000-0002-8693-3957. fisiojanainams@gmail.com

³Maurício de Nassau Faculty. Teresina, Piauí, Brazil. ORCID: 0000-0002-8876-7438. tassiane.alves07@gmail.com

⁴Maurício de Nassau Faculty. Teresina, Piauí, Brazil. ORCID: 0000-0002-5443-8660. osmarfilho3@hotmail.com

⁵Federal University of Piauí. Teresina, Piauí, Brazil. ORCID: 0000-0002-9240-1228. silmar_teixeira@yahoo.com.br

⁶University of Vassouras. Vassouras, Rio de Janeiro, Brazil. ORCID: 0000-0002-8526-6937. orsinimarco@hotmail.com

⁷Federal Fluminense University. Rio de Janeiro, Rio de Janeiro, Brazil. ORCID: 0000-0002-0821-3751. maaraujoleite@yahoo.com.br

⁸Rio de Janeiro University. Rio de Janeiro, Rio de Janeiro, Brazil. ORCID: 0000-0002-0821-3751. vivianemarques@uva.br

⁹Federal Fluminense University. Rio de Janeiro, Rio de Janeiro, Brazil. ORCID: 0000-0001-7425-4730. victorhugobastos@ufpi.edu.br

RESUMO | INTRODUÇÃO: A Fisioterapia já possui quarenta e nove anos de reconhecimento como profissão de nível superior e nas últimas duas décadas observa-se um acelerado crescimento juntamente com a preocupação quanto ao processo de formação dos fisioterapeutas. Uma maneira de conhecer se o processo de formação do fisioterapeuta o prepara para as exigências do mercado de trabalho é por meio de estudos que analisem o perfil profissional dos egressos, analisando a sua percepção em relação ao curso. Por esse aspecto destaca-se a relevância desse estudo que visa suprir a lacuna no estado atual da arte.

OBJETIVO: Caracterizar o perfil profissional dos egressos do curso de Fisioterapia de uma instituição de ensino superior em Teresina- Piauí.

MATERIAIS E MÉTODOS: Trata-se de uma pesquisa de corte transversal, quali-quantitativa de caráter descritivo com egressos que concluíram a graduação e obtiveram o título de bacharelado em Fisioterapia entre os anos de 2013 a 2018. **RESULTADOS:** Os egressos formados nesta instituição eram 67% do sexo feminino, com idade variando entre 18 e 40 anos, atuando principalmente em clínicas de fisioterapia, com renda entre 1 a 3 salários mínimos mensais e consideravam-se e no que se refere ao grau de satisfação com a profissão percebe-se que 38% estavam muito satisfeitos. **CONCLUSÃO:** O perfil profissional dos egressos do curso de Fisioterapia de uma instituição de ensino superior de Teresina-PI caracterizou-se com uma predominância do sexo feminino, tem como maior local de atuação nas clínicas e atendimentos particulares, atuando no setor da traumatologia/ortopedia seguida da neurologia, muito satisfeitos com a profissão.

PALAVRAS-CHAVE: Fisioterapia. Perfil. Egressos.

ABSTRACT | INTRODUCTION: Physiotherapy already has forty-nine years of recognition as a higher level profession and in the last two decades there has been an accelerated growth together with the concern about the process of training of physiotherapists. One way of knowing if the physiotherapist training process prepares him for the demands of the job market is through studies that analyze the professional profile of the graduates, analyzing their perception of the course. For this aspect the relevance of this study is highlighted that aims to fill the gap in the current state of the art. **OBJECTIVE:** To characterize the professional profile of the graduates of the Physical Therapy course of a teresina-Piauí higher education institution. .

MATERIALS AND METHODS: This is a qualitative and quantitative cross-sectional study with graduates who completed their undergraduate degree and obtained a bachelor's degree in Physiotherapy from 2013 to 2018. **RESULTS:** Graduates graduated from this institution were 67% of the female sex, with ages varying between 18 and 40 years, working mainly in physiotherapy clinics, with income between 1 and 3 monthly minimum salaries and considered themselves and with regard to the degree of satisfaction with the profession is perceived which 38% were very satisfied. **CONCLUSION:** The professional profile of the graduates of the Physical Therapy course of a higher education institution in Teresina-PI was characterized by a predominance of females, has as a major place of work in clinics and services, working in the field of traumatology / orthopedics followed by neurology, very satisfied with the profession.

KEYWORDS: Physiotherapy. Profile. Graduates.

