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1. ADULT HEALTH

CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

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Introduction: Non-invasive ventilation (NIV) is the application of a ventilatory support without resorting to invasive methods. Today it's considered a credible therapeutic option, with enough scientific evidence to support its application in various situations and clinical settings related to the treatment of acute respiratory disease, as well as chronic respiratory disease.

Objectives: Characterize patients undergoing NIV admitted in Unit Intermediate Care (ICU) in the period from October 1st 2015 to June 30th 2016.

Methods: Prospective study conducted in ICU between October 2015 and June 2016. In this study were included all patients hospitalized in this unit (ICU) and in that time period a sample of 57 participants was obtained. As data collection instruments we used a questionnaire for sociodemographic and clinical data and the Braden scale.

Results: Participants were mostly male 38 (66.7%), the average age 69.5 ± 11.3 years, ranging between 43 and 92 years. They weighed on average 76.6 kg (52 and 150), with an average body mass index of 28.5 kg/m² (20 to 58.5). With skin intact 28 (49.1%) with abnormal perfusion 12 (21.1%), with altered sensitivity 11 (19.3%) and a high risk of ulcer on the scale of Braden 37 (65%). The admission diagnosis was respiratory failure 33 (57.3%) and had different backgrounds. We used reused mask 53 (93.0%), the average time of NIV was 7.1 days (1-28), 4.8 days of hospitalization (1-18) and an average of 7.8 IPAP pressure. 11 (19.3%) of the participants developed face ulcer pressure.

Conclusions: The NIV is used in patients with advanced age, obesity, respiratory failure and high risk of face ulcer development.

Keywords: Patients. Noninvasive ventilation.

TELEPHONE SUPPORT LINE OF RHEUMATOLOGY DEPARTMENT: A 4.5 YEARS EXPERIENCE

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Introduction: In many health services in developed countries, the telephone support has been used as an innovative approach to providing care and answering questions by nurses, developing especially in specific areas such as rheumatology (Brown et al., 2006).

Objectives: To analyze the profile of users and the main reasons of patients that uses the Telephone Support Line of Day Hospital and early arthritis consultation of the CHUC Rheumatology Department, EPE.

Methods: This is a retrospective descriptive-correlational study with a convenience sample of 448 calls. For continuous variables we used the t-student test, for dichotomous variables the χ^2 test and, finally, we performed a cluster analysis by the TwoStep Cluster method through the log-likelihood distance.

Results: Users have an average age of 44.8 years being predominantly male (58%). The cluster analysis allowed to create three groups whose profile shows that the cluster 1 (n = 96/21.4%) are formed by "older" adults that need to clarify mainly doubts about the results of auxiliary examinations tests (AET)/prescriptions and side effects/complications; the cluster 2 (n = 232/51.8%) are formed by young adults that call to change appointments and mainly to clarify doubts on the results of AET/prescriptions; finally, the cluster 3 (n = 120/26.8%) are formed by "middle age" adults that want to clarify doubts about medication and disease management.

Conclusions: Incoming calls cover a wide range of ages and all kinds of rheumatic diseases. This study allows us to identify in which groups it is necessary to make a more detailed educational

consultation with as a professional and the importance they give to communication skills.

Methods: This is a quantitative descriptive study with a non-probability convenience sample of 251 university students and 79 university teachers studying/working in Portugal. The evaluation protocol included a sociodemographic questionnaire, an item of the QSCS-A - Satisfaction with Health Care Questionnaire for Outpatients (Meneses et al., 2010) and the Importance Scale of the QCC- Communication Skills Questionnaire (Meneses et al., 2009).

Results: Statistically significant and positive correlations were found between the global opinion of patients regarding the healthcare professional and 4 of the QCC 26 items, i.e., to ask for feedback in social relations ($p = 0.02$), to give feedback in social relations ($p = 0.02$), to maintain a conversation ($p = 0.03$), and to say goodbye ($p = 0.04$).

Conclusions: Even though in the expected direction, the number and intensity of the statistically significant correlations question the value patients with high schooling give to the communication skills of their healthcare professionals.

Keywords: Communication skills. Healthcare. Schooling.

