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# **14<sup>a</sup> Conferência Internacional de Investigação em Enfermagem**

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## **14<sup>th</sup> International Conference of Nursing Research**

**A translação do conhecimento de  
enfermagem: Uma força para a mudança  
na prática clínica!**

***Translational nursing knowledge: A force  
for change in clinical practice!***

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# ÍNDICE | SUMMARY

<b>COMISSÕES   COMMITTEE</b> .....	<b>7</b>
COMISSÃO ORGANIZADORA   ORGANIZATION COMMITTEE .....	7
COMISSÃO CIENTÍFICA   SCIENTIFIC COMMITTEE.....	8
<b>NOTA INTRODUTÓRIA   INTRODUCTION</b> .....	<b>9</b>
<b>MENSAGEM DO PRESIDENTE DA COMISSÃO CIENTÍFICA</b> .....	<b>10</b>
<b>MESSAGE FROM THE PRESIDENT OF SCIENTIFIC COMMITTEE</b> .....	<b>11</b>
<b>PROGRAMA   PROGRAM</b> .....	<b>12</b>
<b>PROGRAMA DAS COMUNICAÇÕES LIVRES  </b> .....	<b>13</b>
<b>ORAL PRESENTATIONS PROGRAM</b> .....	<b>13</b>
<b>PROGRAMA DOS POSTERS   POSTERS PROGRAM</b> .....	<b>22</b>
<b>RESUMOS DAS CONFERÊNCIAS  </b> .....	<b>24</b>
<b>CONFERENCE ABSTRACTS</b> .....	<b>24</b>
MEASUREMENT AND HEALTH ASSESSMENT SCALES OF NEONATAL AND PEDIATRIC POPULATIONS. A MONTE CARLO SIMULATION STUDY WITH ORDINAL VARIABLES .....	24
FROM CONCLUSIONS TO ACTION: DISSEMINATION AND IMPLEMENTATION .....	27
PRÉMIO ENFERMEIRA MARÍLIA VITERBO DE FREITAS .....	29
MARÍLIA VITERBO DE FREITAS AWARD .....	30
<b>RESUMOS DAS COMUNICAÇÕES ORAIS  </b> .....	<b>32</b>
<b>ORAL PRESENTATIONS ABSTRACTS</b> .....	<b>32</b>
MEN SEXUAL HEALTH IN PORTUGAL: GAPS AND PROXIMITIES WITH HEALTH CARE PROFESSIONALS .....	32
AGREEMENT PLAN FOR SELF-CARE OF PATIENTS WITH DIABETES USING INSULIN IN PRIMARY CARE IN SOUTHERN BRAZIL .....	33
DIAGNOSTICS OF NURSING FREQUENTLY IN NURSING CONSULTATIONS TO DIABETES IN THE USE OF INSULIN IN PRIMARY HEALTH CARE .....	33
VIOLENCE IN THE MEDIA AND ITS REFLEXES IN DOMESTIC LIFE.....	34
MENTAL HEALTH AND SEXUAL SELF-CONCEPT: INTERVENTION IN NURSING .....	35
SEXUAL HEALTH AND REPRODUCTION LITERACY, THE HUMAN PAPILOMA VIRUS (HPV) AND CERVICAL CANCER (CC), AMONG HIGHER EDUCATION HEALTH STUDENTS .....	36
THE FAMILY CONTEXT AND SLEEP PATTERNS OF CHILDREN AND ADOLESCENTS.....	37
SEXUALITIES ON AGEING: CONTRIBUTIONS TO HEALTH CARE .....	38
EVALUATION OF SAFETY CULTURE IN THE OPERATING ROOM: NURSES PERCEPTION .....	38
THE GROUP OF SELF-CARE IN HEALTH SELF-MANAGEMENT OF THE PERSON WITH DIABETES USING INSULIN .....	40
DIFFICULTIES AND NEEDS OF PARENTS IN POSITIVE PARENTING PRACTICE .....	40

