



# Atención Primaria

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## PARALLEL SESSIONS: ORAL COMMUNICATIONS

### 2<sup>nd</sup> World Congress of Health Research

Viseu – Portugal, 7-8 October 2014

#### 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.

**Conclusions:** Four mat Pilates exercises immediately improved postural sway in young adults with LBP.

**Keywords:** Pilates. Low back pain. Health and exercise.

### ETHICAL DECISIONS IN PORTUGUESE PALLIATIVE CARE UNITS: A BURNOUT RISK FACTOR? A MIXED METHODS MULTICENTRE STUDY IN PT

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**Background:** Ethical decision-making in end-of-life care is often perceived as stressful.

**Aims:** To identify the most common ethical decisions made by Portuguese palliative care teams and how the making of such decisions relates to burnout among these professionals.

**Methods:** A mixed methods study was performed in 9 palliative care teams. Data was collected through questionnaires, Maslach Burnout Inventory, interviews and observations. Quantitative data analysis included both descriptive, univariate and multivariate logistic regression analyses; qualitative data was analysed inductively with categories and themes being embedded in the data. Results were triangulated to ensure reliability of the findings.

**Results:** Communication issues caused the most common ethical decisions, followed by forgoing treatment and terminal sedation. Although perceived as a risk factor for burnout in the discourse of the participants, quantitative data showed that the need to make ethical decisions was not significantly associated with higher burnout levels. A possible explanation for these findings could be found through the analysis of the transcripts of interviews and field notes: the decision-making process, in which an interdisciplinary approach took place and ethical resources were used, was identified as a protective factor against burnout.

**Conclusions:** Making ethical decisions is not associated with burnout among professionals working in Portuguese specialised palliative care units. This might be explained by the ethical deliberation and decision-making process followed by these teams. Promoting palliative care skills among other professionals providing end-of-life care might be useful to diminish burnout and other work-related problems related to making ethical end-of-life decisions.

**Keywords:** Ethical decisions. Palliative care. Burnout.

### CHARACTERIZATION OF ACCIDENTS AT WORK IN THE OPERATING ROOM SERVICES OF THE PORTUGUESE PUBLIC HOSPITALS

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**Introduction:** The care provided in Operating Room Services (ORS) are highly specific and using high and sophisticated technology, exposing the workers to increased risks.

**Objectives:** To characterize the accidents occurred in the ORS of portuguese public hospitals.

**Methods:** Retrospective epidemiological study relating to accidents at work occurred in ORS of portuguese public health institutions in the period of January 1, 2009 to December 31, 2010. The information was obtained using the computerised registration notification of work accidents from the ACSS, referring to 1201 workers.

**Results:** Work accidents occurred in the ORS represented 10.1% of the total accidents recorded. There were higher frequencies of accidents in 2010, 54.1%, in ARS de Lisboa e Vale do Tejo, 47.4%, in females, 77.2%, in the professional category of nurses, 41.6%, in the age group 25-29 years, 20.8%, with length of service more than 10 years, 45.3% and practice timetable for shifts, 59.0%. On average the accidents occurred at 12.5 hours, between the 3rd and 6th hour of the beginning of work, 37.6%, and in the 3rd day after weekly rest, 37.9%. The action of most prevalent lesion was the needlestick/object-cutting, 66.3%, the type of injury was wounds, 52.3% and the body part most affected were the hands, 66.2%. Used personal protective equipment 50.4% of workers. Absenteeism resulted in 22.5% with a total of 7203 lost working days.

**Conclusions:** There was a high prevalence of needlestick injuries/cuts on nurses that could be preventable by which suggests the implementation of training measures and monitoring these situations in order to reduce them.

**Keywords:** Accidents Occupational. Health. Operating rooms.

### NURSES AND SUPERVISION OF CLINICAL TRAINING

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**Introduction:** Clinical supervision gains an important role, understood as a process of guidance, monitoring and support of students, that makes the learning process easier and promotes personal and professional skills. The objective of the study is to analyze the prespetiva nurses on the management of clinical education in undergraduate nursing, because they are the ones who daily deal with the problems of educational, organizational, functional, ethical and professional countenance in the supervision of Clinical Training students.

**Methods:** It's an explorative, descriptive, correlational and transversal study, with quantitative nature, that comes next to an inquiry of questions, using CICRS (Clinical Instructor Characteristics Ranking Scale).

**Results:** From the results, we point out the fact that supervisor nurses are mainly female, with ages between 30 and 39 years, with college degree, and professional experience between 10 and 19 years. The most valued aspects are Nurse and Human Being. To the extent Teacher the most important indicator was on average transmit knowledge (6.55). For the Nurse dimension: to be competent as a nurse (9.92). To the Person dimension: be honest (9.19).

**Conclusions:** This study presents various important aspects to set the management of the supervising process, assuring the responsibility of the participants and promoting the safety and the quality of performances in the Nurse Clinical Teaching.

