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IPLeiria International Health Congress

09 and 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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STRESS IN CONTEXT PERIOPERATIVENa Rita Gonçalves^{1,a}, Ana Galvão (Ph.D)^{1,b}, Ana Certo^{1,c}¹*Instituto Politécnico de Bragança. Bragança, Portugal*¹*Departamento das Ciências Sociais e Gerontologia. Núcleo de Investigação e Intervenção no Idoso. Porto, Portugal, Instituto Politécnico de Bragança. Bragança, Portugal***Introduction:** This study approaches the issue of stress in perioperative nurses.**Objective:** find out what stress level, the burnout level experienced and the coping strategies that they use.**Methods:** This is a non experimental study, quantitative, descriptive and correlational, in an transversal plane. The sample consisted with 81 participants, 27 perioperative nurses of the Northeast Local Health Unit (ULSNE) and 54 of the Trás-os-Montes and Alto Douro Central Hospital. We applied three assessment tools: Maslach Burnout Inventory (MBI) of Maslach and Jackson (1986), Nurse Stress Index (NSI) of Harris (1989) and Problem Solving Inventory (IRP) of Vaz Serra (1987).**Results and conclusions:** The main results were, according to the NSI, the sample showed a considerable degree of stress, presenting values equivalent to stressful in the sub-scales workload 1 (Quantitative), Organizational Climate and Dealing with patients and family. At the level of burnout, we found that the sample has a low level of burnout and through IRP we concluded that the sample as a whole, has reasonable coping mechanisms, showing effective strategies in terms of internal/external control problems and control the aggressiveness internalized/externalized.**Descriptors:** Operating room, Stress, Burnout, Coping.

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WHAT PRACTICES AND BEHAVIOUR AFTER THE FALL OF THE ELDERLY, IN RESIDENTIAL STRUCTURES FOR SENIORS?Cristina Baixinho^{1,a}, M^a Anjos Dixe^{1,b}¹*Escola Superior de Enfermagem de Lisboa. Lisboa, Portugal*¹*Unidade de Investigação em saúde. Escola superior de saúde de Leiria. Leiria, Portugal***Introduction:** In residential structures for the elderly falls are a concern for their high incidence and prevalence. Prevention through investment in work teams that integrate, in their daily practice, strategies for risk assessment and preventive measures.**Objective:** This study had as objectives: to identify the team's practices and behaviors for the prevention of falls and to relate the team's practices and behaviors with the practices and behaviors of intervention for prevention of falls in institutionalized elderly.**Methods:** Descriptive correlational and cross-study. The samples were 152 helpers of direct action of six residential structures for the elderly, which authorized the realization of the study. The scales were constructed and validated (Baixinho & Dixe, 2013), showing good psychometric characteristics.**Results:** After the analysis of the percentage of each of the indicators of the scale, we can see that the risk factors of falling are always discussed in 38.8% of team situations, preventive measures in 31.6% and the decision of preventive measures to be applied are always decided in team in 33.6% of cases. The professionals consider communication essential to prevent falls, recognizing that through communication they know, evaluate, interpret and transmit relevant elements for the prevention of falls. There is statistically significant difference between the range of practices and team behaviors with behaviors and practices of intervention for prevention of falls of then institutionalized elderly.**Conclusions:** The team cares to identify risk factors and to implement preventive measures. Best team practices results in better practices and behaviors in the prevention of falls.**Descriptors:** Fall; Practices; Behaviour; Elder; residential Structures for seniors.^a velosogoncalves@hotmail.com^b anagalvao@ipb.pt^c catarinacerto@ipb.pt^a crbaixinho@esel.pt^b manjos.dixe@gmail.com