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IPLeiria International Health Congress

09 ^{and} 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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MEDICINES OUT OF USE AND WASTE OF MEDICINES IN A NORTHERN CITY OF PORTUGAL

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Introduction: Nowadays, it's important to understand waste of medicines, destination of medicines out of use and knowledge that people have about it, since the lack of information can lead to serious consequences for public health and environment.

Objective: This study aims to determine the proportion of waste of medicines in population of a northern city of Portugal and related factors and verify the knowledge and behavior about the destination of medicines out of use, like the Valormed.

Methods: This cross-sectional and study used a questionnaire applied to 148 users of a Health Center of Bragança. Most were female (67.6%), aged over 45 (60.1%), with residence in rural environment (78.4%).

Results: The proportion of waste medicines was relatively low, 60.8% alleged always finish the medication packaging. There is thus a proportion waste of 39.2%. The reason for not finishing the medication packaging was because they feel better (53.4%) or inadequate size of packages (16.2%). However, 75.0% said always check the expiration date. 31.1% of individuals lay medicines out of use to trash, 29.1% deliver in pharmacies and 27.7% keep at home. The majority (72.3%) did not know the existence of Valormed in pharmacies, as correct destination for medicines out of use.

Conclusions: The proportion of waste of medicines was about 39%, probably due to feeling better, not checking expiration date and inadequate size of packages. More than half of subjects lay medicines out of use into trash or take them to pharmacy, although the majority did not know Valormed.

Descriptors: Bragança; Medicines out of use; Users of a Health Center; Valormed; Waste of medicines.

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PASSION AND SATISFACTION WITH LIFE IN DISABLED ATHLETES

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Introduction: Passion is a psychological construct that can be conceptualized as a strong will towards an activity that individuals are related to and that they find important. Based on the new dualistic approach on passion for sports, there are two types of passion: harmonious passion – positively associated with general positive affects; and obsessive passion, related to general negative effects.

Objective: The aim of this study was to analyze the relationship between the passion that elite athletes feel for their sportive modality and satisfaction with life on the context of adapted sport.

Methods: The instruments used were the Passion Scale and Satisfaction with Life Scale (portuguese versions), applied on 21 Paralympic athletes (2 males; 19 females), of the modalities of swimming (n=4), athletics (n=10) and bocia (n=7), with a competitive experience between 4 and 29 years (15.81 ± 6.70 years), and ages ranged from 20 to 59 years (36.95 ± 8.70). Disabilities included: physical (n=4), visual (n=10), cerebral palsy (n=5) and les autres (n=2).

Results: The kind of passion that athletes feel for the modality is particularly harmonious, relating this positively and significantly with satisfaction with life (rho=.542, p<.05). Obsessive passion was also positively correlated with satisfaction with life, but not significantly, which can be explained by the strong correlation between the two types of passion (rho=.674, p<.01).

Conclusions: Our results seem to show that when athletes develop an harmonious passion for the modality they practice, that leads to positive effects over their well-being, particularly to a greater life with satisfaction.

Descriptors: Passion, well-being, satisfaction with life, disabled athletes.

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