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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.

perceptions of healthy eating habits and those who admit unhealthy eating habits regarding their nutrition education level.

Conclusions: The results point out to the need of considering sociodemographic factors as well as the knowledge regarding nutrition education as predictors of healthy eating habits.

Keywords: Health education. Determinants. Eating habits.

AFFECTIVE-SEXUAL RELATIONSHIPS AND EATING DISORDERS IN OBESITY CONTEXT – A SYSTEMATIC REVIEW

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Introduction: In human intimacy, affective-sexuality (Ambler, 2012) is variable which promotes physical and emotional well-being in intimate relationships, in general (Brigitta, 2004), and in obese, in particular. Apart from obesity as a risk factor for chronic diseases there is clear correlation between obesity and negative emotional states and vice versa (Kadioglu, 2009; Larsen, 2007). Some studies present a correlation between these two variables, showing body image and self-perception as two variables in sexual experience, particularly in female (Alba, 2013; Arcelus, 2012).

Objectives: This study aims at assessing the connection between affective-sexual relationships and eating disorders in overweight context from a sample of articles on this topic.

Methods: according to the methodology PICO, it was conducted a research on electronic databases Pubmed and B-On, between June 9th and July 9th, 2014, with retrospective studies until January 2004. Keywords such as Sexuality, Obesity and Intimate Relationship were used as research strategies, in order to extract abstract and select studies. 74 studies were found and 10 were selected for final analysis.

Results: Studies present some controversies about those variables statistical relationships. Only 7 in 10 studies –samples from Italy, New Zealand, Portugal, Canada and Iran- provide evidence of statistically significant associations between sexuality and obesity and 3 studies in 10 studies –with samples from Turkey and Romania- refute previous data.

Conclusions: It was found a reduced number of studies about the connection between sexuality and obesity. However, their results allow us to affirm that overweight and high body mass index (BMI) show adverse effects on sexuality in obese patients.

Keywords: Obesity. Affective-sexual relationships. Sexuality. Dietary behavior.

8. ELDERLY HEALTH

THE OLDEST OLD: FUNCTIONAL EVALUATION IN PHYSICAL HEALTH AREA

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Introduction: Nowadays, there is a pronounced demographic aging that is reflected in an increasingly decline of the individuals' physical health, which interferes with the independence and

quality of life of the elderly. Thus, it is essential to promote a multidimensional assessment to identify the functional status for an effective intervention.

Methods: Quantitative, descriptive-correlational study, with a sample composed by 1153 individuals (N = 16474). The questionnaire used was the Questionnaire of Functional and Multidimensional Assessment of Older Adults (QAFMI/OARS - Older Americans Resources and Services). The assessment of physical health area involves number of physician visits, prescribed drugs, pathologies mentioned and their interference with activities, self-evaluation of vision and hearing, consumption of alcohol, and self-rated of physical health.

Results: It is pointed out that over the past six months, 89.5% of participants (90.0% men and 89.2% women) reported having had at least one physician visit. However, only 32.3% referred that had been sick, and only 16.6% referred that did not need medical care besides what already had. Hypertension was the most referred pathology (51.6%), followed by arthritis or rheumatism (49.5%). However, the multiple sclerosis and stroke were the ones who most interfered with the activities. As for vision and hearing, 24.8% and 26.8%, respectively, answered that was poor. The women and individuals ≥ 85 years evaluated more negatively their physical health (p < 0.001).

Conclusions: Based on the functional assessment of the oldest old of Coimbra, it is showed the complexity of the elderly's' physical health evaluation and the value of knowing their functional status for screening and addressing situations of disability.

Keywords: Aging. Geriatric assessment. Health of the elderly.

IMPLEMENTATION OF A MULTIDIMENSIONAL EVALUATION PROGRAM FOR ELDERLY RESIDENTS IN THE COMMUNITY

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Introduction: The demographic aging, determine new needs in health, releasing enormous challenges to health systems with regard not only to the accessibility and quality of care, but also to the sustainability of the systems themselves. This project aims to implement the multidimensional assessment in the elderly in perspective community, family and individual.

State of art: The aging of the population is a reality of developed countries, where Portugal is integrated. According to National Health Plan (DGS, 2004), the aging cannot be understood as a problem, but as one of the result of the cycle of life span, being desirable that it constituted a chance to more healthful and autonomous form of living in a long possible time.

New perspectives/guidelines: In the current National Health Plan (DGS, 2012), it is not observed a concern in response to this challenge, nor to the level of the organization and the functioning of the health services that are not adapted to the felted needs of the elderly population. Overall this constituted an obstacle to the promotion/or maintenance of the quality of life of this specific group of the population and also their families.

Theoretical and practical implications: This implies: a reorganization of the response of the services of health and social support to new social and family realities that follow the individual and demographic ageing and also an adequacy of training of the health professionals and of other area's such as social services.

Conclusions: To operationalize the multidimensional assessment it is necessary to use methodologies, strategies and instruments of various kinds, a multi and interdisciplinary perspective that only in the team work can decode in order to find the best answer for each case.

Keywords: Aging. Geriatric assessment. Health of the elderly.