Introduction

In 2018 Physiotherapy completed forty-nine years of recognition as a higher level profession IN BRASIL, since it was regulated by Decree-Law No. 938 on October 13, 1969^{1,2}. In the last two decades it has grown rapidly and the concern about the process of training of physiotherapists has been accompanying this growth. This profession uses numerous resources as methods of education, which are amplified annually, conforming to the requirements imposed by the market in accordance with recent studies and scientific knowledge. Thus, there is a continuous concern to train a critical professional, with the capacity to perform an analysis on subjects related to the profession and that evidences professional conduct based on evidence-based practice, exemplary, humanized and ethical in nature, since the professional physiotherapist is present and able to operate at all levels of health service delivery³.

One way of knowing if the physiotherapist training process prepares him for the demands of the labor market is through studies that analyze the professional profile of the graduates, analyzing their perception in relation to the course⁴. EGRESS can be defined as the one who finished the course in a certain institution, being certified and qualified to work and enter the labor market⁵. The physiotherapist, when trained, encounters innumerable difficulties to fit into the market, which is becoming more rigorous and competitive, being essential to be included in courses of improvement and specialization as a resource for the exercise of the profession, therefore, it needs to obtain absolute knowledge and mastery over the activities and the way of executing it⁵.

The opinion of the graduates regarding their training is necessary so that the Higher Education Institution (HEI) can TO intervene with adjustments in its education system^{6,7}. In addition, it is valuable to know the professional fields of action and their functions in the sectors in which they operate, since this knowledge allows to reflect on the formation process, enabling to contribute in what concerns to foment discussions on the approximation of the formation to the reality of the market^{8,9}. Despite the high number of physiotherapy graduates that enter the market annually, there are few studies with the purpose of characterizing the profile of

these professionals. Due to this aspect, the relevance of this study aims to fill this void in the current state of art, aiming to characterize the professional profile of the graduates of the Physiotherapy course of a higher education institution.

Materials and methods

The present article is a cross - sectional, qualitative and quantitative study of the physiotherapy course of a higher education institution in Teresina-PI from 2013 to 2018.

The study was carried out in two stages: 1) Localization of the total number of graduates linked to this institution of higher education. 2) Sending of the questionnaire elaborated through Google Drive Forms with closed questions that approached about: professional satisfaction, areas of work of the graduates and if they are doing postgraduate, through electronic mail (E-mail) and or Cellular phone, their distribution and receipt of individual responses occurred online.

The graduates were first contacted via email for two weeks with a frequency of 2 days, in which we obtained a response from only 3 participants. Then we got in touch with the graduates via cell phoner where we had a return of 45 graduates totalizing 48 graduates of the research. Subsequently the descriptive statistical analysis was performed and the data of the research were transcribed in graphs and tables in the program Microsoft Office Word 2010 for the best visualization of the obtained results.

In this research graduates were approached and informed about the methods and objectives of the research, which is in line with the ethical and legal principles, as established by the Research Ethics Committee and the resolution 466/12 of the National Health Council¹⁰, regarding the research involving human beings, we added that the study was carried out after approval of the ethics committee with the opinion of number 2.932.733 (CAEE: 92409418.2.0000.5193). Then the research began with the collection of information in the Institution, such as name, e-mail, telephone number and number of graduates.

Results

A total of 141 trainees on the faculty list during the study period, of both sexes, of whom 48 individuals participated in the survey, and the other 93 individuals who did not answer the telephone did not respond to the email and / or refused to participate were excluded. The sample corresponds to 67% (n = 32) female graduates, where 56% (n = 27) of the graduates were between 18 and 25 years of age (Table 1).

Table 1. Classification of the sample with respect to age, gender and wage income. Teresina (2018)

	SAMPLE	N	%
AGE	18 to 25 years	27	56%
	26 to 30 years	19	40%
	31 to 40 years	2	4%
GENRE	Male	16	33%
	Female	32	67%
INCOME	R \$ 0.00 to R \$ 1000.00	5	10%
	R \$ 1000.00 to R \$ 2000.00	9	19%
	R \$ 2000.00 to R \$ 3000.00	12	25%
	R \$ 3000.00 to R \$ 5000.00	9	19%
	No income	13	27%
WORK DAY	8 hours a day	15	31%
	6 hours per day	14	29%
	4 hours per day	6	13%
	Do not work	13	27%

Information on local profiles were collected where they worked in areas which acts ra m graduates of Physical Therapy and the degree of satisfaction in these places and in these areas. These results are presented in Tabela 2 and 3, respectively .

