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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.

higher rates in obesity. Restraint is also relevant in eating disorders, unfortunately very common in adolescence.

Objectives: To examine changes in youth eating behavior (restraint, desinhibition and hunger) according to sociodemographic variables (age and gender).

Methods: This is an exploratory study with a sample of 72 Portuguese youngsters (ages between 13 and 19 years), 52.8% female vs 47.2% male. For data collection was used the Three-Factor Eating Questionnaire (TFEQ). Descriptive and inferential (T-test) analysis were conducted using SPSS (IBM 22) with a p value ≤ 0.05 considered as statistically significant.

Results: Age was not relevant in these analysis. However, we found that gender influenced significantly the attitudes towards food, specially restraint ($p = 0.002$). Girls presented higher results than boys in this dimension when compared to boys.

Conclusions: The results are consistent with previous studies showing greater concern of women with weight. This enhance the need to consider emotional dimensions in youth obesity programs, with special attention to girls, that seem more able to restrain unhealthy food intake but are also more liable to engage in inadequate eating behaviors (e.g. anorexia) as literature points out.

Keywords: Sociodemographic variables. Restraint eating. Youth.

HEALTH LITERACY IN WEIGHT MANAGEMENT AND ITS IMPACT ON HEALTH-PROMOTING BEHAVIORS IN NUTRITION

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Introduction: The health behaviors of teenagers are associated and influenced, according to some authors, to their health literacy skills.

Objectives: To know the levels of health-promoting behaviors in nutrition and health literacy levels in weight management among a sample of Portuguese teenagers. The other objective is to realize the impact of health literacy levels in health-promoting behaviors.

Methods: This study is quantitative, descriptive-corelocational and transversal, with a non probabilistic convenience sample of 1215 portuguese teenagers attending the secondary education in Portugal. The questionnaire was consisted in social demographic questions, the Adolescent Health-promoting Scale (Chen, Wang, Yang & Liou, 2003) and the assessment tool of health literacy (Tomás, Queirós & Rodrigues, 2014).

Results: It were found good levels of health literacy in weight management, being the highest levels of health literacy found in females ($p = 0.004$) and teenagers attending the last year of graduation ($p = 0.000$). The levels of health-promoting behaviors in nutrition found are good, being highest in teenagers in the intermediate year of graduation ($p = 0.020$), and decreasing this value with the age ($p = 0.007$). The two concepts are connected in a positive and statistically significant way, and there is a prediction of the health-promoting behaviors by health literacy in the total sample ($p = 0.014$), in female teenagers ($p = 0.027$) and older teenagers ($p = 0.041$).

Conclusions: Health literacy levels and health-promoting behaviors found were good, being perceived a correlation between concepts and a prediction of these behaviours, which lead us to the conclusion of the importance of an appropriate intervention in health literacy as a mean of promoting healthy behaviors.

Keywords: Health literacy. Health behavior. Nutrition. Teens.

EMOTIONAL STATE, STATE NUTRITION AND BODY IMAGE

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Introduction: Literature exposes the relationship between body dissatisfaction and low self-esteem, depression and changes in eating behavior (Silva, 2009). Depression is strongly associated with anxiety and stress, which in turn, are directly related to changes in appetite and food preferences, reflected in the nutritional status of individuals (Gomes, 2010).

Objectives: To characterize the perception of body image and nutritional and emotional state of outpatients in Nutrition consultation; Know the incidence of the presentation of emotional instability in individuals with BMI ≥ 25 kg/m².

Methods: An exploratory and quantitative study in a sample of 88 individuals between 18 and 65 years, of both genders, anthropometric measurements (weight, height and BMI) performed at the time of the query, using the Tanita scale body composition analyzer TBF- 300, and stadiometer Seca model 206 still constituted methodology for evaluating the Beck Depression Inventory (Gorestein, 1998) and the graph Perception of Body Image (Stunkard, 1983).

Results: 54.5% of the sample shows criterion depression, but most of sample shows a mild to moderate stage. 95.7% of respondents demonstrate dissatisfaction with body image, evidencing 93.2% strongly dissatisfied for excess. 94.3% of the sample has ≥ 25 kg BMI/m².

Conclusions: Individuals in excess weight or obesity also demonstrate dissatisfaction of body image and depressive symptoms, suggesting a strong positive correlation between BMI and depressive state. Thus, to validate this correlation is suggested to continue the study, enlarging the sample to obtain greater statistical significance in the interdependence of the variables studied.

Keywords: Body image. Emotional state. State nutrition.

10. HEALTH AND LIFE QUALITY

PATIENT 'S SATISFACTION WITH THE NURSES' CARE DURING RITUAL BATH

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Introduction: The bathing practice in hospital consolidates aspects such as its role in the continuity of care, the nursing bond, and the meaning and value to the group, but needs further research and validation on the impact on the patient.

Objectives: Evaluate the patient's satisfaction regarding the way he was attended by nurses in the bath.

Methods: This is a quantitative quasi-experimetal study (before and after) performed in a medical and surgical services, with a sample of 250 users, in Portugal. A training was delivered, introduced instrument, which instructed 12 nurses in the bath ritual. In both phases the SUCEH protocol was applied (patients' satisfaction with nursing care in the hospital). The protocol evaluation includes the sociodemographic questionnaire, the scale of frequency of administration of nursing care, and the scale of satisfaction with management (Ribeiro, 2003).