NURSING CARE IN FIRST-EPISEDE PSYCHOTIC PATIENTS: A QUALITATIVE STUDY .....	41
THE USE OF CLINICAL SUPERVISION BY NURSES WHO WORK IN MENTAL HEALTH: INTEGRATIVE LITERATURE REVIEW .....	42
IMPORTANCE OF SUPPORT HOUSES IN THE EXPERIENCE OF CHILDREN WITH CANCER UNDER PALLIATIVE CARE: A SOCIAL ISSUE .....	43
ADHERENCE OF HEALTHCARE WORKERS TO PREVENTION MEASURES OF NOSOCOMIAL INFECTIONS:PROBLEMS AND IMPLEMENTATION STRATEGIES.....	44
NURSING DIAGNOSES ON WOMEN'S HEALTH IN PRIMARY CARE IN SOUTHERN BRAZIL .....	45
DAMAGE REDUCTION IN ATTENDANCE OF POPULACION IN STREET SITUATION .....	46
RECEPTION OF TRAVESTITES BY NURSING IN HOSPITALS .....	46
CONCEPTIONS OF ELDERLY ON THE PROCESS OF HUMAN AGING: BE AGED OR BE OLD?.....	47
TRIANGULATION OF METHODS IN SOCIAL REPRESENTATION IN THE AGING PROCESS AFTER 65 YEARS: METHODOLOGICAL STRATEGY .....	48
WHAT DOES IT DO FALLING AT HOUSE IN THE ELDERLY PEOPLE SOCIAL CONCEPTION? .....	49
DEPRESSIVE SYMPTOMATOLOGY RELATED TO UNEMPLOYMENT IN NURSES OF A BRAZILIAN REGION .....	50
EDUCATION AND NURSES PERFORMANCE IN OBESITY COMBAT .....	51
ULCERS OF INFERIOR MEMBERS: DATA INVESTIGATION OF CASES IN ASSIS, A CITY IN THE STATE OF SÃO PAULO, BRAZIL.....	52
DEPRESSIVE SYMPTOMS IN NURSES OF THE FAMILY HEALTH STRATEGY IN THE CITY OF GUARULHOS .....	53
BEHAVIORAL STRATEGIES IN ADHERENCE TO ORAL ANTIDIABETIC DRUGS AND THEIR EFFECTS ON DIABETES-RELATED DISTRESS .....	53
EFFECT OF BEHAVIORAL STRATEGIES IN ADHERENCE TO ORAL ANTIDIABETIC DRUGS: RANDOMIZED CONTROLLED TRIAL..	54
EFFECT OF NONPHARMACOLOGICAL INTERVENTIONS ON SLEEP QUALITY AND EMOTIONAL STRESS IN PEOPLE WITH TYPE 2 DIABETES.....	55
EVALUATION OF SWALLOWING IN A STROKE UNIT (UAVC).....	56
MEASURING COMPLIANCE WITH THE BABY-FRIENDLY HOSPITAL INITIATIVE FOR NEONATAL WARDS GUIDED BY KNOWLEDGE TRANSLATION FRAMEWORK.....	57
THE IMPACT OF BABY-FRIENDLY HOSPITAL INITIATIVE FOR NEONATAL WARDS GUIDED BY KNOWLEDGE TRANSLATION FRAMEWORK IN A BRAZILIAN NEONATAL UNIT .....	58
THE EMPOWERMENT AS A RESULT: NURSING CARE IN SELF MANAGEMENT'S CHRONIC DISEASE.....	59
EDUCATIONAL MATERIALS IN HEALTH: A NURSING INSTRUMENT IN THE PREVENTION OF HYPERTENSION AND DIABETES MELLITUS .....	60
HEALTH IN FOCUS: RESEARCH IN BASIC EDUCATION INTEGRATING NURSING AND A SCHOOL COMMUNITY IN THE METROPOLITAN REGION OF BELO HORIZONTE - MG –BRAZIL .....	60
EFFECTIVENESS OF A NURSING INTERVENTION IN SELF-MANAGEMENT OF SYMPTOMS.....	61
ADMINISTRATION OF CHEMOTHERAPY ANTI NEOPLASIC; NURSING INTERVENTION TO RELEAF SUFFERING .....	62
A PILOT STUDY OF IMPACT OF NURSES-LED WEANING PROTOCOL ON OUTCOMES OF MECHANICAL VENTILATION FOR CRITICALLY ILL PATIENTS AMONG PALESTINIAN HOSPITALS.....	63
CARING FOR FAMILIES IN THE EMERGENCY DEPARTMENT .....	64
PSYCHOTHERAPEUTIC INTERVENTION MODEL IN NURSING: A PILOT RANDOMIZED CONTROLLED TRIAL.....	65
SUPERVISING RELATIONS AND DEVELOPMENT OF SIGNIFICANT LEARNING OF NURSING STUDENTS – RESEARCH PROJECT ..	66
STRESS IN NURSES OF THE FAMILY HEALTH PROGRAM IN THE SOUTH OF MINAS GERAIS/BRASIL .....	67
THE NURSE AND THE USE OF PSYCHOMETRIC SCALES FOR THE DETECTION OF DEPRESSIVE SYMPTOMATOLOGY IN THE GENERAL POPULATION.....	68
FACTORS INFLUENCING THE DEVELOPMENT OF SELF-MANAGEMENT ON ADOLESCENTS WITH DIABETES TYPE 1: A SCOPING REVIEW .....	68
NURSING SUPPORT TO BREAST CANCER PATIENT'S QUALITY OF LIFE IN NORTH ESTONIAN MEDICAL CENTRE .....	69
THE INFLUENCE OF NANDA-I NURSING DIAGNOSES TRAINING ON PRACTICE IN HOME CARE NURSING.....	70
CONTINUED LONG-TERM INTEGRATED CARE UNIT AND MAINTENANCE AND THE SYMPTOMS OF EDMONTON AS A QUALITY INDICATOR, A RETROSPECTIVE STUDY .....	70
FAMILY HOME CARE: EXPERIENCING IN PEDIATRIC HEMATOPOIETIC STEM CELL POST TRANSPLANTATION.....	71
FORMAL THEORY FOR THE HOME CARE .....	72
DEPRESSIVE SYMPTOMOLOGY IN NURSES THAT ACT IN EMERGENCY SERVICES .....	73
PREVALENCE OF ACUTE TRANSFUSION REACTIONS IN A TEACHING HOSPITAL.....	74