**Keywords:** Clinical teaching. Clinical supervision. Skills.

### BURNOUT IN PERIOPERATIVE CONTEXT

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**Introduction:** Companies in a global context are going through moments of great development of information and technologies. In these environments Burnout is highly prevalent, this syndrome is

considered as one of physical and emotional stress that leads to a lack of motivation to work, leading to a progressive sense of inadequacy and failure.

**Objectives:** What level of stress Perioperative nurses for nurses in the Region of Tras-os-Montes and Alto Douro.

**Methods:** Non-experimental study, quantitative character, descriptive and correlational a transverse plane. The sample consisted of 81 participants, 27 perioperative nurses of the Local Health Unit of the Northeast (ULSNE) and 54 of the Hospital of Tras-os-Montes and Alto Douro. Three assessment instruments were applied: Maslach Burnout Inventory (MBI) of Maslach and Jackson, Nurse Stress Index (NSI) Harris and Inventory Troubleshooting (IRP) Vaz Serra.

**Results:** According to the NSI, the sample exhibits a considerable degree of stress, presenting the equivalent values in stressful subscales Workload 1 (Quantitative), Organizational Climate and Dealing with patients and family.

**Conclusions:** The level of Burnout, the MBI scale, it was found that the respondent sample has a low level of burnout and how the coping, through the IRP concluded that the sample globally, has reasonable coping mechanisms, showing effective strategies in terms of internal / external audit of problems in controlling the level and internalized / externalized aggression.

**Keywords:** Operating room. Stress. Burnout. Coping.

## PSYCHOSOCIAL FACTORS AND WORK ABILITY IN PORTUGUESE FIREFIGHTERS

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**Introduction:** In recent decades there have been profound changes in the conditions and requirements of the job that inevitably brought implications for the health of workers. According to the annual report of the European Agency for Safety and Health at Work.

**Objectives:** In this study we try to understand the relationship between work ability and exposure to psychosocial risk factors in a sample of Portuguese firefighters.

**Methods:** This is a quantitative descriptive and explanatory cross-correlated study with 91 portuguese firefighters were studied in order to analyze the psychosocial risks COPSOQ use, and ICT to assess the ability to work as well as the STAI and the BDI.

**Results:** The results obtained indicate that the ability to work in the firefighters decreases with age. We found that the greater the number of years of service, the greater the emotional demands and cognitive demands. There is a positive correlation between cognitive subscale requirements and levels of trait anxiety and depressed mood (p.000). Well as positive and statistically significant correlations between the subscales of "stress", "Burnout" and "trouble sleeping" with levels of trait anxiety and depressed mood.

**Conclusions:** As in previous studies that also concludes that firefighters in the study have good capacity for work. Finding as possible high response levels of resilience of these professionals.

**Keywords:** Work ability. Psychosocial risks. Occup health.

## WORKPLACE HEALTH PROMOTION BY MODELLING POLLUTANT EXPOSURE RISK

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**Introduction:** Indoor air quality (IAQ) is an important factor to be controlled for the occupants' health and comfort. Indeed, indoor

air pollutants are ranked among the top five environmental risks to public health.

**Objectives:** To alert to the problem of IAQ and its impact on health, particularly users of pollutants equipment, and to provide an effective IAQ assessment to prevent pollutant exposure.

**Methods:** A CFD (Computational Fluid Dynamics) model for indoor air pollution was used to analyze predictions of pollutants dispersion in ventilated room, considering different locations of a common pollutant source in workplaces (photocopier). For this purpose, a uniform contaminant emission (formaldehyde) was considered. The emission rate considered is in accordance with the European Commission recommendation EU 21500.

**Results:** The indoor air quality obtained by the different simulated conditions was analyzed and compared. Distinct poor occupation areas, perfectly identified by concentration fields, were given. Once the contaminant concentration fields depend on the source location, it is very useful to choose the best place to install any pollutant indoor equipment in order to preserve breathing zones.

**Conclusions:** There is a link between ventilation rates and concentration of air pollutants in indoor environment. To reduce laboratory costs, a CFD model approach was presented for assessing exposure risk to indoor air pollutants. The results would be useful for making decisions to optimize the design procedure, establishing the best location to install polluting equipment, healthy occupied areas and their interdependence with ventilation systems. This would prevent the cutaneous and upper and lower respiratory tract problems related to the sick building syndrome.

**Keywords:** Occupational health. Exposure risk. IAQ. CFD.

## DEVELOPING A PEDAGOGICAL LEARNING MODEL FOR THE TRAINING OF MINIMALLY INVASIVE SURGERY

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**Introduction:** The progressive development and application of Minimally Invasive Surgery (MIS) implies the need to provide training opportunities to the health professionals working in this area, that promote the contact and training with the constant technical innovations. This was the main goal of this two cross-border iberian partner organizations, the Jesús Usón Minimally Invasive Surgery Center, from Cáceres (Spain), and the Superior Health School from the Polytechnic Institute of Portalegre (Portugal), combining the most recent technologies with a Learning Model.

**Objectives:** This model intends to contribute to an appropriate set of learning plans on the MIS with a competency-based approach, providing a quality based training.

