MEETING ABSTRACTS

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Session 1: Citizenship in health

51 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 capacitiation 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.

References

Session 2: Evaluation & intervention in health

57 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 (6MWDT). Biological variables were determined by ELISA (Enzyme-Linked Immunosorbent Assay). Psychological variables were assessed using SF-36, PSPP-SCV, ISES and SWLS tests. Walking exercise has a positive impact on physical fitness (6MWDT – 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.

References
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Results
90.6 % of the sample practices weekly physical activity and 60.9 % shows a sleep disorder, being more prevalent among the female gender. It was possible to infer that the older the children were, the less probability they had for having a sleep disorder.

Conclusions
There isn't any positive relationship between the weekly practice of physical activity and a sleep disorder. Children who practice light, moderate or vigorous physical activity can show a reduction in the quality of their sleeping patterns. Nevertheless, the results highlight a considerable percentage of children with some kind of disorder, which may signal a possible underreporting of the lack of quality sleep of this population.

Keywords
Quality of sleep, physical activity, school-aged children, learning centres, questionnaire

O185
What is the potential for using Information and Communication Technologies in Arterial Hypertension self-management?
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Background
Arterial Hypertension (HTA) is a chronic disease with high morbidity, mortality and a socio-economic impact. Information and Communication Technologies (ICT) facilitate the access to the necessary information for HTA self-management. Nowadays, there is a lack of knowledge of the utility, ease and interest expressed by people with HTA for the use of ICTs in accessing the information for the disease’s self-management. Objective: to characterize both ICT’s potential and HTA patients’ global needs for information.

Methods
Quantitative, exploratory, descriptive and cross-sectional study using phone interviews and a stratified random probability sample of 391 patients on the National Program of Cardiovascular Disease Prevention List within a Local Portuguese Healthcare Unit.

Results
People with HTA manifest a higher information need not only to integrate self-management in their everyday life, but also to motivate the significant people to help them in their daily life and to increase their knowledge on the available resources within the community. People with a lower education level ultimately display a lower technological literacy, lower access, lower use and more difficulty in the use of information resources, preferring the use of voice and image devices. People with a higher education level and technological literacy are younger and admit to use and more Web-based technologies.

Conclusions
Younger and higher educated people present a higher potential use of ICTs. Although displaying a higher intent towards the use of voice devices, older and less educated people mention having significant people that may help them in accessing the health information through ICTs.

Keywords
Arterial Hypertension, eHealth, technological literacy, health literacy, Information and Communication Technologies, Self-management

O186
Exploring psychosocial factors associated with risk of falling in older patients undergoing haemodialysis
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Background
Fall rates have been found to be higher in haemodialysis (HD) patients than in the general older population. Post-dialysis fatigue, polypharmacy, dialysis related hypotension, chronic kidney disease-mineral and bone disorder, have been recognised as risk factors for falls peculiar to HD. However, little attention has been paid to the psychosocial factors related to falls risk in this population. Objectives: This study aimed to analyse the association between falls risk and psychosocial variables (anxiety, depression and social isolation) among older adults undergoing HD.

Methods
A cross-sectional study was conducted. Sociodemographic and health-related data were collected through a structured questionnaire. Risk of falling was assessed with the Five Times Sit to Stand (FTSS) test and isometric muscle force (IMF). Anxiety and depression were assessed with The Hospital Anxiety and Depression Scale. Social isolation was measured with The Lubben Social Network Scale-6 (LSN-6). Descriptive and inferential analyses were performed.

Results
Seventy-two HD patients (mean age: 62.29 ± 1.45; 69.4 % male) have participated. Falls risk varied according to age, education, self-rated physical and mental health, visual and hearing impairment, and history of falls. Significant statistical differences were found between anxiety and IMF (p = 0.011) and between depression and FTSS (p < 0.01) and IMF (p = 0.033) scores (i.e., falls risk increase with anxiety and depressive symptoms). A significant correlation was observed between IMF and LSN-6 (rs = 0.368; p < 0.01).

Conclusions
The findings suggested that psychosocial factors are related with increased risk of falling among HD older patients. Fall preventive strategies should also include psychological and social support to patients undergoing HD.

Keywords
Risk of falling, haemodialysis, older adults, anxiety, depression, social isolation

O187
Development of pressure ulcers on the face in patients undergoing non-invasive ventilation
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Background
The use of Non-Invasive Ventilation (NIV) has been increasing in clinical practice, however, the evidence about its implementation may lead to development of ulcers of the face. Objective: to determine the prevalence of face ulcers on the face of patients admitted in an Intermediate Care Unit (ICU) submitted to NIV and to identify the factors associated to its development.

Methods
A prospective study conducted in a ICU between September and December 2015. Inclusion criteria of: age ≥ 18 years, patients admitted to the ICU, submitted to NIV and without ulcers of the face at the time of admission, lead us to a sample of 30 participants. Data were collected through a questionnaire, the Braden and Glasgow scale.
Results
The prevalence of ulcers on the face was of 26.7 % with a mean onset time of 3.3 ± 1.1 days. Participants were mostly males (70 %), with a mean age of 74.2 ± 10.3 years. Those who have developed an ulcer showed an older average age of 76.5 years, 16.7 % were changing sensitivity, 16.7 % had the facial skin intact and dry, 26.7 % used reused masks and 16.7 % had an ulcer Grade II. There was a statistically significant positive correlation between the development of an ulcer with the number of hours of daily NIV, the number of days of NIV, days of hospitalization, and a negative correlation with the level of consciousness.

Conclusions
We observed a high prevalence of ulcers. Thus, this emphasizes the need for further research to increase knowledge to subsidize ulcer prevention interventions in patients with NIV.

Keywords
Non-invasive ventilation, nose ulcers, facial ulcers, pressure ulcers

References

Keywords
Elderly, hospitalization, limiting factors, comfort

O189
Physical activity and health state self-perception by Portuguese adults
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Background
According to the World Health Organization (2015) [1], physical activity translates into significant health benefits and the lack of its practice constitutes a fundamental risk factor in non-transmitted diseases. Objectives: to determine physical activity levels in adults that go (N = 150) or do not go (N = 206) to a gym and relate them with health self-perception (from mediocre to very good).

Methods
Data was collected through the International physical activity questionnaire (IPAQ) and analysed using SPSS 23 for Windows.

Results
In accordance with the minimal weekly referential of vigorous (75') and moderate (150') practice recommended by WHO, we found that 98.6 % of practitioners achieved the recommendations, against the 54.8 % of non-practitioners. Only 27.6 % of non-practitioners against 63.3 % of practitioners achieves or surpasses the weekly moderate activity referential recommended by WHO for additional health benefits (300').

In contrast with different health states of participants, some significant differences manifest (p < .05) in frequency and duration of diverse physical activity types, but not in the sitting time. Also, in the same analysis, divided in practitioners and non-practitioner’s subgroups, no significant differences where observed (p > .05).

Health states Good and Very Good revealed themselves statistically in contrast (p < .05) of frequency and duration of moderate and vigorous activities, between practitioners and non-practitioners, with the first having advantage, the same not happening in light activities and in sitting time.

Conclusions
Results confirm recent studies (2, 3) and highlight the urgent necessity of promoting physical activity as a health and well-being promoting factor in populations.

References

Keywords
Health state, physical activity, IPAQ

O190
Satisfaction with social support in the elderly of the district of Bragança
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Background
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