Table 2 . Profile of l ocations work with the satisfaction of Physiotherapy graduates who work in these places. Teresina (2018)

LOCATIONS	LEVEL OF SATISFACTION				
	%	Very pleased	Pleased	Partially Satisfied	Dissatisfied
Real Estate Management	40%	37%	26%	26%	11%
Hospitals	10%	20%		80%	-
Private service	33%	13%	19%	69%	-
Hotels	2%	-	-	100%	-
Clubs	2%	-	100%	-	-
Companies	6%	-	67%	33%	-
Offices	10%	40%	-	60%	-
Public agencies	4%	50%	-	50%	-
Pilates Studio	6%	33%	33%	33%	-

Table 3. Areas of practice and degree of satisfaction of Physiotherapy graduates . Teresina (2018)

AREAS OF EXPERTISE	LEVEL OF SATISFACTION				
	%	Very pleased	Pleased	Partially Satisfied	Dissatisfied
Traumato / orthopedics	50%	21%	25%	46%	8%
Worker's Health / Ergonomics	8%	50%	50%	-	-
Neurology	31%	27%	20%	47%	7%
Dermatofunctional	19%	56%	33%	11%	-
Pediatrics	8%	25%	25%	50%	-
ICU	10%	40%	60%	-	-
Pilates	10%	40%	20%	40%	-

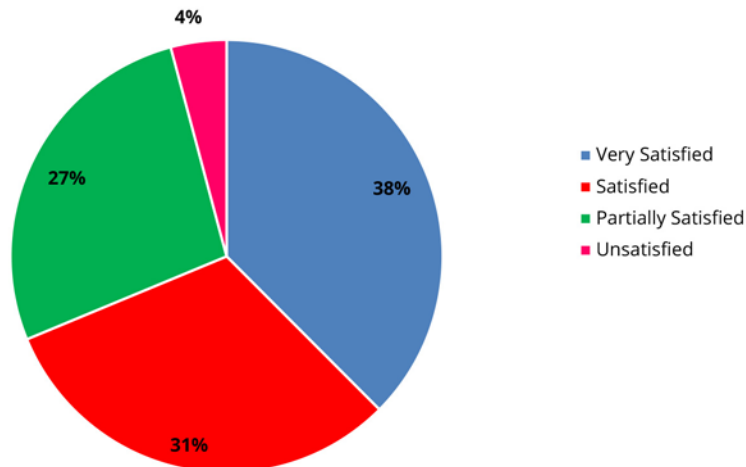
Table 4 shows the time and form of entry of graduates into the labor market.

Table 4. Percentage of time and how was the first job won. Teresina (2018)

TIME	%	AS	%
Immediate Placement	35.4	Third Party Indications	18.8
Up to 06 months after graduation	27.1	Extracurricular internship	14.6
none	27.1	Will and determination to try alone	12.5
From 06 months to 12 months	6.3	Curricular presentation	12.5
From 01 to 02 years old	4.2	Indications of teachers	12.5
From 02 to 05 years	0.0	Contests	2.1

Graph 1 shows the level of satisfaction of the graduates with the physiotherapist profession.

Graph 1. Percentage of satisfaction with the physiotherapist profession. Teresina (2018)



Discussion

Data from the Brazilian Institute of Geography and Statistics (2018) showed that women outnumber university graduates¹¹. Santos, et al.¹² described the profile and the satisfaction of physiotherapists graduating from a Private Higher Education Institution located in the interior of the state of Minas Gerais and found that the physiotherapists trained in this institution are mostly female, aged between 31 and 35 years. This was also shown by Silva et al.¹³ on the profile of the graduates of a private college in Teresina-PI, presenting in the results the female sex superior to the masculine one.

About the monthly income (Table 1), it was found that 25% of graduates Receivables would m between two thousand and one to three thousand reais and as the workday, 15 (31%) of graduates reported working 8 hours a day (Table 1). According to the Union of Physiotherapists and Occupational Therapists of the state of Piauí, (2018) State Law 6.633-PI, dated 1/6/2015 established the salary floor of Physical Therapists and Occupational Therapists, set in the year 2017 for 20 hours / week worked the value of R\$ 2,402.00 and 30 hours / week: R\$ 2,965,00^{14,15}.

It is worth reflecting on the low salary offered to newly trained professionals. This is probably related to the low degree of recognition of the profession in the labor market, both by society and by other health professionals. It is hoped that with the passage of time and with the profession having its recognized importance that this table can be altered^{16,17}. According to Federal Decree-Law 8,856 of March 1, 1994 stipulates the work day of the physiotherapist and occupational therapy in 30 hours a week, in order to improve the quality of life and decrease the physical exhaustion of the professionals. However, although the workload is limited, in practice it is different. With the need to increase monthly income, the physiotherapist needs to work in several places and beyond the workload¹⁸.