**Methods:** Pedagogical-based actions are supported on the knowledge of an activity and the perception of the difficulties expressed and manifested in the effectiveness of interventions, by all the components of the surgical team. So, the development on the pedagogical learning model for the training of MIS was based on an evidence-based experience, through a humanistic approach.

**Results:** The principal aim on this model is promote space to a Reflective Practice, focused in the theoretical learning model developed by Donald Schön (1983), based on the use of reflective techniques, as possibly one of the most pedagogical important elements in MIS training.

**Conclusions:** The model developed allows a content-based approach, on a learning working model that promotes a large pedagogical approach on different aspects related either by exploring theoretical concepts, based on the creation of scenarios and case studies, or either by the activities developed in simulated practice contexts, where the competency based learning in MIS is directly involved.

**Keywords:** MIS. Learning model. Training. Reflective.

### CONCEPTUAL DESIGN OF TRAINING COURSES IN MINIMALLY INVASIVE SURGERY FOR NURSES USING NEW TECHNOLOGIES

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**Introduction:** The e-learning has become one of the methods of nurses training with more potential. However, despite the benefits to students, nurses opinion on the suitability of e-learning for training is hardly known.

**State of the Art:** An online survey filled by 112 nurses from Portalegre district has been used to assess the usefulness of e-learning platforms for the training of Minimally Invasive Surgery (MIS). Most nurses are inexperienced in MIS and their training in this field is inadequate, therefore, they are potential users of online training courses in MIS.

**New perspectives/guidelines:** The nurses motivation to perform training courses related to MIS are to increase their general knowledge of MIS, professional retraining, to share experiences with other professionals, to increase their skills for a safe surgical environment, improved care for patients and surgeons, and to know how to select the most appropriate tools.

**Theoretical and practical implications:** Based on these motivations, the design of training courses for nurses in MIS is proposed, consisting of a theoretical online part with topics such as care of patients in a MIS intervention; cleaning, disinfection and sterilization of instruments; surgical tools care; diagnostic and intervention techniques of MIS; basic fundamentals of MIS equipment. Then will follow a presentational practical part with topics including solutions of the most frequent technical MIS complications; handling and maintenance of MIS equipment; assistance to various MIS techniques.

**Conclusions:** Due to the poor training in MIS of nurses, the conceptual design of a training course through the e-learning method is proposed, complementing its online theoretical learning with a part of presentational practical training.

**Keywords:** Nursing. Training. Courses. MIS. E-learning.

### TOTAL PRODUCTIVE MAINTENANCE AND PSYCHOLOGICAL SENSE OF OWNERSHIP

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**Introduction:** In a global market as we are experiencing nowadays, the search for competitive advantages over its competitors is one of the required strategies for companies that intend to survive.

This way, Total Productive Maintenance (TPM) Model provides the development of various methods, such as autonomous maintenance. This method resorts to different tools, in order to seek operators commitment to maintain optimal conditions for production and equipment performance.

**Objectives:** Evaluate operator's psychological sense of ownership in a section of a particular plant; in order to propose and encourage ways and make them able to promote high levels of productivity for operator's work.

**Methods:** Descriptive and cross-sectional study conducted in a convenience sample of 30 participants living in central Portugal. The Psychological Sense of Ownership was assessed by the Psychological Ownership Questionnaire (Avey et al 2009).

**Results:** Confirmed the existence of a psychological sense of ownership by operators for section areas and production lines of the factory, verifying both significant an positive association for 5 dimensions (Territoriality, Self-efficacy, Self-identity, Having a House and Responsibility), highlighting the General Warehouse, Palletizing and Ercas.

**Conclusions:** The implementation of TPM tools promoted the interaction of operators with the equipment, providing a continual attention in detention and anticipation of abnormalities that resulted in the reduction of failures, breakdowns and quality defects. The existence of a culture promoting a sense of psychological ownership ensures the commitment of workers and generates increased levels of productivity.

**Keywords:** Psychological ownership. Autonomous maintenance.

### FIBROMYALGIA IMPACT ON QUALITY OF LIFE OF PEOPLE

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**Introduction:** Fibromyalgia (FM) is a chronic and painful syndrome, which manifests itself in the musculoskeletal system and has serious repercussions levels cognitive, emotional, physical and social factors impacting negatively on the Quality of Life of People.

**Aim:** To analyze the impact of FM on quality of life of people and to verify the extent to which socio demographic and clinical variables that influence quality of life.

**Methodology:** This is a quantitative, non-experimental, transversal, a logic of descriptive and correlational analysis. The sample consisted of 70 patients diagnosed with FM, who attend pain clinics in the Hospital Centre of Tras-os-Montes and Alto Douro EPE - Unit Hospital of Vila Real and consultation of Rheumatology Hospital Center-Tondela Viseu - Unit Hospital of Viseu. The instrument for data collection is a questionnaire consisting of socio demographic, clinical characterization, assessment of pain and Fibromyalgia Impact Questionnaire (FIQ). The statistic used was SPSS version 19.