sexual self -concept; Those who reported having had sex last month had higher levels of mental health and higher sexual self -concept; Younger individuals exhibit higher levels of mental health and a higher sexual self-concept compared to older subjects. We can conclude that good mental health is a predictor of good sexual self -concept. We thus highlight the pertinence of mental health nursing intervention in health promotion.

**Keywords:** mental health; sexual self-concept; community nursing

## SEXUAL HEALTH AND REPRODUCTION LITERACY, THE HUMAN PAPILLOMA VIRUS (HPV) AND CERVICAL CANCER (CC), AMONG HIGHER EDUCATION HEALTH STUDENTS

**Ana Certo; Ana Galvão; Maria Gomes; Cátia Costa**

The onset of sexual activity increasingly at a very early age makes it possible for young people to be highly vulnerable to issues of sexuality and sexually transmitted diseases such as HPV. That is why, in fact, it is important to know about the knowledge of young people, so that health screening and promotion strategies can be adapted, trying to minimize the spread of the virus and, of course, the development of CC. Agostinho (2012) reports that young people recognize that the development of CC is related to sexual activity, but they are unaware of the transmission mode of HPV and its possible consequences. In Order No. 3618-A / 2016, we find that the health program establishes as a priority health promotion through a new ambition for Public Health, namely through the creation of a National Program for Health, Literacy and Self-Care. The aim of this study was to evaluate the sexual health and reproduction literacy about HPV and CC in a sample of higher education health students. Descriptive and exploratory study, quantitative, and of transversal nature. Non-probabilistic by convenience sample, consisting of 337 students. The "HPV and cervical cancer" questionnaire, validated by Agostinho (2012) and adapted from Medeiros and Ramada (2010), was used. All ethical aspects were taken into account for the study. In the field of HPV transmission, we found that only 14.2% answered that "HPV is transmitted by anal sex" is true and "HPV is transmitted by oral sex," or 7.4% that "HPV is transmitted by touch of the skin", Only 26.2% of the respondents answered that the statement "HPV is transmitted through the blood" was false and also show little knowledge regarding the incidence and mortality by CC and the percentage of presence of HPV in cases of CC. Respondents showed reduced knowledge of the means of transmission of HPV, lack of knowledge in the areas of incidence, CC mortality and percentage of HPV presence in cases of CC, which could lead to an increase in risky sexual behavior. Given the knowledge of HPV infections, associated diseases and prevention being limited, it indicates the need to continue with educational campaigns and implementation of specific programs to promote sexual and reproductive health literacy within the University.

**Keywords:** health literacy, HPV, cervical cancer, higher education students

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## THE FAMILY CONTEXT AND SLEEP PATTERNS OF CHILDREN AND ADOLESCENTS

**Ana Certo; Henriqueta Figueiredo; Manuel Brás; Kleiver Sanchez**

Currently, the devaluation of sleep by society is common in different age groups. Changes in sleep patterns are common even in children and adolescents. These changes may be due to intrafamiliar behaviors, cultural, psychological and social factors, genetic alterations and factors of child development. This study is an integrative review of the literature, carried out through the databases: Lilacs, Pubmed, Cinahl, Scopus, Cochrane e ORCID, covering the period from 2009 to 2016, with the descriptors in Portuguese and English: "family; Sleep patterns; children; Adolescents; Changes in sleep patterns "and" family; Sleep patterns; Children; Adolescents; Sleep disorders. Thirty-two articles were selected, of which 12 responded to the inclusion criteria, namely: investigations available in full electronically, Portuguese, English and Spanish; Answer the question of the study. The objective was to identify scientific research on aspects related to family context and sleep patterns of children and adolescents. The results highlight that the parents' behaviors are associated with changes in sleep patterns, that is, the family sleep routine was one of the parameters with a greater significant representation in the sleep patterns of children and adolescents. In addition, the presence of a significant relationship between family socioeconomic indicators, their culture and ethnicity, and adolescents' sleep were evidenced. A striking evidence is that most parents (81%) believed that their child had healthy sleep habits, but 50% to 33% of the children had unhealthy sleep or insufficient sleep. I conclude that the family has an elementary role in the sleep/wake process of children and adolescents. Therefore, the promotion of sleep literacy in different family contexts would be of benefit to their sleep quality.

**Keywords:** family; sleep patterns; children; adolescents; sleep disorders

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