

MEETING ABSTRACTS

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# Proceedings of the 3rd IPLeiria's International Health Congress

Leiria, Portugal. 6-7 May 2016

Published: 6 July 2016

## Session 1: Citizenship in health

S1

### Health literacy and health education in adolescence

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*BMC Health Services Research* 2016, **16(Suppl 3):S1**

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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*BMC Health Services Research* 2016, **16(Suppl 3):S2**

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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*BMC Health Services Research* 2016, **16(Suppl 3):S3**

**Background**

The study stems from a project of the Health Indicator Monitoring Unit (HIMU) of the Health School of Santarém (ESSS), developed in partnership with the Cardiology Service of Nurses of an Urban Hospital in nursing consultation (NC) with patients with Permanent Pacemakers (PPMs) and Implantable Cardioverter Defibrillators (ICDs). Nurses, as members of the multidisciplinary team, meet the needs of the patient with PPMs and ICDs, promoting the ability for self-care, whether in developing strategies to prevent health deviations or integrating new self-care behaviour. It was imperative to know how nurses develop the NC to carry out an assessment of the effectiveness of the results in these patients. Objective: To characterize and describe the nurses' interventions in NC with patients with PPMs and ICD.

**Methods**

Descriptive, qualitative and cross-sectional, exploratory design, developed with nurses (NC) with patients with PPMs and ICDs. Data from nurses' narratives of action and recording instruments were analysed with Content Analysis.

**Results**

Three dimensions were identified: Initial Assessment, Nurse Intervention and Intervention Evaluation (outcomes). The categories: Initial assessment - Function; Reason for the action; Intervention action of Nurse - Observe, Manage, Attending; Inform. The result of the intervention evaluation - structural and functional integrity of the person and self-care action.

**Conclusions**

The nursing intervention in the NC shows an orientation to patient-centred-care on their physical dimension and capacity for self-care. Identified different ways of approach, but the concern for the well-being, knowledge and training of the person, are cross-cutting elements for nurses.

**Keywords**

Nursing intervention, nursing consultation, patient, permanent-pacemaker/ICD, self-care, qualitative analysis

**O71****Alcohol consumption among nursing students: where does education fail?**

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*BMC Health Services Research* 2016, **16(Suppl 3):O71**

**Background**

The drinking behaviour of university students has become a cause of concern due to the occurrence of excessive consumption situations during academic festivities, when, hypothetically, nursing students should have better health behaviours than their peers. Objectives: (I) to describe the drinking behaviour of nursing students; (II) to determine the prevalence of regular alcohol consumption among this population; and (III) to relate the regular alcohol consumption to gender and grade year.

**Methods**

Data was collected through self-reported questionnaires. This was a descriptive and correlational study.

**Results**

The participants were 226 students, of whom 219 were female and 40 were male. Alcohol consumption was high; 68.9 % of the students reported usually drinking alcoholic beverages. The majority (96.9 %) already consumed alcohol at some time in their lives, and reported consuming mostly in the company of friends (99.1 %). The majority,

67.3 %, had already been drunk at least once. Also, 27.2 % of the students had consumed more than three alcoholic drinks on a single occasion. Among the students who reported having been drunk at some time, 2.2 % reported having had unprotected sexual intercourse when drunk.

**Conclusions**

The results are discussed within the question that these students, although knowledgeable of the harmful effects that the consumption of alcoholic beverages can cause, have a high prevalence of alcohol consumption. Some dangerous behaviours occur along with alcohol abuse, such as driving under the influence of alcohol, or having unprotected sexual intercourse. Implications for the planning of community nursing interventions within health education are discussed.

**Keywords**

Consumption of alcohol, nursing students, nursing interventions

**O72****Labour stress in nursing**

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*BMC Health Services Research* 2016, **16(Suppl 3):O72**

**Background**

Based on evidence found during the empirical study we can affirm that the nursing profession is affected by work stress. Objective: Evaluate stress and engagement levels among nurses in health units in Portugal and Spain and describe the stress-generating factors among the surveyed nurses.

**Methods**

A comparative study on a transversal level. Sample of 867 nurses (504 Portuguese, 363 Spanish), female 83.6 % (78.6 % in Portugal, 90.6 % in Spain) and average age of 37. 77.2 % of the Portuguese and 39.4 % of the Spanish nurses work on average 40 hours per week. 60.6 % and 57.7 % of the Spanish and Portuguese respectively have exercised their profession for 10 years. Pamela Gray-Toft's Nursing Stress Scale (1981) [1] and Schaufeli & Bakker's Utrecht Work Engagement Scale (2003) [2] were used.

**Results**

Globally, Portuguese nurses experience higher stress levels although the difference with Spanish nurses is not statistically significant. There are statistically significant differences between Portugal and Spain in "Lack of help from colleagues" and also in the psychological domain in general. Concerning Engagement, there are statistically significant differences in the three dimensions, the p-value of the Student t-test was under 5 %, highlighting that Spanish nurses are more vigorous, dedicated and absorbed by their work.

**Conclusions**

Portuguese nurses perceive more psychological stress and mention having less help from colleagues. Spanish nurses feel more vigorous, dedicated and absorbed by their work.

**References**

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**Keywords**

Engagement, Nurses, Stress