



# Atención Primaria

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## PARALLEL SESSIONS: ORAL COMMUNICATIONS

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#### 1. ADULT HEALTH

##### CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

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**Introduction:** Non-invasive ventilation (NIV) is the application of a ventilatory support without resorting to invasive methods. Today it's considered a credible therapeutic option, with enough scientific evidence to support its application in various situations and clinical settings related to the treatment of acute respiratory disease, as well as chronic respiratory disease.

**Objectives:** Characterize patients undergoing NIV admitted in Unit Intermediate Care (ICU) in the period from October 1<sup>st</sup> 2015 to June 30<sup>th</sup> 2016.

**Methods:** Prospective study conducted in ICU between October 2015 and June 2016. In this study were included all patients hospitalized in this unit (ICU) and in that time period a sample of 57 participants was obtained. As data collection instruments we used a questionnaire for sociodemographic and clinical data and the Braden scale.

**Results:** Participants were mostly male 38 (66.7%), the average age 69.5 ± 11.3 years, ranging between 43 and 92 years. They weighed on average 76.6 kg (52 and 150), with an average body mass index of 28.5 kg/m<sup>2</sup> (20 to 58.5). With skin intact 28 (49.1%) with abnormal perfusion 12 (21.1%), with altered sensitivity 11 (19.3%) and a high risk of ulcer on the scale of Braden 37 (65%). The admission diagnosis was respiratory failure 33 (57.3%) and had different backgrounds. We used reused mask 53 (93.0%), the average time of NIV was 7.1 days (1-28), 4.8 days of hospitalization (1-18) and an average of 7.8 IPAP pressure. 11 (19.3%) of the participants developed face ulcer pressure.

**Conclusions:** The NIV is used in patients with advanced age, obesity, respiratory failure and high risk of face ulcer development.

**Keywords:** Patients. Noninvasive ventilation.

##### TELEPHONE SUPPORT LINE OF RHEUMATOLOGY DEPARTMENT: A 4.5 YEARS EXPERIENCE

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**Introduction:** In many health services in developed countries, the telephone support has been used as an innovative approach to providing care and answering questions by nurses, developing especially in specific areas such as rheumatology (Brown et al., 2006).

**Objectives:** To analyze the profile of users and the main reasons of patients that uses the Telephone Support Line of Day Hospital and early arthritis consultation of the CHUC Rheumatology Department, EPE.

**Methods:** This is a retrospective descriptive-correlational study with a convenience sample of 448 calls. For continuous variables we used the t-student test, for dichotomous variables the  $\chi^2$  test and, finally, we performed a cluster analysis by the TwoStep Cluster method through the log-likelihood distance.

**Results:** Users have an average age of 44.8 years being predominantly male (58%). The cluster analysis allowed to create three groups whose profile shows that the cluster 1 (n = 96/21.4%) are formed by "older" adults that need to clarify mainly doubts about the results of auxiliary examinations tests (AET)/prescriptions and side effects/complications; the cluster 2 (n = 232/51.8%) are formed by young adults that call to change appointments and mainly to clarify doubts on the results of AET/prescriptions; finally, the cluster 3 (n = 120/26.8%) are formed by "middle age" adults that want to clarify doubts about medication and disease management. **Conclusions:** Incoming calls cover a wide range of ages and all kinds of rheumatic diseases. This study allows us to identify in which groups it is necessary to make a more detailed educational

## BABY-LED WEANING: A VALID ALTERNATIVE TO TRADITIONAL INTRODUCTION TO COMPLEMENTARY FOOD?

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Childhood is a period of great vulnerability and early nutrition is considered to be crucial to prevent harmful health consequences such as chronic non-communicable diseases (obesity, diabetes and hypertension). Most European infants introduce solid foods earlier than six months of age as recommended by WHO. The solid foods most frequently introduced are fruit and cereals and the following foods vary depending on the country of residence. Websites, e-forums and blogs on complementary feeding are widely spread in the web. What recommend to families who follow alternative methods for introducing complementary foods? Baby-led weaning (BLW) is an approach to introducing solid food where the infant feeds themselves hand-held foods instead of being spoon-fed by an adult (e.g. purées via spoon). The infants are encouraged to self-feed appropriate finger foods, choose what, how much, and how quickly to eat and are given the freedom to explore new tastes and textures without the pressure to eat a set amount or a specific food. The BLW infant also shares family food and mealtimes and is offered milk (ideally breast milk) on demand until they self-wean. Prerequisites for BLW are: exclusive breastfeeding to six months and then beginning complementary foods; acquisition of the gross and oral motor skills required for successful and safe self-feeding; the practicalities of family meals and continued breastfeeding. Observational studies suggest that BLW may encourage improved eating patterns and lead to healthier lifestyle. BLW will not suit all infants and families, but it is probably achievable for most. Actual recommendations say that priority should be given to local and seasonal products by the sustainability component and economic promotion of small farms (organically grown food).