**Results:** The sample is mainly female, lives together, has an average age of 56.97 years, has the 4th grade and is working on average 8 h/day. The data reveal that the variables that influenced the quality of life are: age, employment status, the "way they live"; practicing physical exercise and pain, being this last that represents the largest association.

**Conclusions:** The results support the multidimensionality and variability in the quality of life of patients with FM and show the need for health professionals get on board intervention programs in the community, in order to implement intervention strategies that minimize pain, functional disability and promote the quality of life of patients with fibromyalgia.

**Keywords:** Quality of life. Health professionals. Functional.

## SLEEP QUALITY IN ADULT / ELDERLY USERS: IMPLICATIONS FOR THE REHABILITATION PROCESS

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**Introduction:** Sleep is a precious commodity, essential to a proper balance. So is constituted as a state of recovery physical and mental energy that is crucial for all people, in different age groups, particularly in the elderly, where the aging process itself causes changes in both the quantity and quality of sleep, the which affect more than half of the elderly over 65 years. Factors that interfere with sleep patterns are manifold. With hospitalization this process worsens, with negative repercussions on the therapeutic process in general and rehabilitation in particular.

**Objectives:** To evaluate the quality of sleep of users adults/seniors and verify its association with sociodemographic variables, clinical determinants of perception of sleep and chronic fatigue.

**Methodology:** This was a cross-sectional, descriptive, correlational, a quantitative. For this purpose a form was applied to 60 users, hospitalized, consisting of a sociodemographic form, a range of Chronic Fatigue and Sleep Quality Index Pittsburg (PSQI).

**Results:** Our sample is mainly composed of male clients, married, aged above 75 years, living with his family in the rural and mostly illiterate. All participants perform rehabilitation program in the morning, for an average 16-30 minutes and sometimes only feel able to deliver. The majority (55.00%) feel more active at night, sleep on average 6.8 hours, often waking up earlier than intended and (36.70%) feel they need more sleep than normally sleeps. Chronic fatigue is present in the vast majority of respondents.

**Conclusions:** The majority of participants (96.70%) had poor sleep quality, this being associated with older users, in women, the widowed and divorced singles, with the 1st course of study and those who have higher rates chronic fatigue.

**Keywords:** Sleep. Quality of sleep in hospitalized users.

## BEING BORN A WOMAN IN TODAY'S SOCIETY... A PHENOMENOLOGICAL APPROACH FROM YOUNG WOMEN SPEECHES

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**Introduction:** Women have been conquering more space in society since the 20th century with the change of roles and the assumption of a new feminine condition.

**Objectives:** To ascertain how young girls see the contemporary woman in society.

**Methods:** Phenomenological study resorting to semi structured interviews, to 23 girls, from 15 to 24 years of age, customers of the Youth Sexuality Supporting Bureau, of the Portuguese Youth Institute, between February and March 2007, and use of the Max Van Manen phenomenology approach.

**Results:** The theme, ways of viewing women in society has emerged in the categories: the citizen woman, woman and academic life, woman and labour, affections and life in society. The young girls pointed out that currently women have more liberty, and have been acknowledge the same rights as men, even though society still has censorship expressions when confronted with some behaviour, particularly in the aspect of sexuality. Entry into the labour market, due to increased academic qualifications, as well as the need to help the family and to reassert as a person, solidified the woman as more independent and free. From the youths

speech one can also conclude that, if on one hand, women are still subject to professional discrimination due to gender on the other hand housework and child rearing is, for many families, a female imposition, resulting in an additional burden, which is often invisible and devalued.

**Conclusions:** It is evident the growing assertiveness of women in society, but some prejudice still exists and the need persists to continue invest in their self-empowerment and to understand that to be a woman is and always will be a social construction, consolidated in the relationships established with others.

**Keywords:** Woman. Social role. Prejudice. Empowerment.

## CHILD'S ROAD TRANSPORT AS A PASSENGER: OF THE INTENT TO PROTECT INTO THE EFFECTIVE PROTECTION

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**Background:** The children's evaluation while passenger is an indicator of the child safety progress, allowing establishing improvement goals. In Portugal despite some positive evolution, there continues to be a mismatch between protect intention and effective protection.

**Objectives:** To evaluate the relationship between the intent to protect and effective protection in road transport of children during an awareness activity.

**Methods:** Cross-sectional and descriptive study, conducted by the Group for the Safety Alert (GAS) during the Children's Day 2014, with a intentional sample of 74 parents/car drivers, 77.0% male, mean age 37.4 years (SD = 5.74), and 105 children while passengers (mean age 6.55 years, SD = 3.59). We conducted assessment of road transport during a STOP operation in partnership with local authorities, applying a demographic questionnaire and registrant observed data.

