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Supplementary Issue

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For the presentation and preparation of the manuscripts see the **Instructions for Authors**, published in the last issue of the year.

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effectiveness of the intervention, changes on patients' knowledge, BP control, systolic BP and adherence to treatment will be evaluated ($\alpha = 0.05$).

Preliminary Results Six primary Healthcare units of Lisbon accepted to participate in the project. From the eligible hypertensive patients, a random selection of 280 will be invited to the study (assuming 60 % of participation rate). Subjects will be allocated 1:1 into interventional or control group. According to evidence we expect to improve the patient's knowledge about their hypertension and cardiovascular risk, and to improve behaviors related with lifestyle and medication adherence, and therefore, improve blood pressure control.

Conclusions We created a tailored intervention that, after its evaluation of effectiveness, may help the management of hypertension at primary care level and be a solid foundation for further investigation in health education.

P1C08

Epidemiology of occupational accidents in five Portuguese hospitals between 2000–2010

Matilde Martins, Maria do Céu Barbiéri, Teresa Correia

School of Health, Polytechnic Institute of Bragança. Institute of Sciences Abel Salazar. Centre for Research in Sport Health and Human Development; School of Nursing of Porto. Institute of Sciences Abel Salazar; School of Health, Polytechnic Institute of Bragança. Centre for Research in Sport Health and Human Development

Introduction hospital workers perform their activity in terms of potential professional risk, namely accidents at work. These setting a public health problem by the individual, social and economic repercussions that entail.

Objectives Analyze the epidemiology of occupational accidents in five Portuguese hospital units between 2000 and 2010 and examine the variables that correlate with work absenteeism.

Methods retrospective cross-sectional epidemiological study for the period of January 1, 2000 and December 31, 2010. The information was obtained through anonymous survey for accident notification 3,382 workers. Data collection was performed by one of the researchers, after authorization of the Board of Directors between March and September 2011 on working days between the 09:00 and the 17:00 h in occupational health service.

Results During the study period were reported 3,382 accidents. The highest prevalence was found in females (82.9 %), in the superior health technicians (57.8 %) followed by the medical auxiliaries (32.9 %), in the age group 18–29 years (30 %) and undergraduate qualifications (58.5 %). On workers with more than 10 years service time (46.2 %) in nursing scheme (64.7 %) and the practice shift schedule (82.6 %). The highest accident rate occurred in internment (40.7 %), internal-medicine service answering for 13.7 % followed by the emergency department (13.1 %). On average the accidents occurred at 12.8 h (± 4.6 s), on Monday (18 %) in the first two working days after weekly rest (56.8 %) and between the 1st and 3rd hour of work (47.1 %). The main cause of accidents was the stinging needle/hack per object (51.1 %) and the agent of injury tools/utensils (49 %). Resulted in inability 31.9 % and the number of days lost was 45,817. The upper limbs (55.3 %) were the most affected body part injured and the most frequent injury was wounds (44.9 %). Through the Pearson correlation, we see that the number of days lost is positively and significantly correlated with the time of service, the type of injury and age and negatively with the academic qualifications, the number of hours completed by the accident, the day of the week and the year.

Conclusions labour absenteeism increases with age, time of service, low academic qualifications and in the early hours of work. The data provide scientific support to implement preventive measures and health protection of workers in hospitals.

P1C09

Promoting sexual and reproductive health of students in vocational education: a study with Portuguese youth

Manuela Ferreira, Ana Marques, João Duarte

Polytechnic Institute of Viseu, CI&DETS, Health School

Framework When attempting to understand adolescent sexuality, we must consider the biological aspects, such as genotype and social aspects, such as family, group, society and culture it belongs to. The challenges faced by adolescents in this area are many. The onset of sexual activity can be considered a moment of great impact on their life.

Objectives To assess the relationship between sociodemographic variables and attitudes towards sexuality, the motivations for having or not having sex, organizational culture of family and knowledge about contraception.

Methods This is a quantitative study descriptive and explanatory cross-correlated with a non-probability convenience sample of 809 students attending vocational schools in Portugal. The evaluation protocol includes sociodemographic questionnaire, the scale of attitudes towards sexuality (Nelas et al. 2010) and the scale of motivation for having or not having sex (Leal; Maroco, 2010), and the inventory of organizational culture of the family of (Nave 2007).

Results The sample consisted of 809 adolescents, 42.4 % female and 57.6 male, aged between 14 and 23 years. 84.5 % are Portuguese, 12.1 % are African. 61.6 % live in the village and 14.6 % live in the city. 83.2 % live with their parents. 64 % considers that there isn't an appropriate age to begin sexual relations, and yet believe that this age should be higher in women than in men. 63 % of young people refer to already having their first intercourse, 65 % boys and 60.3 % girls. The minimum age was 12 years for girls and for boys 10 years and maximum 20 years for girls and 21 for boys, and 9.6 % reported that they felt pressured by their boyfriends and friends to commence having sexual activity. 79.4 % reported having easy access to family planning services. The area of the course they attend influences attitudes towards sexuality and the desire to have or not have sex and boys have more motivation to have sex than girls. 30.8 % consider having a family with strong organizational culture. The attitudes towards sexuality are not influenced by nationality.

Conclusion Understanding the attitudes towards sexuality of young people means knowing the variables that may influence them, such as family culture, the area of education, age and gender, because they interfere significantly in the same, being determining indicators in promoting sexual and reproductive health.

P1C10

Prevalence of environmental tobacco smoke exposure among Portuguese children at home and in the car

Catarina Samorinha, Ana Carolia Araújo, José Cunha-Machado, Henedina Antunes, Elisardo Beçoña, Paulo Vitória, Sofia Belo-Ravara, Esteve Fernandez, José Precioso

Institute of Public Health, University of Porto (ISPUP), Porto, Portugal; Institute of Education, University of Minho, Braga, Portugal; Institute of Social Sciences, University of Minho, Braga,