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Title: Impact of smoking on physical activity level and functional status of hospitalized patients: A bicentric study

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Body: Smoking potentiates the deleterious effects of sedentary lifestyle. Low physical activity level and low functional status are predictors of complications during hospitalization. Therefore, the aim of this study was to compare the impact of smoking on physical activity level and functionality of hospitalized patients in two cities. This bicentric and controlled study involved 60 patients from two hospitals (one in southeast region and one in northeast region) in Brazil, due to clinical or surgical reasons. Smokers (n=30; 52.8±19.9yrs; 27.1±6.3Kg/m²) and Nonsmokers (n=30; 46.7±18.5yrs; 28.3±9.6Kg/m²) matched for age and body mass index, and without severe musculoskeletal impairments, and who have signed the consent form, were selected and evaluated until 24 hours after admission. The IPAQ-version 6 questionnaire, Barthel index (score 0-100) and Human Profile Activity (HPA) questionnaire (score 0-94) were applied to all patients. One way ANOVA, chi-square test and linear regression were used. Significance level was set at 5%. The prevalence of physical inactive into smoker was higher than into nonsmoker inpatients (46% vs. 22%; p<0.001). As well as, the prevalence of highly active into smokers was lower than into nonsmokers (15% vs. 34%; p<0.001). Despite of physical activity level presented a moderate association (R=0.48; p=0.004) with functional status assessed by HPA, there was no difference in functional status between smokers and nonsmokers. Our results indicate that physical activity level is lower in smoker inpatients without impact on their functional status. Furthermore, we note that instruments to assess functionality are more sensitive for debilitated patients.