**Results:** Of the Drivers, 42.5% were 12 years of schooling and all used the seat-belt. From the children 92.4% were using restraints systems (CRS), however in 47.6% not properly, regardless of gender (Chi square = 1.104, p = 0.576) and the drivers' schooling (Chi-Square = 0.093, p = 0.955), especially in children between 6-11 years (26.7%). In a distance of 500 meters 94.6% of drivers confirmed wear always seat-belts while only 79.7% always put the child in the restraint system. Traveling loose in the car 8.6% of children and 44.9% of those who traveled with passenger restraint system, this was inadequate, indicating however no significant relationship between the intention to protect and effective protection (Chi-Square = 3.591, p = 0.166).

**Conclusions:** The study reveals that there is still much to do to improve safety levels in children while passenger.

**Keywords:** Children's safety. Child restraint systems. Safe road transport. Children transport.

## ACUTE CONSULTATION IN PRIMARY CARE: A PORTRAIT OF ITS USERS

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**Introduction:** The Acute Consultation in Primary Care aims to give response to acute situations, preventing the overcrowding of the Emergency Departments. The characterization of its users is crucial to improve accessibility to these types of consultations.

**Objectives:** The aim of this study is to relate the causes for attending acute consultations with social and demographic characteristics of its users.

**Methods:** An observational, analytical and cross-sectional study.

**Population:** Acute Consultations from a medical file. Control Group: Consultations for not acute causes belonging to the same file. Convenience sample, consisting of all acute consultations held in March and April of 2014.

**Study variables:** Gender, age and education. Data was retrieved from medical records in SAM® and processed in Microsoft Office Excel® and SPSS®. In order to accomplish the inferential analysis, we used the Chi2 and Mann - Whitney tests, with a significance level of 5%.

**Results:** 148 consultations, 98 of which were analyzed for reasons considered acute (66.2%). There was no relationship between gender and the motive ( $p = 0.439$ ). It was found that users who attended acute consultation with real acute reasons were younger ( $p = 0.001$ ) and more likely to have higher education levels ( $p = 0.016$ ). There were no statistically significant differences between both groups for the remaining degrees of education.

**Conclusions:** Regarding the internal validity of the study, we assume the existence of information and classification bias. However, this study established the profile of the acute consultation users, allowing future interventions and improvement in the management of these consultations. More studies are needed on this topic, multicentric, using larger samples and confounding variables.

**Keywords:** Acute consultation. Primary care. Users profile.

## LEADERSHIP AND KNOWLEDGE MANAGEMENT PRACTICES - THE CASE OF HEALTHCARE ORGANISATIONS

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**Introduction:** Technological innovation and subsequent changes in leadership assume an increasingly important role in organizations given their absence implies a high probability of error and a lower performance in terms of achieving the missions and visions set. Leaders are able to influence groups into adopting certain procedures before a problem occurs and their role is to provide strategic vision, motivation, effective communication and act as an agent of change, nurturing the creation of knowledge. Organizations should therefore pay particular attention to leaders, in particular their leadership style, which becomes crucial to knowledge management initiatives within an organization.

**Aims:** This study tries to establish a link between leadership and knowledge management. A model is set out using constructs from knowledge management, leadership and emotional commitment. The model was then applied to healthcare nurses.

**Methods:** A random sample was drawn, consisting of 265 nurses from a Portuguese health care organisation, representing 42% of the number of nurses in the organisation. A questionnaire was set out based on two validated scales for the Portuguese population: the LPC (least preferred co-worker) scale, and the Cardoso et al (2005) knowledge management scale.

**Results:** Although the path between the two constructs is not significant, the relationships between them are considered robust and explained by  $R^2$  equal to 0.195.

**Conclusions:** The instrument for collecting data that enabled the study is reliable and valid psychometric studies demonstrated in the results to the hospital under study. This hospital's leadership creates a positive impact on the practices of KM, as mentioned in the literature review.

**Keywords:** Leadership. Knowledge management. Hospital.

## THE ASSOCIATION BETWEEN INFANT DEVELOPMENT AND MOTHER-INFANT QUALITY OF INTERACTION IN FREE PLAY ACTIVITIES

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**Introduction:** The mother-infant quality of interaction may influence the infant development in different levels.

**Objectives:** To assess mother-infant quality of interaction, infant development and family resources and their interactions.

**Methods:** Descriptive, correlational study including a random sample of 42 Portuguese healthy infants and their parents. At 11 months, mothers described their infants' temperament using the Temperament Scale (Lopes dos Santos, Fuertes & Sanches-Ferreira) and identified their family resources with Family Support Scale Family Inventory (Dunst, Jenkins & Trivette); Family Needs Survey (Bailey & Simeonsson) and Parent Responsibility Scale (McBride & Mills). Child development was assessed using The Schedule of Growing Skills II (Bellman, Lingam & Aukett). At 12 months, mothers were observed and taped playing with their infants; videos were scored with Care-Index (Crittenden) to assess mothers's sensitivity.

**Results:** The quality of mother-child interaction was strongly related with infant development outcomes. The infants with better development indicators (e.g., manipulation, vision, speech-language, hearing, language, social interaction and cognition) tended to be more cooperative and had more sensitive mothers. Autonomy was negatively correlated with maternal control and social interaction. Speech-language was negatively associated with maternal passivity. Mothers with higher education levels received more help from fathers and exhibited higher scores on maternal sensitivity.