**Keywords:** Child health. Complementary food. Baby-led weaning.

## TODDLERS OBESITY: HEALTH CONCERN FOR NURSES

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**Introduction:** Children obesity has been rising all over the world and was a priority for the United Nations, in 2015. Portugal, is one of the countries with a higher number of children with overweight and obesity. Studying obesity in the toddlers' population will allow nurses to intervene earlier and specifically within this problem. The World Health Organization (WHO) report states that the global number of children and adolescents with obesity or overweight increased from 32 million in 1990 to 42 million in 2013 (WHO, 2013). In 2013, 14 from the 42 million worldwide children, aged below 5 years old considered obese or overweight, were European. Portugal is one of the five European countries with a higher children overweight rate (obesity included) (Rito, et al., 2008).

**Perspectives:** In Portugal, the National Health Plan 2020 refers that the control of incidence and prevalence of overweight and obesity is one of the main goals to achieve (DGS, 2015). Furthermore, the WHO defined recommendations, such as: to implement wider programmes that promote a healthy nutritional intake and to reduce sugar beverage in children and adolescents.

**Implications:** Children obesity is a major concern with several implications for life. An obese child has higher probability to develop

diseases and become an obese adult which will interfere with the quality of life and will increase costs on health.

**Conclusions:** Obesity is a multifactorial problem, therefore an effective and integrated solution is needed. Taken into account all health and social problems related with overweight and obesity is urgent to change the paradigm focused in treatment and rehabilitation for a paradigm focus on prevention where nurses can have a major contribution.

**Keywords:** Nurses. Obesity. Overweight. Toddlers. Nursing care.

## RENAL DISEASE CHILDREN - QUALITY OF LIFE

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**Introduction:** The increasing incidence of chronic diseases such as kidney disease, makes it difficult to appreciate a normal life due to the changes in lifestyle.

**Objectives:** To characterize the quality of life perceived by children with kidney disease who attend summer camps as well as to analyze the relationship between the sociodemographic and clinical variables.

**Methods:** Iberian descriptive, correlational and cross-sectional study, mixed nature: quantitative and qualitative. The sample is composed of 29 Spanish children and 13 Portuguese with chronic kidney disease who are on summer camps with aged between 7 and 17 years. We used the KINDL scale (Bullinger & Ravens-Sieberer, 1998a, 1998b), which includes 7 dimensions: Wellness Physical, Emotional Wellness, Self-Esteem, Family, Friends, School and Location Clinic. They added up 6 questions of sociodemographic and a notepad.

**Results:** The patients showed a positive perception of quality of life. "Self-esteem" dimension was the best perceived and "Emotional Well-being" the worst. Children with Spanish nationality perceived better quality of life. For the remaining variables, the differences were not statistically significant. The content analysis to the testimonies, emerged positive feelings, which allows us to infer that the summer camp was an activity that contributed to the socialization and improving the quality of life of children.

**Conclusions:** These data show that an individual monitoring would be beneficial, targeted to the specific needs of each child, by a multidisciplinary team. The holiday camps as formative and ludic are essential.

**Keywords:** Quality of life. Kidney disease. Camping.

## BODY IMAGE PERCEPTION IN ADOLESCENTS AND CONCERN WITH WEIGHT

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In a holistic conception of health, youth health is moderated by their self image and the perception that adolescents have of themselves is conditioned by social and cultural pressure, and low self-esteem is often observed, possibly caused by the way they perceive their own body, having as a consequence, a health profile with morbidities. Recognize the level of youth health assessing Body Image perception and their concern with weight. It is a descriptive, quantitative and transversal study. Based on a sampling error lower than 5% and a confidence level of 95%, the study was carried out on a sample of 600 adolescents aged between 12 and 18. A self-ad-

ministered questionnaire validated for adolescents was conducted by Di Pietro (2002). The sample is composed of 44% male and 56% female adolescents, with an age mean of 15.54. 61.2% of the boys and 83.6% of the girls stated to be concerned with their weight. The main reasons given for this concern were health associated with aesthetics (29.1% of boys and 38.5% of girls). The results show that 12.8% of boys and 23.5% of girls are dissatisfied with their body image. The study revealed that the variable gender is statistically moderating in relation to the variables: body image perception and concern with weight: female adolescents show a higher dissatisfaction with their body image (0.003) and a bigger concern with weight (0.000). The results point out towards the need for assessment/intervention in this population as body image represents a paramount issue in adolescence, with the body image self-perception being strongly associated with the biopsychosocial maturing process, which interferes with their level of health and personal and social development.

