

# DIZZINESS IN REMOTE EDUCATION STUDENTS: REFLECTION OF THE PANDEMIC

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## INTRODUCTION

Body balance results from the triad between the visual, somatosensory, and vestibular systems. Its impairment can harm the quality of life of affected individuals, in addition to generating different symptoms.

In the remote learning environment, we can point out dizziness as one of the changes caused by this reality.

## OBJECTIVE

To identify the **incidence of dizziness in remote education students**, characterizing it in terms of type, duration, and degree of discomfort.

## METHODOLOGY

A **descriptive, analytical, and cross-sectional study**, was carried out through an **online questionnaire**, standardized on Google forms, and released between **April and June 2021** on digital platforms.

A survey was carried out regarding the incidence of dizziness, degree of discomfort using the VAS scale (1 to 10), as well as the type and duration of the symptom.

Only the answers of **Brazilian students aged 18 to 50 years of both sexes**, and who were in **remote education**, were included in this study.

## RESULTS

**126 students participated**, 99 (74.6%) women and 27 (25.4%) men, with a mean age of 24.2 years (minimum of 18 and maximum of 47 years), mostly from Rio Grande do Sul (83.3%) and São Paulo (10.3%). There were 88 undergraduate students (69.85%), 15 graduate students (11.90%), 13 technical education (10.31%) and 10 high school (7.94%).

Out the surveyed students, **41 (32.54%) reported dizziness**, with 23 (56.10%) being of the imbalance type, 10 (24.39%) subjective vertigo, seven (17.07%) objective vertigo and one (2.44%) was unable to identify. As for the duration of the symptom, 24 (58.53%) reported in the order of seconds, 15 (36.58%) minutes and one (2.4%) was unable to quantify it.

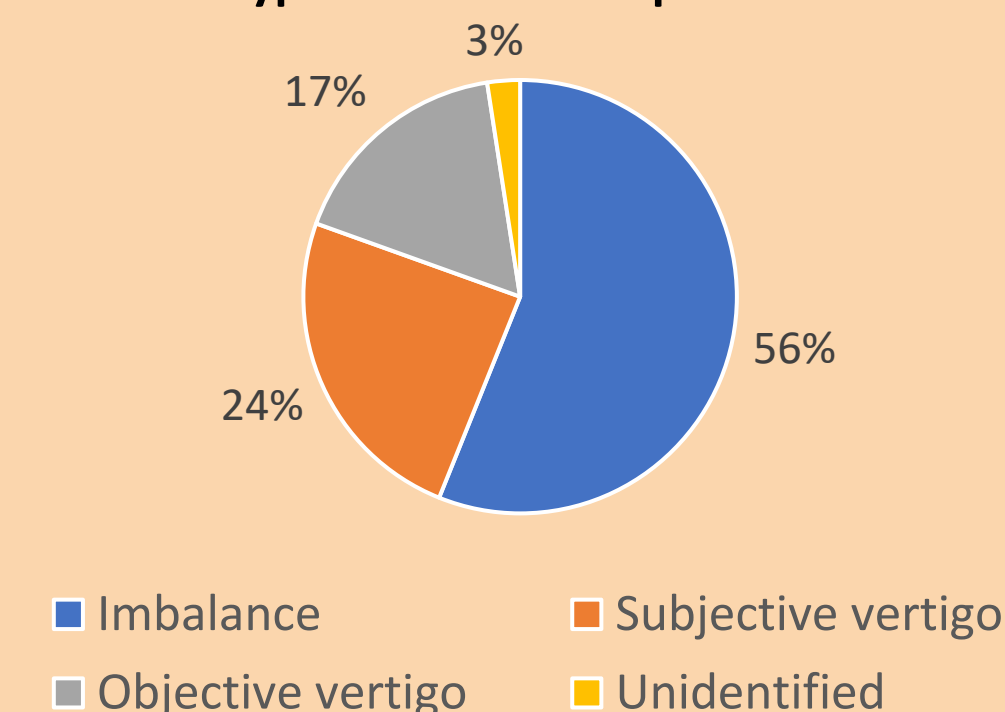
On the VAS scale, there was an **average of 3.8** (maximum 9 and minimum 1, with a standard deviation of 2.13) **for the degree of discomfort**.

## CONCLUSIONS

**Dizziness** was reported by a **considerable number of students in the sample**, with a predominance of the imbalance type, duration of seconds and a low degree of discomfort.

Thus, it emphasizes the **relevance of educational and health promotion** actions among students during the pandemic.

Type of dizziness reported:



Duration of the symptom:

