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1. ADULT HEALTH

CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

Matilde Martins^a, Patrícia Ribas^b, Joana Sousa^c, Andreia Cunha^c, Norberto Silva^d, Teresa Correia^a

^aHealth School of Polytechnic Institute of Bragança, Sports Sciences, Health Sciences and Human Development, Portugal; ^bClinic of Arrifana, Portugal; ^cHealth School of Polytechnic Institute of Bragança, Portugal; ^dHealth School of Polytechnic Institute of Bragança, Unit of the Northeast Local Health Bragança, Portugal.

Contact details: matildemartins@ipb.pt

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 1st 2015 to June 30th 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/m² (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

Eduardo Santos^a, Andréa Marques^b

^aAssociate Research at the Portuguese Centre for Evidence-Based Practice (PCEBP): a Collaborating Centre of the Joanna Briggs Institute - Health Sciences Research Unit: Nursing (UICISA: E), Nursing School of Coimbra (ESENFC); ^bRheumatology department, Centro Hospitalar e Universitário de Coimbra, EPE.

Contact details: ejf.santos87@gmail.com

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 χ^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

Objectives: Identify and characterize the population of a Health Care Center (HCC) diagnosed with Pneumonia in the last 3 years.

Methods: Observational, descriptive and retrospective study. Target population: users enrolled in HCC with Pneumonia between 01/2013 and 12/2015. Data collection: clinical process. Study variables: gender, age, comorbidities, smoking, anti-pneumococcal vaccination, date of diagnosis, symptoms duration, physical examination, radiological control, place and type of treatment, recurrence. Data collected through SCLínico® and PDS® and processed in Excel®.

Results: 131 patients were studied, of which 51.1% were female (mean age 58.3 years). 50.4% had comorbidities. Most were non-smokers (84.7%) and had no pneumococcal vaccination (88.5%). January was the most frequent month of diagnosis (19.1%) and the majority of diagnoses occurred in 2015 (37.4%). 55.7% (n = 73) of patients resorted first to family physician (FP); of these, 72.6% had productive cough and the mean time of evolution was 9.6 days. 95.9% had altered auscultation. Chest radiograph was ordered to 16.4%. 38.4% received outpatient treatment, with amoxicillin/clavulanic acid being the most prescribed therapy (46.4%). 61.6% were sent to emergency department. 4.1% of patients returned to FP.

Conclusions: Once established the diagnosis, an initial assessment is required to determine the best treatment place. The FP is in a prime position to optimize the initial approach and follow-up of patients. The focus on the identification of risk factors and improving adherence to vaccination could play a crucial role.

Keywords: Community acquired pneumonia. Diagnosis. Treatment.

COMBATING PROBLEMS RELATED TO ALCOHOL: INTEGRATED INTERVENTION PROJECT IN THE PAREDES DE COURA COUNTY

Pedro Costa^{a,b}, Carminda Morais^{b,c}

^aULSAM, E.P.E - Unidade Local de Saúde do Alto Minho, Portugal;

^bESS-IPVC - Escola Superior de Saúde do Instituto Politécnico de Viana do Castelo, Portugal; ^cCEISUC - Centro de Estudos e Investigação em Saúde da Universidade de Coimbra, Portugal.

Contact details: carmindamorais2@gmail.com

Introduction: According to the WHO, in 2013, alcohol was a major factor in non-transmissible diseases, with an impressive impact on people's health. Portugal ranks second place in European countries with high levels of consumption. Despite the lack of recent data, indirect indicators (hepatic ailments and the following up of families in risk) make this problem a priority in the Alto Minho region. It is important to act early on and in an integrated way, severancing treatment and collateral damage approaches.

Objectives: To implement an integrated intervention project and fight problems related to alcohol in the Paredes de Coura County, Viana do Castelo.

Methods: All phases of the project are co-developed by City Hall, Schools, Health Center, Social Solidarity Institutions and IDT. The intervention will take place in five axis: Care giving (Family Health and realization of AUDIT, Implementation of the program "Me & Others" with the neighborhood School); Management of the Care (USF/UCC Circuit, preparation of Manuals and Procedures); Suitableness of the information systems, Formation and Communication and Revelation.

Results: Main results: Formation for teachers to implement the program "Me & Others" and for health professionals concerning brief interventions; Working team to combat problems related to alcohol; defined indicators. The contract negotiation for indicators is pending.

Conclusions: An integrated approach to the problems related to alcohol has begun, structured in a salutogenic paradigm and in abottom-up logic. Therefore, conditions to monitor this asset in public health has been launched.

Keywords: Problems related to alcohol. Integrated intervention model.

NONSTEROIDAL ANTI-INFLAMMATORY DRUGS: USE IN HIGHER EDUCATION STUDENTS

Olívia Pereira, Carolina Oliveira, Cíntia Pinho, João Gomes, Lisa Eugénio, Xavier Costa

Department of Diagnostic and Therapeutic Technologies, School of Health Sciences, Polytechnic Institute of Bragança.

Contact details: oliviapereira@ipb.pt

Introduction: Nonsteroidal anti-inflammatory drugs (NSAIDs) are one of the most consumed drugs worldwide, by different age groups.

Objectives: The present study aimed to characterize the NSAIDs consumption in students of Polytechnic Institute of Bragança (IPB). **Methods:** A descriptive and cross-sectional study was performed from September 2014 to June 2015, through application of a questionnaire to 563 students of IPB. The sample was composed by 67% female students and 33% male students with ages of 21,9 ± 4.1 years and 62.3% consider their health as good.

Results: This study showed an high prevalence of NSAIDs consumption in students of IPB (93.3%). The drug most reported was ibuprofen (95.8%), following by acetylsalicylic acid (39.0%), diclofenac and nimesulide (36.4 e 16.8%, respectively). Pain and inflammation were main reasons for its consumption (76.4% and 55.8%, respectively) and the oral administration, the most used route of administration (99.4%). A high proportion of students assumes a correct use of NSAIDs, taking the drugs during or after a meal (89.0%) and during a period of time between one to five days (86.3%). It was reported a low rate of adverse events among students (95.0%) and the majority has considered the consumption of NSAID beneficial to health (59.6%).

Conclusions: The present study contributes to knowledge of the profile of use of this group of drugs in young adults.

Keywords: NSAIDs. Use. Higher Education students.

PROBIOTICS AND SYMBIOTIC: WHAT IS THE PRESENT EVIDENCE AND APPLICABILITY?

Rui Loureiro, Joana Gonçalves, Teresa Camurça

Unidade de Saúde Familiar Viseu-Cidade (ACES Dão Lafões), Viseu, Portugal.

Contact details: rpcloureiro@gmail.com

Introduction: The intestine contains extensive flora that includes several species of bacteria. The main intention of using probiotic and symbiotic is to help this intestinal flora in unbalanced situations or disease.

Objectives: To review the evidence associated with the use of probiotics and symbiotics.

Methods: A literature research was carried out in the appropriate databases of randomized, controlled clinical trials, systematic reviews and guidelines, published in the last decade, both in English and Portuguese.

Results: The benefits of probiotics may be divided into: nutritional; barrier, restoration and antidiarrheal effect; cholesterol reducer; stimulation of the immune system; reducing inflammatory/allergic reactions; anticarcinogenic effect. Studies have documented this effect in a range of gastrointestinal and extraintestinal disorders, including: inflammatory bowel disease, irritable bowel syndrome, vaginal infections; as an immune booster; part of the treatment for dysbiosis associated with antibiotics; potential anti-inflammatory; moderate visceral afferent hypersensitivity relieving intestinal symptoms; increase survival of preterm