E-Poster

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# Experience Report of Physiatric Care for the Xakriabá Indigenous Population

**Topic:** Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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## BACKGROUND

Medical care for the indigenous population is a complex and multidimensional issue, influenced by physical, emotional, cultural and social factors. Limited access to health services remains one of the main challenges for these communities.

Intense manual labor, a lack of guidance on muscle strengthening and a lack of adequate nutrition contribute to the early onset of osteomioarticular injuries and the appearance of chronic pain, making it essential to implement strategies aimed at preventing and rehabilitating these conditions. In this context, physiatry plays a fundamental role, with a focus on chronic pain management.

To report on the experience of a physiatry resident at the Maloca Project, which assisted the Xakriabá indigenous population, in the south-east of Brazil.

## METHODS

From July 8 to 12, 2024, a voluntary action known as the Maloca Project was carried out, aimed at providing specialized assistance to the Xakriabá indigenous population. This action was organized by the NGO "Projeto de Assistência às Populações", in the municipality of São João das Missões - MG, and included the participation of the Physiatry specialty.

## RESULTS

A total of 84 physiatry consultations were carried out, with the most common complaint being chronic joint pain. Low back and neck pain, shoulder and knee pain stood out. Rare diseases of rheumatological and neurological origin were also observed. For pain relief, procedures such as infiltration, dry needling and paraspinous block were performed. All the patients required physiotherapy follow-up; however, only eight of them had been assessed by the multidisciplinary team. Socio-economic limitations that impact this indigenous population care were identified. Most of them do not have access to the proper nutrition needed to strengthen and gain muscle. Another issue was the difficulty in carrying out complementary tests for diagnostic elucidation and in receiving care from a multidisciplinary team, which are fundamental for rehabilitation. Another significant challenge is the geographical location of these communities. Isolation in remote regions, coupled with the scarcity of water and the restriction of supplies and financial resources, further compromises the quality of care provided.

## CONCLUSION

The experience provided a better understanding of health needs and care access challenges of this population. Cultural, geographical and logistical barriers and resource scarcity have made it difficult to provide full effective care. The experience was enriching for the author's professional training as a physiatrist, broadening the specialty scope.

**Statement of Disclosures**

None

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