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09 ^{and} 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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INSOMNIA: PREVALENCE AND ASSOCIATED FACTORS

Cátia Lopes^a, Daniela Lopes^b, Sofia Ferreira^c, Teresa I. G. Correia^d, Isabel C. Pinto^e

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Introduction: Nowadays sleep disorders are very common and affect most of the population, the most common may be insomnia. Insomnia is defined as the difficulty of initiating or maintaining sleep it, may also be reflected in an early wake up and by the presence of a non-restful sleep and it is associated with impairment in social and occupational functioning of the individual.

Objective: Knowing the prevalence and the associated factors of insomnia.

Methods: This is a cross-sectional epidemiological study. The population is constituted by 205 individuals of both sexes, aged over 18, who were in public places of a city in the north of the country. We applied a questionnaire to all the people who went through these places between 9 am to 7 pm. Insomnia was evaluated using the DSM-IV (Diagnosis and Statistical Manual of Mental Disorders). We use the Chi-square to study the relation between the independent variables with variable insomnia, adopting a confidence interval of 95%.

Results: The prevalence of insomnia was 46.8%. Who suffers more from insomnia are: women in menopause (64.1%), elder people (66.7%) and those with four or fewer years of education (73.9%). There was no significant statistical relationship between the prevalence of insomnia and sex or residence. The causes of insomnia are: concern (48.6%), noise (31.8%) and disease (8.4%). The drugs most consumed by insomniacs are benzodiazepines (79.2%).

Conclusions: In this study insomnia affects about half of participants. The presence of insomnia seems to be related with the age increasing, low education and menopausal status in female.

Descriptors: Insomnia; Prevalence; Quality of life; Risk Factors; Sleep disorders; Sleep initiation and maintenance disorders.

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ACCIDENTS AT WORK BY EXCESSIVE EFFORTS/ INAPPROPRIATE MOVEMENTS IN NURSES

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Introduction: Nurses continuously develop various activities that expose them to excessive force and inappropriate movements.

Objective: Characterize the accidents reported by overexertion and inappropriate movements in Portuguese nurses during 2009 and 2010.

Methods: Retrospective cross-sectional study, covering the period from January 1, 2009 to December 31, 2010. Were defined as inclusion criteria, be nurse and having notified by excessive straining and improper motion accident. The information was obtained by reference to the computer record of accidents at work General Administration of Health Services, relating to 672 nurses.

Results: There were 672 notifications of accidents by overexertion/ inappropriate moves in Portuguese nurses. The higher prevalence of these accidents was in nurses with over 10 years of service 277 (41.2%), 565 were female (42.6%) in the age group 25-29 (29.9%) and practice time for 555 shifts (82.6%). At admission there were 387 (57.3%) within 3 hours of work 330 (49.1%) and the third day after weekly rest 216 (32.1%). The Mobilization of patients was the most frequent cause of this accident 430 (64.0%). The main effects were the sprains and strains 321 (47.8%), mainly the trunk reached 367 (54.7%) and absenteeism caused 373 (55.5%). On average 17.7 days missed a total of 12.054 days.

Conclusions: There was a high prevalence of accidents during the mobilization of patient so important to invest in the implementation of mechanical equipment for the mobilization and transport of patients.

Descriptors: Accidents; Occupational Health Nursing; Occupational Risk; Inappropriate movements.

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