



PARALLEL SESSIONS: ORAL COMMUNICATIONS

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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.

2. EDUCATION POLICIES ON SEXUALITY AND SEX EDUCATION

BEHAVIORAL INTERVENTIONS FOR PREVENTION OF SEXUALLY TRANSMITTED INFECTIONS IN UNIVERSITY STUDENTS OVER 36 MONTHS

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Attributable to sexual risk behaviors, STI, as HIV/AIDS, are a major cause of morbidity in youth. The objective of this work is to evaluate the effectiveness of an educational intervention program to reduce sexual risk behaviors. In this prospective cohort study, a random sample consisted of 1303 students from universities of Portugal's Região Centro, from 18 to 24 years old (18.71 ± 1.20). In the baseline, 69.38% had sexual activity. The average number of sexual partners over lifetime was 2.26 ± 2.49 and 1.31 ± 1.30 in the last 12 months. 72.8% used a condom with a steady partner in the last sexual intercourse, 82.2% with casual partners. 10.2% had some STD in their lifetime. 10.7% had been tested for HIV. 21.6% had sex under the influence of alcohol or other drugs. The study included eight hours of group intervention sessions, with pre- and post-test, and follow-ups at 6 and 36 months. The control group, not intervened, was assessed at baseline and at 36 months. The retention rate exceeded 80%. We used a combination of the AIDS Risk Reduction and the Information Motivation Behavioral Skills models. The major outcomes logistic regression analysis revealed that the intervention group is more likely to use a condom during the last sexual intercourse with a steady partner (ORa = 4.61 males, CI 95% [1.31-16.20], $p = 0.017$; female ORa = 2.20 CI 95% [1.35-3.58], $p = 0.002$). Viewing the HIV test throughout life, changes were statistically significant (ORa = 7.59, CI 95% [3.33-17.35], $p < 0.001$) in males, and ORa = 3.86, CI 95% [2.51-5.95], $p < 0.001$ in females. Sex with a casual partner in the past 12 months was statistically significant in females (OR = 2.26, CI 95% [1.17-4.37], $p = 0.015$). The results seem to indicate the usefulness of a group intervention of short duration to reduce risk for HIV.

Keywords: Sexual behaviours. HIV. Cohort studies. Youth.

THE IMPACT OF CARING IN THE INTIMACY

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Introduction: Intimacy is sharing experiences and emotions generating reciprocity in partnership in order to promote wellness. The student is confronted with people that need care providence however, simultaneously, should respect factors of individual matter (prudence or complexes), cultural, social and moral, taking conscience that each person is unique, what makes complex the intimacy question.

Objectives: Knowing the school context contributes and teaching/learning dimensions (clinical learning; group relationships; subjects and scientific/pedagogical resources), as conditions that promote scientific knowledge at the development and construction of the identity and intimacy of nursing students.

Methods: Descriptive-Correlational study, developed in a non-probabilistic intentional and accidental sample, with 131 students of

the 4th grade, from 2 Nursing Schools. The data collect focused in the Inventário de Avaliação dos Contributos do Currículo e Contexto Escolar para o Desenvolvimento e Capacitação dos Estudantes de Enfermagem na Área da Sexualidade, (Rodrigues, Antunes, Loureiro, 2003).

Results: The most part of the inquires said that the clinical teaching had gave them experience to know how to care and invest in the patients and as a way of health and well-being, considering that, at the intimacy development, the relation with other peoples takes a primordial role, giving importance to the clinical learning in intimacy contexts, allowing them to face the patient's body without constraints.

Conclusions: Predominates a model of teaching less relational, without the opening to the diversity of sexual education, mainly at intimacy, it does not promotes personal and interpersonal relationship skills.

Keywords: Intimacy. School context. Nursing students.

WHERE TEENAGERS MAKE LOVE? THE OPINION OF PORTUGUESE NURSES IN PRIMARY HEALTH CARE

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Introduction: The underground, unconfort and anxiety of enviroment where first sexual relation happens, increases urgency and no planification of the moment, and these things can retire the safety, calm and fullness required for the moment. (Andrade, 1996; De Luca, 2011). The best would be that any teenager have his first sexual relation with someone affective involved and he or she have sexual conflicts solved and teenagers should have a responsible attitude about anticonceptional methods and STD's. (Andrade, 1996; Miguel, 1997; Brás, 2008). Some studies say that only 21% of boys and 5% of girls have sexual relations at home, the majority have on the beach or in the car and bedroom (Sampaio, 2006; De Luca, 2011).

Objectives: To know the opinion of nurses from primary health care about the place where teenagers have sexual relations.

Methods: This is a quantitative descriptive and explanatory cross-correlated study in a sample of 1735 nurses from Portuguese 226 health centers.

Results: Nurses said that most popular places are: car (42.8%), bedroom (17.8%), beach (18.1%), and field (15.1%). Nurses from Subregion of Health: Faro, Oporto, Setubal, Lisbon, Viana do Castelo, Madeira Island, Viseu and Leiria reported most frequently the beach and the bedroom. Nurses from Lisbon and Algarve Health Region choose bedroom and beach. Nurses from Alentejo, Açores Island, North and Middle Country Health Reagion choose car and field.

Conclusions: The chi-square test suggests statistically significant relationship between the opinion of nurses and the region and subregion health where they work ($P < 0.001$).

Keywords: Nursing. Love. Adolescence. Sexuality. Health.

SEX EDUCATION IN SCHOOLS: WHAT TEENAGERS REALLY KNOW?

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Introduction: In the current framework of guidance considers the obligation to address sexual education in schools in Portugal (Law No. 60/2009 of 6 August, Order No. 196-A / 2010 of 9 April).

Objectives: To identify students knowledge in relation to new legislation and basics of sex education.