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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 (DMTI) 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 (QOF), representing a public health issue.
Objectives: Characterize the QOL of children/young people with DMTI; identify factors influencing children/young people with DMTI QOL; check DMTI impact in the QOF of children/young people.
Methods: Systematic review of full text studies, published from January 2006 to June 2014 that included the QOF of children/young people with DMTI, children/young people with DMTI with no other pathology and their parents, consulting CINAHL, MEDLINE, MedicLatina, Academic Search Complete, Psychology and Behavioral Sciences Collection and Scholar Google, using "quality of life", "child*", "diabetes". Studies of children/young people with DMTI 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 DMTI have impaired school performance.

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POSTPARTUM WOMEN SATISFACTION REGARDING NURSING CARE

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Introduction: In Portugal Nursing has specific skills in providing care to pregnant / parturient / postpartum woman. The provision of such care based on practices that aim to approximate the scientific theory of care practice, offering safe and quality care by promoting your satisfaction. The aim of this study is analyze the satisfaction of postpartum women and the importance attached to the nurse work.
Methods: A cross-sectional study with a sample of 150 women interned in the Obstetrics service of a Health Unit of Portugal. Data collection was carried out by researchers in the period February-March 2013. Inclusion criteria: hospitalized postpartum women in the service, the reason being the birth hospitalization. Data were collected through a questionnaire and analyzed using SPSS. Assent was obtained from the Ethics Committee.
Results: Regarding the overall satisfaction of women in a study regarding the care received by nurses, most are satisfied. In the opinion of puerperal functions that best characterize the nursing care include: health promotion (73%), with the technical skills mentioned by 4% of postpartum women. However the level of demand and technical and scientific competence of nurses is considered very high by most women (67%). The importance of the work of nurses for the proper functioning of the inpatient service is advocated by 85% of postpartum women, verifying statistical significant association between satisfaction of postpartum women and the importance attributed to the work of nurses for the proper functioning of the service (p = 0001).
Conclusions: The results indicate that the nursing care provided satisfy postpartum women. However this satisfaction is mostly based on empathy of nurses although the mothers have notion of their technical abilities.
Keywords: Pospartum women. Satisfaction. Care. Nurse of role.

SURVEILLANCE OF REPRODUCTIVE HEALTH: EXPERIENCES OF YOUNG GIRLS

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Introduction: Women have assumed greater autonomy in their sexuality, a consequence of reproductive control through family planning and prescription of the pill.
Objectives: Understand meanings assigned by young girls to surveillance of their reproductive health.
Methods: Phenomenological study resorting to semi structured interviews, to 23 girls, from 15 to 24 years of age, customers of the Youth Sexuality Supporting Bureau, of the Portuguese Youth Institute (IPJ), between February and March 2007, and use of the Max Van Manen phenomenology approach.
Results: The theme "Monitoring of reproductive health" emerged in the categories: reasons that led the young girls to an appointment and constraints experienced in the medical consultation. The participants in this study are young students, some of them living uprooted from their social and family environment so it is natural to express the accessibility associated with not being the target of comments on their the Health Centre as favorable in the IPJ. Other reasons stand out as information/clarification of doubts; wishing to start contraception; thinking that the doctor is a gynecologist; feeling more at ease; to be able to do health surveillance. Lack of training/information on sexuality; feeling uncomfortable; fear of breach of confidentiality associated with the fear of comments was revealed as constraints experienced during medical consultations.
Conclusions: The fear of the breach of confidentiality and privacy, by the young girls,reveal the need there still is to invest in conditions and quality of consultations available to young people. On the other hand, there is the need to clarify the importance and training of the family physician and nurse for the care on reproductive subject, far beyond the gynecologist.
Keywords: Youth. Sexuality. Surveillance. Health.

VULNERABILITY TO SEXUALLY TRANSMITTED INFECTIONS AMONG THE AMAZON WOMEN QUILOMBOLAS PARAENSE

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Introduction: Investigations in Brazil, focusing on Afro-descendants are rare, making it extremely Further studies with this audience.
Objectives: to know the vulnerability to sexually transmitted infections among women Maroons Amazon Pará.
Methods: Cross-sectional study population, descriptive and analytical basis, conducted research of women from households ten remaining Quilombo communities of Santarém, Pará State in the period from October 19 to December 17, 2012.
Results: About Breastfeeding, 93.49% (201) of women Maroons were breastfed. Of these, 88.06% (177) were breastfed for more than 6 months. A percentage 76.28% (164) were exclusively breastfed by their mothers. A small 11.57% (25) installment, but important, revealed having undergone blood transfusion, even some of them occurred before 1993, the year in which the research for HTLV was instituted in blood centers in Brazil. Regarding the use of drugs, 33.33 (72) admitted to having consumed or consume illicit drugs. Regarding sexual behavior, 56.01% (121) of the women had only one partner for life. Regarding the first sexual intercourse, 82.41% (184) said they had started by the age of 18 years. The total of these women, more than half 50.47% (108) never used condoms during sex. The factors evaluated in the behavioral profile were breastfeeding, blood transfusion, drug use and sexual behavior.
Conclusions: Although most women claim not present risk behaviors described in the survey, there are women who are still vulnerable to HTLV, making necessary health education.
Keywords: Vulnerabilities. Women's health. Sexually transmitted infection.

4. FAMILY HEALTH

RESILIENCE OF FAMILIES WITH HANDICAPPED CHILDREN

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Realizing the fact that despite having a disabled child and for families that constitute a painful experience, they are able to respond positively to adversity that arise and offer risk to its homeostasis, demonstrating resilient families are afforded the preparation of this study whose objectives were: to determine the levels of resilience of families with disabled children, to analyze factors that may interfere with the levels of resilience of families with disabled children and check if there are differences