



# Atención Primaria

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## PARALLEL SESSIONS: ORAL COMMUNICATIONS

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#### 1. CHILD AND ADOLESCENT HEALTH

##### FACTORS AFFECTING THE BMI IN ADOLESCENTS ATTENDING THE 2ND AND 3RD CYCLES IN PORTUGUESE SCHOOLS FROM VISEU

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**Introduction:** Many studies show that the prevalence of overweight and obesity among children is rapidly increasing and developing into a major public health problem worldwide.

**Objectives:** To assess the Body Mass Index (BMI) in school children from 2nd and 3rd cycles in Viseu schools and identify the sociodemographic, behavioural and educational factors that are related to the BMI.

**Methods:** This is a quantitative descriptive and explanatory study with a convenience sample of 742 students attending schools of the 2nd and 3rd cycles in Viseu. The study was carried out by means of a questionnaire, which was produced for this study and previously submitted to the approval of the competent authority (DGE) for application in school context.

**Results:** It was found that some sociodemographic factors were associated with BMI, namely age, school year, practicing high competition sport, being federate in a sport or vegetarian diet. Regarding the educational factors associated with BMI these included only the seminars given at school by specialist in nutrition. Furthermore, a significant relation between BMI and SF was found, where SF represents the school sources of knowledge. Finally among the behavioural factors associated to BMI stood: learning in classes, playing in the open air, reading books and use of internet.

**Conclusions:** The results reinforce the need of adolescents to practice a healthy lifestyle and the role of family and school in providing the right information to help making right food choices.

Finally in the sample at study the incidence of overweight and obesity was not at all preoccupying, thus indicating that the efforts to provide a good education both at home and at school are adequate and must be carried on.

**Keywords:** Body mass index. School children. Food education.

##### QUALITY OF LIFE OF CHILDREN AND YOUNG PEOPLE WITH DIABETES MELLITUS TYPE I

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**Introduction:** Diabetes Mellitus type I (DMT1) has become apparent in children/young people, a current and worrisome problem due to increasing incidence and prevalence. In addition to its consequences, it interferes with the quality of life (QOL), representing a public health issue.

**Objectives:** Characterize the QOL of children/young people with DMT1; identify factors influencing children/young people with DMT1 QOL; check DMT1 impact in the QOL of children/young people.

**Methods:** Systematic review of full text studies, published from January 2006 to June 2014 that included the QOL of children/young people with DMT1, children/young people with DMT1 with no other pathology and their parents, consulting CINAHL, MEDLINE, MediciLatina, Academic Search Complete, Psychology and Behavioral Sciences Collection and Scholar Google, using “quality of life”, “child”, “diabetes”. Studies of children/young people with DMT1 and other chronic illness were excluded. 546 articles have been identified, 11 selected and seven used.

**Results:** Parents perceive less QOL and greater impact in the life of children/young people than them. Children/young people QOL improve with the insulin pump and severe hypoglycemic crisis and ketoacidosis decrease. Gender and age group influence children/young people QOL. Severe hypoglycemic crisis are related to the parents' fear of hypoglycemia, affecting their and their children's QOL. Young people using complementary and alternative Medicine have better QOL than those using stress relief activities. Children with DMT1 have impaired school performance.

scarring related to punctures, and reduced pain (Peralta, 2008): Its application in aneurysmal AVF is not consensual but Marticorena et al. (2006) mentions its use with decreased aneurysms in two AVF.

**Objectives:** Preventing the increase in the number and size of radiocephalic AVF aneurysms, by using the buttonhole cannulation technique.

**Methods:** We developed the analysis of this case study, about a patient with three pre-existing aneurysms was prepared for the buttonhole technique. We examined patient's vascular access to have no signs of stenosis or complications. A responsible nurse for puncturing was chosen and puncture sites away from pre-existing aneurysms were identified. Cannulation by the buttonhole technique was introduced.

**Results:** After one year we observed that: 1) There was an effective reduction of the size of the 3 pre-existing aneurysms (opinion corroborated by the patient); 2) there was a decrease in the hypopigmented areas of the skin.

**Conclusions:** The frequency and size of AVF aneurysms, which are associated with its frequent cannulation, appears to be reduced by using the buttonhole technique. Consequently, this may establish itself as an additional advantage achieved by its use and therefore guide towards a new line of research to validate and possibly corroborate the findings of this case-study.