**Conclusions:** Maternal sensitivity is associated with infant development. In turn, infants with better developmental outcomes were more cooperative, engaged and reciprocal when playing. Infant development and mother-infant quality interaction are mutual affected.

**Keywords:** Infant development. Mother-infant interaction.

## HEALTH CARE PROFESSIONALS PERCEPTION FACING THE SAFETY OF PATIENTS INPATIENT IN PALLIATIVE CARE UNITS

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**Introduction:** Due to the quality of life and health cares improval, the average life expectancy increased with a consequent increase in chronic and progressive diseases. (Neto, 2010). The growing number of Palliative Care Units in Portugal lead to the need of understanding what are the security numbers in what concerns cares in the health units and the occurrence of mistakes/accidents with the patient.

**Goals:** To analyze the influence of the health professionals' socio-demographic and professional variables on the occurrence of incidents/mistakes compromising the patient safety.

**Methods:** Transversal study with a descriptive-correlational focus. The “Questionnaire of Patient Safety”, from the author Olivério Ribeiro (2014) and collaborators, was used (the reliability was verified by the Cronbach’s alpha 0.771). The sample consisted of 146 professionals from units with chronic and palliative patients.

**Results:** The younger professionals ( $\leq 27$  years), female gender and postgraduates/specialists are those who observe more frequently the incidents/mistakes, and so are the professional working in “Health Units” ( $MR = 74.29$ ;  $p = 0.000$ ). On the other hand, “Palliative Care Units” are those who less incidents/mistakes observe ( $MR = 37.53$ ,  $p = 0.001$ ). The “degree of seriousness of the observed harm” assumed as severe or death is the dimension with greater percentage, followed by “aggressive attitudes/behaviors” towards the patient and then the “infections”.

**Conclusions:** To assure the patients’ safety is a primordial aspect and should thus be worked daily in the professionals’ clinical practice review, so preventing mistakes/incidents associated to health cares.

**Keywords:** Patient safety. Healthcare professionals. Errors/i.

### PROJECT IMPLEMENTATION OF THE NEW SYSTEM PERFORMANCE ASSESSMENT FOR NURSING CAREER

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**Introduction:** In the increasingly competitive global environment the process of performance evaluation should always be present in organizations within the human resources management, as it is a key tool to verify the individual performance. The new Ordinance for evaluating performance of the class of nurses is considered a major challenge for institutions, and should be a dynamic process.

**Objectives:** Seek the views of nurses on the new performance evaluation.

**Methods:** For the collection of opinions a semistructured interview to assessors and assessed was used, being a non-probabilistic convenience sampling during the month of March 2012. Nine nurses were asked for their assessment (one top nurse, four assessors, and four assessed) relatively to the performance evaluation, in order to identify their perception of the existent system.

**Conclusions:** This new performance evaluation has yet to be implemented in the institution. It appears through the interview with the nurse who occupies the top position that this will be a top priority for the institution in the near future, however there is a huge gap for a commitment and an act, that is, between what is said and what is acted upon for its successful implementation. According to the assessed, the most important would be a constant accompanying through the evaluation time, following the continuous feedback, so that the assessed know about the variations on their performance.

**Keywords:** Performance evaluation. Nurses.

### MULTIDISCIPLINARITY AND PALLIATIVE CARE – AN ANALYSIS OF EVERYDAY WORK

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**Introduction:** Our work was based on sociological findings achieved in the frame of a project financed by FCT, which focuses upon the ways by which professionals of medicine, nursing and social work deal, in palliative care, with specific forms of social complexity. In

this communication the objective is to highlight the issues related to the importance of multidisciplinary care.

**Methods:** Data collection took place in three phases. We collected qualitative data in two palliative care units in Portuguese hospitals: first one, through direct, non-systematic observation; a second one, through ethnographic observation and a third one, through interviews. Data were analyzed using content analysis.

**Results:** We found that patients, families and professionals had different experiential careers, built on their relationship with illness and care. We also found in nurse professionals, the existence of rows with several years of work and in another group a short professional experience. These aspects influenced the forms of interaction established in the daily work. We also found that professionals build their action sustained in the multidisciplinary care in order to reduce the complexity associated with the tensions that daily emerge. This interaction and multidisciplinary work always aims to promote patient comfort, trying to lower the suffering.

**Conclusions:** The results of this work corroborate the importance of multidisciplinary care. In the case of palliative care, this multidisciplinary work emerges and also provides the daily goal of trying to promote “total comfort” to patient and their family. We believe that these results can be useful for health professionals and sociologists involved in the discussion and analysis of health professionals.

**Keywords:** Palliative care. Multidisciplinarity. Health.

### FUNCTIONAL DIMENSION OF THE ACCESS TO THE HEALTH SERVICE IN THREE QUILOMBOS IN THE STATE OF PARÁ, AMAZONIA, BRAZIL

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**Introduction:** The quilombola populations are among the most vulnerable Brazilian groups in relation to health services.