According to the Official Gazette of the Federative Republic of Brazil, based on the Decree Law of October 16, 1969, the Physiotherapist can act in several areas / specialties, where their knowledge can be applied in hospitals, clinics, day care centers, mong others¹. The research showed that 4% of graduates worked in clinics (Table 2) in line to study Thomas, Smith and Braun 5 Profile of Physiotherapy Course graduates

of higher education Cenecista Institute of St. Angelo, showed that related to the places professionals were in greater numbers in Physiotherapy Clinics, followed by home care, offices, hospitals and academies.

This demand for physical therapy clinics and home care may be due to the large number of existing health plans and the low cost of the physical therapy sessions and evaluations offered by them in the clinics, in addition to the fact that many patients who are restricted to the bed if they feel more comfortable, due to the comfort of their residences, can influence the greater demand for this service respectively¹².

Regarding the areas of activity (Table 3), 50% stated that they worked in the Traumatology - orthopedics. The fact that the Traumatology - ortopedia area is the one with the largest number of physiotherapists working and also a higher number of post-graduates comes from the fact that the physiotherapist receives in his training contents that predominate from the curative rehabilitation model^{19,20}.

It was observed that most of the graduates are placed plow immediately in the labor market or Demor plow less than six months after graduation, and the conquest of the first job intermediated by third indication (Table 4). Likewise No evidence ram search Santos et al.¹² with a sample of 120 Physical Therapy graduates, also stating immediately after graduation. This shows an excellent acceptance of the labor market in the absorption of these professionals.

Regarding the degree of satisfaction related to workplaces (Table 2) 37% said they were very satisfied in the clinics, this is due to the fact that the clinics favor a large clientele and be a place of easy access to these patients, enabling the professional physiotherapist to put their knowledge into practice and generate an employment bond¹².

Regarding satisfaction in the areas of activity (Table 3) was not found they could discuss the results of this research, leading the authors justify that the graduates are satisfied overall with their respective areas, as was the majority who reported they are very satisfied with their location and their area of expertise.

To Shiwa, Schmitt and Amad²¹, job satisfaction is related to the growth and personal and organizational development, and primarily occurs when the professional is motivated. The research

of Thomas, Soares and Braun 5 view in its result that most are graduates satisfied with their current occupation. Given the results, one may consider that the graduates even with the difficulties imposed by the labor market, yet rather to show satisfied with the chosen profession (Graph 1).

Câmara and Santos¹⁹, affirmed that in the study conducted with graduates of the Physiotherapy Course of the Federal University of Minas Gerais (UFMG), 85.8% of the graduates were satisfied with their current professional activity. The highest level of satisfaction is that of those who also presented the highest percentage of postgraduate courses. Among the 13% who were not satisfied, 2.2% referred to those who were unemployed, 4.3% had an average income of R\$ 1,000.00, and 6.5% had worked in the same institution for at least ten years have monthly income of up to R\$ 3000.00. The latter's dissatisfaction may be related to the lack of career plans or a good job and salary plan at these institutions.

The growth, experience of whatever professional activity, requires its members to add, improve the scientific body constituting through specializations, masters, doctorates and other research so that in the performance of the professional cycle performance is more efficient, thus, predicting future clinical and preventive demands²².

The limitations identified in the study are related to the number of participants and this sample is from a single institution, which makes it difficult to draw a more reliable profile. Future studies with a larger number of samples and Institutions are required.

Conclusion

We conclude with this research that the professional profile of the graduates of the Physiotherapy course of a Teresina-PI higher education institution was characterized by a predominance of females with ages varying between 18 and 40 years, having as the largest place of clinical practice followed private care, and the largest sample were working in the sector of traumatology/orthopedics followed by neurology, with income of 1-3 minimum wages and considered themselves very pleased with profession.

Author contributions

Ramos MCA, Silva JM, Pereira TMA were responsible for study design, data collection and statistical analysis of the research data. Silva Filho OF and Teixeira S were responsible for data interpretation. Orsini M was responsible for static analysis and interpretation of results. Leite MAA and Marques V were responsible for literature review and interpretation of the results. Bastos VHV was responsible for writing and critical review of the scientific article.

Competing interests

No financial, legal or political competing interests with third parties (government, commercial, private foundation, etc.) were disclosed for any aspect of the submitted work (including but not limited to grants, data monitoring board, study design, manuscript preparation, statistical analysis, etc.).

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