

MEETING ABSTRACTS

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## Session 1: Citizenship in health

S1

### Health literacy and health education in adolescence

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Health literacy, a more complex concept than knowledge, is a required capacity to obtain, understand, integrate and act on health information [1], in order to enhance individual and community health, which is defined by different levels, according to the autonomy and personal capacitation in decision making [2].

Medium levels of Health literacy in an adolescent population were found in a study conducted in 2013/2014, being higher in sexual and reproductive health and lower in substance use. It was also noticed that the higher levels of health literacy were in the area adolescents refer to have receipt more health information. The health literacy competence with higher scores was communication skills, and the lower scores were in the capacity to analyze factors that influence health. Higher levels were also found in younger teenagers, but in a higher school level, confirming the importance of health education in these age and development stage. Adolescents seek more information in health professionals and parents, being friends more valued as a source information in older adolescents, which enhance the importance of peer education mainly in older adolescents [3].

As a set of competences based on knowledge, health literacy should be developed through education interventions, encompassing the cultural and social context of individuals, since the society, culture and education system where the individual is inserted can define the way the development and enforcement of the health literacy competences [4]. The valued sources of information should be taken into account, as well as needs of information in some topics referred by adolescents in an efficient health education.

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## Session 2: Evaluation & intervention in health

S2

### The effect of a walking program on the quality of life and well-being of people with schizophrenia

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Schizophrenia is a serious and chronic mental illness which has a profound effect on the health and well-being related with the well-known nature of psychotic symptoms. The exercise has the potential to improve the life of people with schizophrenia improving physical health and alleviating psychiatric symptoms. However, most people with schizophrenia remains sedentary and lack of access to exercise programs are barriers to achieve health benefits. The aim of this study is to evaluate the effect of exercise on I) the type of intervention in mental health, II) in salivary levels of alpha-amylase and cortisol and serum levels of S100B and BDNF, and on III) the quality of life and self-perception of the physical domain of people with schizophrenia. The sample consisted of 31 females in long-term institutions in the Casa de Saúde Rainha Santa Isabel, with age between 25 and 63, and with diagnosis of schizophrenia according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). Physical fitness was assessed by the six-minute walk distance test (6MWD). Biological variables were determined by ELISA (Enzyme-Linked Immunosorbent Assay). Psychological variables were assessed using SF-36, PSPP-SCV, RSES and SWLS tests. Walking exercise has a positive impact on physical fitness (6MWD –  $p=0.001$ ) and physical components of the psychological tests ([SF-36] physical functioning  $p < 0.05$ ; [PSPP-SCV] functionality  $p < 0.05$  and SWLS  $p < 0.05$  of people with schizophrenia. The walking program enhances the quality of life and self-perception of the physical domain and physical fitness of people with schizophrenia.

S3

### Diagnosis and innovative treatments - the way to a better medical practice

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that was the less present in the population with 7.2 %. It was also analysed cardiovascular pathology, being obtained a prevalence of acute myocardial infarction of 4.2 % and 2.7 % for stroke.

#### Conclusions

The prevalence of risk factors proved to be high in the population of the city of Portalegre, as well as the occurrence of the cardiovascular events studied.

#### Keywords

Cardiovascular risk factors, Acute Myocardial Infarction, stroke, prevalence, Portalegre

### O30

#### Health status of the elderly population living in Portalegre historic city centre: A longitudinal study

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Demographical changes and the increasing proportion of older people will generate new health needs in the coming years as well as huge challenges to health and social systems. The growth in the number of older people living alone in urban areas is particularly problematic because of the potential health risk that may be associated with social isolation and loneliness.

In this paper we present the results of a longitudinal descriptive and correlational study of the elderly population living in Portalegre historic city centre. The purpose of the research is to monitor trends between 2013 and 2015, regarding health status (self-assessment of health status; self-assessment of the existence of changes in health status and autonomy in performing everyday activities), feelings of loneliness and symptoms of depression. The first evaluation took place in January 2013 comprising a sample of 123 elders. The second evaluation took place in October 2015 comprising 44 elderly people (79 cases had been lost between the 1st and the 2nd evaluations).

Results showed a deterioration of health status (although differences were not statistically significant), changing the self-perceived unhealthy elderly from 43.5 % to 58.2 % ( $p = 0.227$  by McNemar's test). The same tendency was found in the percentage of elderly needing help in performing everyday activities, changing from 5 % in 2013 to 14 % in 2015 ( $p = 0.289$  by McNemar's test).

Concerning feelings of loneliness and symptoms of depression a weakening was also found of elderly people's status with potential consequences on social and personal wellbeing.

#### Keywords

Aging, health status, loneliness, depression symptoms

### O31

#### Student's sleep in higher education: sleep quality among students of the IPB

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#### Background

Sleep represents a basic human need, embodying several crucial functions in the young adult phase. Objective: To evaluate the sleep quality of higher education students.

#### Methods

A descriptive-transversal study with a quantitative approach. Non-probabilistic convenience sample of 358 students from Instituto Politécnico de Bragança (IPB). Data collection tools used: Socio-demographic record and the Pittsburgh Sleep Quality Index (PSQI).

#### Results

The majority of the sample (54 %) presents bad sleep quality and the remaining (46 %) good quality. Concerning gender, we can highlight that the majority of males presents good sleep quality and the majority of the females bad quality. Concerning sleep quality, the results match those of Pereira (2013) [1], who obtained a global PSQI score of 7.74, with 76 % of the students considered to have bad sleep quality and 24 % good quality. Data from national and international literature state that university or higher education students present bad sleep quality. Concerning the difference of sleep quality among genders, the results corroborate those of Coelho (2014), [2] in which females were more affected by bad sleep quality.

#### Conclusions

The majority of higher education students consider that they have bad sleep quality and gender influences quality. Given the aforementioned, it becomes imperative to perform interventions that promote sleep quality in this group.

#### References

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#### Keywords

Sleep, students, higher education, life quality

### O32

#### Trend in mortality from cervical cancer in the metropolitan area of Florianópolis, state of Santa Catarina, Brazil, 2000 to 2013

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#### Background

Cervical cancer is a public health problem in Brazil and worldwide, due to the high mortality rates observed mainly in less developed regions. Being the most preventable cancer, is of great importance its early diagnosis and treatment. Objective: To analyse time trends in mortality from cervical cancer 2000 to 2013 in the metropolitan area of Florianópolis, state of Santa Catarina - Brazil, by age-specific groups and its regions.

#### Methods

An ecological study of time series was conducted using data from the National Information System on Mortality. Data on deaths from 2000 to 2013. Crude and specific mortality rates were calculated according to age group and region. The existence of correlations was analysed by the Spearman's correlation coefficient  $t$ .

#### Results

There was little variability in mortality trends from Cervical Cancer in the metropolitan region, ranging between 3.43 and 2.24/100 thousand, with a declining trend from 40 to 49 years ( $r = -0.547$ ;  $p < 0.05$ ). Analysing the cities, in Florianópolis there was a declining trend from 60 to 69 years ( $r = -0.612$ ;  $p < 0.05$ ) and from 70 to 79 years ( $r = -0.701$ ;  $p < 0.01$ ), while in the São José city there was an increasing trend in the age group from 60 to 69 years ( $r = 0.539$ ;  $p < 0.05$ ).

#### Conclusions

The mortality trend of Cervical Cancer in the metropolitan area of Florianópolis is stationary, with a decrease from 40 to 49 years. In the city of Florianópolis there was a decreasing trend from 60 to 79 years, and in the São José city there an increase from 60 to 69 years.

#### Keywords

Cervical cancer, uterine cervical neoplasms, mortality trends