**Objectives:** To determine the functional dimension of access to health services in three Quilombos with different ecological conditions in Amazonia.

**Methods:** This was a qualitative study with observational participation in the Quilombos: África; Santo Antônio and Mangueiras. Interviews with residents, managers and health professionals were analyzed based on the content analysis (Bardin 2012). A cross-sectional analysis of the access was performed as a service planning and management category, according to the re-interpretation of basic health care models using (Starfield 2002) and (Jesus; Assis 2010)’s studies.

**Results:** Health services work from the sanitarian-planner and sanitarian-campaigner models. The first is concerned with the ensuring of the planned distribution of resources in the service network and the results would be related to the gradients of supposed effectiveness and efficiency, achieved through the integration of resources from epidemiology and public administration. The second model is represented by the campaigns and health control of endemic diseases. It is based on the Brazilian hygienist historical reflection in the early twentieth century.

**Conclusions:** Health services adopt these operating models under the Brazilian system of allocation of funds for health. A national policy on access to health services is fundamental to allow achieving the National Integral Health Politics of the Black Population planned from a participatory logic and health equity promoting, consistent with the socio-cultural dynamics of the Brazilian Amazon and its Afro-descendant population.

**Keywords:** Health service. Afrodescendants. Unified health system.

## QUALITY MANAGEMENT - PROCESS MANAGEMENT IN A HEMODIALYSIS UNIT

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**Introduction:** Assessment systems designed to sustain quality management, focus on process improvement and not in control of the employees responsible for work processes. This means emphasizing the metric of the process and not on the metric results. Employee participation is encouraged so in practice, through the so-called quality cycle, based on four stages (planning, do, check and act) that set more ambitious goals and continually encourage the development of the company / unit / institution.

**Objectives:** Develop a plan of activities, multiannual, to nursing staff with different areas of intervention, patient-oriented and interconnected.

**Methods:** Based on the integrated quality management in Clinical NephroCare Viseu, was designed a plan of action through the implementation of a set of projects, integrated, patient-centered. For each, we selected a nurse coordinator. We developed a descriptive study based on the retrospective data about the projects developed. 8 projects were developed in our unit.

**Results:** We managed to monitorize all vascular access per month (1680 analysis per year), to do two nursing consultations per patient per year and introduce the CIPE language in the diagnosis and nursing interventions. Every month is analyse all the medication prescribe to the patients and so we managed to reduce the bad consumption of medication. And with the projects related with the quality management we achieved in the clinical audits the result of a non clinical recommendation.

**Conclusions:** The management of the unit using a basis of quality management allowed to develop individual and collective skills that promoted, improving care, and a link between patient/nurse coordinator, exciting and stimulating, responsible for increasing the motivation of nurses.

**Keywords:** Quality management. Hemodialysis.

## PATIENT SAFETY - IMPLEMENTATION OF A PROGRAM IN A HEMODIALYSIS UNIT

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**Introduction:** The errors resulting from clinical practices, usually have devastating for the patient, family and for all health professionals involved consequence. An English research found that 10% of patients admitted to the English national health system (NHS) have undergone a type of incident and almost half of these incidents were preventable. In a hemodialysis unit several procedures very often and with possible risks for the patient and healthcare professional, for example, a unit of the national average hemodialysis are performed appreciably over 30,000 punctures in a year.

**Objectives:** Implementation in Viseu NephroCare a system of corporate security for patients, called "Variance Clinic" based on "Seven Steps to patient safety" of the NHS.

**Methods:** The program called "clinical variance" has been available since the beginning of 2013, based on clinical data (EUCLID). Developed a study in the field of quantitative longitudinal research, exploratory, and descriptive through a retrospective analysis off all events that occur in our unit.

**Results:** After 12 months we can see that the results empirically confirm the expected events. It was related 313 events in total. The most frequent events were those related to patient volume and its weight, ie, hypotension (28.7%), cramps (9.5%) and vascular access problems (20.7%). Most events were identified as having a slight damage to the patient.

**Conclusions:** Implementing this system we could identify, evaluate and act on our most frequent complications. Another advantage of this system was the simple and practical monitoring and quantification of events, allowing a more effective contribution of the various collaborators unit on the problems.

**Keywords:** Patient safety. Hemodialysis.

## PRO-ACTIVE AND PROSPECTIVE NURSING ROLE IN A HEMODIALYSIS UNIT

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**Introduction:** The KDOQI (2006) say it is not proven that prospective monitoring and surveillance of vascular access may prolong survival of vascular access, however, they foster the ability to save local access through the coordination of the teams involved, planning, corrective action of an elective rather than emergency procedures or replacement.

**Objectives:** Whether the active and prospective role of nursing in the detection of problematic vascular access was effective.

**Methods:** Developed a study in the field of quantitative longitudinal research, exploratory and descriptive. The assessment of access in our unit involves physical examination of the access flow, recirculation, Kt/V, venous and arterial pressures and problems with cannulation. Retrospectively identified all accessions were analyzed in the unit as dysfunctional, suspecting the presence of stenosis.