**Keywords:** Vascular access. Hemodialysis.

#### AND WHEN THE CENTRAL VENOUS CATHETER IS THE (ONLY) ACCESS!

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**Introduction:** The prevalence of CVC in hemodialysis units has increased in recent years, largely due to the increase in the average age of patients on hemodialysis, the growing of associated comorbidities, circumstances that often dictates that this is the only vascular access possible to get. Is the responsibility of nurses to management of all vascular access in hemodialysis unit.

**Objectives:** Check whether patients with central venous catheter for long-term, assumed to be final access - no alternative (CVCD) show adequate results.

**Methods:** Developed a study in the field of quantitative longitudinal research, exploratory, descriptive correlational type, through a retrospective analysis of patients undergoing hemodialysis by CVC LD. The research took place over 24 months. Data were compared with a control group of patients with arterio-venous fistula (AVF group).

**Results:** 46 patients were analyzed CVC LD hemolytic treatment for at least 6 months. Of these, 31 patients are carriers of a definitive CVC (CVCD group). The average age of both groups was identical (79 years). The presence of diabetes was similar (CVC 10 and 13 FAV). Patients with CVCD perform dialysis for longer, and have a history of exceeding the AVF patients (average of 4.1 hits and 1.9 in the CVC AVF) access. In data processing FAV group presents higher values in Qb, volume of dialysate blood Kt/V and volume replacement.

**Conclusions:** These results suggest that patients whose clinical condition does not achieve the construction of another type of vascular access can still enjoy a compatible with what is considered a standard of quality hemodialysis. We believe these results also reveal the high level of nursing care.

**Keywords:** Vascular access. Hemodialysis.

#### RELATIONSHIP BETWEEN EXAMS AND ANXIETY IN NURSING STUDENTS

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Nursing students and all students in higher education are confronted by situations with psychological pressure and anxiety. The realization of a exam can be considered anxiogenic and/or stressful, to which react with anxiety, maximizing often feelings of insecurity. So, we intend to identify with the anxiety level of nursing students before and after an exam. It is a descriptive and cross-sectional study of quantitative nature in a class of 47 students of 2nd year nursing course in 2013. The data collection instrument used was constituted by the Hamilton Anxiety Scale (HAS-Hamilton Anxiety Scale) with association of sociodemographic items and characterization. The sample consisted of 47 nursing students, mostly female (79%), aged between 18 and 36 years, the vast majority does not mention health problems, exercise hard, does not smoke tobacco and sleep well. Different levels of anxiety were found in relation to gender variable, health problems, life styles and between the two evaluation moments. The research results reveal the existence of high levels of anxiety among nursing students.

**Keywords:** Anxiety. Nursing students.

#### MINDFULNESS-BASED GROUP INTERVENTION IN BREAST CANCER SURVIVORS

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**Introduction:** The emerging technological advances in cancer treatments resulted in the implementation of therapies tailored to each patient and the exponential increase in the number of survivors. The psychoeducational group interventions have been shown to be beneficial for breast cancer survivors and mindfulness based interventions identified as useful in treating this population.

**Objectives:** This study aims at evaluating the impact of a psychoeducational intervention program with the integration of mindfulness-based strategies in a group of breast cancer women survivors.

**Methods:** 21 women were recruited at Aces Baixo Vouga: 10 constituted the intervention group and 11 constituted the control group. The participants completed the Quality of Life Questionnaire of the European Organization for Research and Treatment of Cancer with the additional module of Breast Cancer (EORTC QLQ-C30 and BR-23), the Hospital Anxiety and Depression scale (HADS), Cancer Coping Questionnaire (CCQ), and the Clinical Self-Concept Inventory (ICAC) at the beginning and end of the intervention.

**Results:** The survivors who had no intervention showed deterioration of self-efficacy and mastery of self, and the worst results in emotional function domain of quality of life. The intervention group showed improvements in self-efficacy.

**Conclusions:** The implementation of mindfulness-based group intervention leads to positive effects on breast cancer women survivors regarding self-efficacy.

**Keywords:** Mindfulness-based group intervention. Breast cancer.