THE PILL 'S EFFECT ON THE VESTIBULAR SYSTEM

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Introduction: Women go through monthly reproductive cycles, beginning at puberty and usually occur throughout their reproductive lives, concluding in menopause. Many women throughout their life take oral contraceptives without knowing the effects they cause.

Objectives: To assess the influence that the pill has in the vestibular system, through the trials: saccadic, pendular and caloric videonystagmography of menstruating were taken.

Methods: The sample consisted of 25 female subjects, 12 in the experimental group (women who take oral contraceptive) and 13 in the control group aged between 17 and 24 years. The data collection took place during the menstrual period for both groups through the videonystagmography equipment, brand Synapsys - VNG Ulmer, version C4-7.

Results: After analyzing the data, we found statistically significant differences in the relative preponderance of caloric test. Saccadic test and pendulum test showed no statistically significant differences between both groups.

Conclusions: Through this study it can be concluded that the group of women taking as an oral contraceptive the pill present in the caloric test a decrease in compared relative preponderance with the group of women using no oral contraceptive, this indicates that the pill may interfere with the peripheral vestibular system of the woman, but not with the central vestibular system.

Keywords: Vestibular system. Pill. Videonystagmography.

ERYTHEMATOSUS SYSTEMIC LUPUS IN PORTUGAL: ADHERENCE AND APPROACH TO MEDICATION THERAPY

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Introduction: Erythematosus systemic lupus is a chronic inflammatory disease that affects about half a million Europeans, more fre-

quent in the southern countries and fertile women. The therapy adherence in this disease is not well known, particularly in Portugal.

Objectives: To characterize the medication therapy of Lupus, estimate the prevalence of therapy adherence and associated factors in Portugal.

Methods: This exploratory, cross-sectional and correlational study was based on a questionnaire, with MAT scale (measure of adherence to therapy) validated for the Portuguese population (Delgado & Lima, 2001), applied to 276 members of Patients with Lupus Association, in Portugal. It was used descriptive statistics and chi-square test, with a significance level of 5%.

Results: The sample consisted mostly of females (96.0%), with an average age of 41 (± 11.46) years old. Antimalarials, antiinflammatory and immunosuppressive drugs are the pharmacotherapeutic groups more used. The prevalence of therapy adherence was 80.2%. Factors associated with Lupus therapy nonadherence are side effects, do not feel improvement, not acceptance, disease in remission and do not feel the need to treat ($p < 0.05$).

Conclusions: This study shows a considerable prevalence of Lupus therapy adherence, being several factors associated with nonadherence. It is important the intervention of health professionals to improve therapy adherence for disease control.

Keywords: Erythematosus systemic lupus. Therapy adherence.

DIABETES MELLITUS: THERAPY ADHERENCE AND NEW THERAPEUTIC APPROACH WITH INCRETIN MIMETICS IN NORTHEAST PORTUGAL

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Introduction: Diabetes mellitus is a chronic disease characterized by the absence of insulin production by the body or the inability of their effectively use. WHO estimated that 8.5% of adults had diabetes in 2014 and the prevalence of the disease has been rising.

Objectives: The study aimed to determine prevalence of diabetics, the frequency of glycemic control, identify change in eating habits and physical exercise, characterize the pharmacological therapy and verify the therapy adherence in diabetics of northeast Portugal.

Methods: A descriptive and cross-sectional study was performed by applying an interview to 202 adult diabetics of Trás-os-Montes region (Portugal), based on a questionnaire, with MAT scale (measure of adherence to therapy) validated for the Portuguese population (Delgado & Lima, 2001).

Results: The results showed 73.8% and 26.2% diabetics of type 1 and type 2, respectively. Most of the total diabetics (38.1%, 77) have controlled the glycemic once a day and 122 (60.4%) have modified eating habits (92.6% have reduced the sugar consumption and 53.3% have reduced the carbohydrates consumption). Additionally, 89.7% indicate the increased frequency of physical activity. Concerning their quality life, 44.6% consider it as moderate. The drugs more used were metformin (63) and insulin (52) and the use of incretin mimetics was low (13.9%, 28), with more expression of the association of metformin and vildagliptin (21). The prevalence of diabetics adherents to therapy was 92.6%.

Conclusions: The majority of diabetics adhered to therapy and the use of incretin mimetics remains with low significance.

Keywords: Diabetics. Therapy adherence. Drugs Therapy.