

MEETING ABSTRACTS

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Session 1: Citizenship in health

S1

Health literacy and health education in adolescence

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Health literacy, a more complex concept than knowledge, is a required capacity to obtain, understand, integrate and act on health information [1], in order to enhance individual and community health, which is defined by different levels, according to the autonomy and personal capacitation in decision making [2].

Medium levels of Health literacy in an adolescent population were found in a study conducted in 2013/2014, being higher in sexual and reproductive health and lower in substance use. It was also noticed that the higher levels of health literacy were in the area adolescents refer to have receipt more health information. The health literacy competence with higher scores was communication skills, and the lower scores were in the capacity to analyze factors that influence health. Higher levels were also found in younger teenagers, but in a higher school level, confirming the importance of health education in these age and development stage. Adolescents seek more information in health professionals and parents, being friends more valued as a source information in older adolescents, which enhance the importance of peer education mainly in older adolescents [3].

As a set of competences based on knowledge, health literacy should be developed through education interventions, encompassing the cultural and social context of individuals, since the society, culture and education system where the individual is inserted can define the way the development and enforcement of the health literacy competences [4]. The valued sources of information should be taken into account, as well as needs of information in some topics referred by adolescents in an efficient health education.

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Session 2: Evaluation & intervention in health

S2

The effect of a walking program on the quality of life and well-being of people with schizophrenia

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Schizophrenia is a serious and chronic mental illness which has a profound effect on the health and well-being related with the well-known nature of psychotic symptoms. The exercise has the potential to improve the life of people with schizophrenia improving physical health and alleviating psychiatric symptoms. However, most people with schizophrenia remains sedentary and lack of access to exercise programs are barriers to achieve health benefits. The aim of this study is to evaluate the effect of exercise on I) the type of intervention in mental health, II) in salivary levels of alpha-amylase and cortisol and serum levels of S100B and BDNF, and on III) the quality of life and self-perception of the physical domain of people with schizophrenia. The sample consisted of 31 females in long-term institutions in the Casa de Saúde Rainha Santa Isabel, with age between 25 and 63, and with diagnosis of schizophrenia according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). Physical fitness was assessed by the six-minute walk distance test (6MWD). Biological variables were determined by ELISA (Enzyme-Linked Immunosorbent Assay). Psychological variables were assessed using SF-36, PSPP-SCV, RSES and SWLS tests. Walking exercise has a positive impact on physical fitness (6MWD – $p=0.001$) and physical components of the psychological tests ([SF-36] physical functioning $p < 0.05$; [PSPP-SCV] functionality $p < 0.05$ and SWLS $p < 0.05$ of people with schizophrenia. The walking program enhances the quality of life and self-perception of the physical domain and physical fitness of people with schizophrenia.

S3

Diagnosis and innovative treatments - the way to a better medical practice

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O215**BMI and the perception of the importance given to sexuality in obese and overweight people**

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Background

Literature has been pointing towards obesity as the moderating variable of a depressive vicious cycle of self-esteem and self-image, with social isolation, anxiety and depression. This in turn drives people to channel sexual pleasure into the pleasure of food, thus aggravating their condition of obesity even more and consequently causing a major negative impact on the individual's sexual life. Objective: To assess the importance given to sexuality in obese and overweight individuals as well as assessing the existence of a correlation between these variables.

Methods

A quantitative exploratory study was conducted on 218 patients of both genders (68.3 % female and 31.7 % male) aged between 18 and 65. Data collection was carried out in several hospitals in the centre and north of the country. The data was collected by using the Index of Sexual Satisfaction (ISS).

Results

Among participants, 82.2 % were obese or overweight. Among the obese, 38.1 % registered a type I obesity; 16.4 % had type II obesity (severe); and 8.7 % had type III obesity (morbid). The obese revealed to be the ones who gave the most importance to sexuality, despite also being the ones who present the highest sexual dissatisfaction. Finally, the results show that there is a positive correlation, though weak, between sexual dissatisfaction and BMI.

Conclusions

Obese individuals are the ones who revealed the highest sexual dissatisfaction. Therefore, the cause of such dissatisfaction must be sought and valued as an issue related to obesity.

Keywords

Sexuality, obese, body mass index

O216**Analysis and comparison of microbiological contaminations of two different composition pacifiers**

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Pacifiers are important devices during the development and growth of babies and young children, mainly owing to possible prevention of

sudden instant death syndrome and provision of a comfort feeling towards stress and anxiety. However, permanent contact between pacifier and oral microflora leads to the creation of a biofilm in the pacifier's surface. Besides, the contamination of pacifier's outside toddlers' mouth cannot be disregarded by being dropped and immediately used by infants, enabling the entrance of pathogenic bacteria that might generate relevant and eventual systemic infections.

The main objectives of this study were to develop a method to quantitatively analyse the contamination of pacifiers used by infants and to compare the contamination susceptibility of two different materials: natural rubber and silicon. Ten samples were collected in a nursery in North of Portugal and properly kept in sterile bags during its transportation to the laboratory. Subsequently, a microbiological collection was performed from the pacifiers into Petri dishes previously filled with nutrient agar. Following incubation for 48 h, bacterial colonies were counted.

It was possible to confirm the presence of several colonies in the studied samples and, according to the obtained results, there was a tendency to a greater contamination in silicon than in rubber pacifiers.

The present study demonstrates that it's important to define strategies to ensure the convenient cleaning and sterilization of pacifiers, owing to their massive contamination. Further studies, with larger number of samples, would be important to conclude about the most suitable composition of pacifiers, regarding the contamination prevention.

Keywords

Silicon, rubber, childcare, biofilm, measurement

O217**Experiences of couple relationships in the transition to retirement**

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Background

Transition to retirement requires an effective adaptation to the new roles and functions in individuals and their partners. The couple lives special moments in this transition, maybe with a new marital dynamic. Objectives: To analyse the experiences of couple relationships in the process of adaptation to retirement and the strategies adopted to address it.

Methods

This is a qualitative and descriptive study. The sample consisted of 32 couples in which at least one spouse was retired for less than five years. The subjects were registered in health units of a Regional Health Administration of the central region of Portugal. Semi-structured interviews and thematic analysis using the NVivo10® program were used.

Results

The experiences of couple relationships in transition to retirement showed the following topics: Resources; Vulnerabilities; Expectations and future idealizations. Resources of conjugality and marital idealization in the future proved to be strategies of adaptation to retirement. Positive couple relationships are assumed as an important condition in the transition to retirement which is reflected in health and well-being. Couples have different vulnerabilities and marital resources. The spouse seems to be a key resource for the retired individual. Couples idealize happy times but also expect future difficulties.

Conclusions

The transition to retirement is a moment which, due to its marital and social importance, needs more investment in terms of psychological and physical health care.

Keywords

Couple, retirement, transition