**Keywords:** Body image. Adolescents. Youth health.

### PARENTAL FEELINGS FACE TO HOSPITALIZATION OF THE CHILD

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**Introduction:** The hospitalization of a child carries with it major changes, either in the child's life or parent. Illness and hospitalization constitute a crisis situation for both the child and the family as it incorporates financial, psychological, relational and social changes. The purpose of this work and analyze the satisfaction and parents' perception on the importance of nursing care during hospitalization and feelings experienced by parents.

**Objectives:** To know the opinions and feelings of the parents in relation to the admission of the child in the service of Pediatrics at North of Portugal.

**Methods:** Integrated this study parents of children hospitalized in the pediatric inpatient at the Hospital Trás-os-Montes e Alto Douro, Vila Real, whose children were in the service to at least more than 48 hours, in total 33 escorts that replied to the questionnaire. For such a study we chose the type quantitative descriptive. We proceeded to collect data by conducting a questionnaire, and the results of it were drafted in the SPSS program through Quantitative model with exploratory qualitative approach.

**Results:** The age of the participants is between the 21 and 46 years - old, 75.8% of respondents were married, 78.8% of children was hospitalized in the first time. We conclude that the mother is who else accompanies the child in the hospital. We had positive feedback regarding the interaction parent-nurses since many parents stressed the good relationship with the nursing team (It reported that "Nurses" and "Nurses and "auxiliaries" were who else helped them, with 30.3% and 21.2% respectively). The feelings more mentioned were: anxiety -21 answers, sadness-20, fear-15 and hope with 15. The conditions offered to the parents were considered good for 60.6%.

**Keywords:** Nursing. Parenting. Feelings. Hospitalization of children.

### HEARING LOSS AND CHILDREN'S BALANCE

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**Introduction:** Body balance is essential for normal development and most of the child's daily activities. For this to happen smoothly,

there must be consistency between the three sensory systems: visual, proprioception and vestibular.

**Objectives:** To assess the body balance and vestibular system in children with severe to profound hearing, with and without hearing impairment and children without hearing loss.

**Methods:** For the collection of information Posturography Computerised (PC), Clinical Test of Sensory Integration and Balance (mCTSIB) and the one-leg support test were applied. It was held further Fukuda/Unterberger test, Subjective Visual Vertical (SVV) and applied research of spontaneous and decentered nystagmus. For this study, we used a sample constituted by 32 children, 18 with hearing disorders and 15 with normal hearing, aged 12 to 17 years.

**Results:** We found that no significant differences between children with hearing disorders and normal hearing in any of the tests. The results revealed no significant differences between children with hearing disorders and normal hearing in any of the tests. Although, when compared the children who practice sports twice or three times per week in both groups, it is found statistically relevant variations on mCTSIB test.

**Conclusions:** In this study children with severe to profound hearing loss started walking with the age to normal hearing children, do not have higher body instability. However, regular sports practice causes a higher body balance in normal hearing children compared with children with hearing loss.

**Keywords:** Children. Hearing loss. Body balance.

### ADOLESCENTS WITH CYSTIC FIBROSIS AND THEIR INFORMATION DESK: INTERNET, PARENTS OR HEALTH PROFESSIONALS?

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**Introduction:** The development of diagnostic and treatment options for cystic fibrosis has had a positive impact on children's survival rates but also led to the appearance of more disease-related problems. The children's response mechanisms and ability to adapt to this new situation are consistent with the personal physical, psychological, emotional and social development and to society status. In the adolescents with Cystic Fibrosis (CF), besides the age related developmental changes, several physical and psychosocial needs are identified, according to the disease characteristics.

**Objectives:** To identify the sources of information on cystic fibrosis searched for adolescents.

**Methods:** A qualitative study was performed, using semi-structured interviews for data collection. The sample comprised 16 adolescents with CF diagnosed for more than one year. Adolescents were aged between 11 and 23 years, living in the northern region of Portugal.

**Results:** The internet was the main tool used to search for disease-related information, in particular on symptoms, prognosis and treatments. Adolescents accessed information using a general web search tool, rather than a specific web site. Parents and health professionals, especially the practitioner, who accompany the adolescent since diagnosis, were also considered a very reliable source of information.

**Conclusions:** This study results showed that adolescents are interested on information about their health. Participants also refer to graphically sensitive images and information contents on prognosis and treatment options, likely to undermine the adherence to treatment. Nurses are professionals able to establish a closer connection with this population, thus their interventions should focus on providing guidance and relevant information.

**Keywords:** Adolescents. Cystic fibrosis. Information.