**Results:** 85 AV were detected with suspected stenosis, 88.2% confirmed by Doppler in consultation vascular surgery or angiography. Approximately 91.7% of AV changes manifested in the physical examination. The accesses that had stenosis, most were men, not diabetic and hypertensive around 48% are brachiocephalic AVF, only 9.3% were PTFE, 30.3% exhibited values of Kt/V < 1.2 and 64% had lower Qa to 600 ml/min. Mention that were detected even 8 stenoses in the vascular access maturation process. The most common etiologies were just anastomotic and most were resolved by PTA dilatation and 22.7% resolved surgically.

**Conclusions:** Given these values we can say that the role played by the nursing team in the early detection of dysfunctions, was extremely positive and contributes to the maintenance of and access to continuing improvement of nursing care.

**Keywords:** Vascular access. Hemodialysis.

## CANNULATION USING THE BUTTONHOLE TECHNIQUE – APPLICATION IN ANEURYSMAL ARTERIOVENOUS FISTULA

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**Introduction:** Using the buttonhole technique for arteriovenous fistula (AVF) cannulation has advantages for staff and patients: less bruising, less failed punctures, shorter haemostasis time, less

scarring related to punctures, and reduced pain (Peralta, 2008): Its application in aneurysmal AVF is not consensual but Marticorena et al. (2006) mentions its use with decreased aneurysms in two AVF.

**Objectives:** Preventing the increase in the number and size of radiocephalic AVF aneurysms, by using the buttonhole cannulation technique.

**Methods:** We developed the analysis of this case study, about a patient with three pre-existing aneurysms was prepared for the buttonhole technique. We examined patient's vascular access to have no signs of stenosis or complications. A responsible nurse for puncturing was chosen and puncture sites away from pre-existing aneurysms were identified. Cannulation by the buttonhole technique was introduced.

**Results:** After one year we observed that: 1) There was an effective reduction of the size of the 3 pre-existing aneurysms (opinion corroborated by the patient); 2) there was a decrease in the hypopigmented areas of the skin.

**Conclusions:** The frequency and size of AVF aneurysms, which are associated with its frequent cannulation, appears to be reduced by using the buttonhole technique. Consequently, this may establish itself as an additional advantage achieved by its use and therefore guide towards a new line of research to validate and possibly corroborate the findings of this case-study.

**Keywords:** Vascular access. Hemodialysis.

#### AND WHEN THE CENTRAL VENOUS CATHETER IS THE (ONLY) ACCESS!

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**Introduction:** The prevalence of CVC in hemodialysis units has increased in recent years, largely due to the increase in the average age of patients on hemodialysis, the growing of associated comorbidities, circumstances that often dictates that this is the only vascular access possible to get. Is the responsibility of nurses to management of all vascular access in hemodialysis unit.

**Objectives:** Check whether patients with central venous catheter for long-term, assumed to be final access - no alternative (CVCD) show adequate results.

**Methods:** Developed a study in the field of quantitative longitudinal research, exploratory, descriptive correlational type, through a retrospective analysis of patients undergoing hemodialysis by CVC LD. The research took place over 24 months. Data were compared with a control group of patients with arterio-venous fistula (AVF group).

**Results:** 46 patients were analyzed CVC LD hemolytic treatment for at least 6 months. Of these, 31 patients are carriers of a definitive CVC (CVCD group). The average age of both groups was identical (79 years). The presence of diabetes was similar (CVC 10 and 13 FAV). Patients with CVCD perform dialysis for longer, and have a history of exceeding the AVF patients (average of 4.1 hits and 1.9 in the CVC AVF) access. In data processing FAV group presents higher values in Qb, volume of dialysate blood Kt/V and volume replacement.

**Conclusions:** These results suggest that patients whose clinical condition does not achieve the construction of another type of vascular access can still enjoy a compatible with what is considered a standard of quality hemodialysis. We believe these results also reveal the high level of nursing care.

**Keywords:** Vascular access. Hemodialysis.

#### RELATIONSHIP BETWEEN EXAMS AND ANXIETY IN NURSING STUDENTS

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Nursing students and all students in higher education are confronted by situations with psychological pressure and anxiety. The realization of a exam can be considered anxiogenic and/or stressful, to which react with anxiety, maximizing often feelings of insecurity. So, we intend to identify with the anxiety level of nursing students before and after an exam. It is a descriptive and cross-sectional study of quantitative nature in a class of 47 students of 2nd year nursing course in 2013. The data collection instrument used was constituted by the Hamilton Anxiety Scale (HAS-Hamilton Anxiety Scale) with association of sociodemographic items and characterization. The sample consisted of 47 nursing students, mostly female (79%), aged between 18 and 36 years, the vast majority does not mention health problems, exercise hard, does not smoke tobacco and sleep well. Different levels of anxiety were found in relation to gender variable, health problems, life styles and between the two evaluation moments. The research results reveal the existence of high levels of anxiety among nursing students.

**Keywords:** Anxiety. Nursing students.

#### MINDFULNESS-BASED GROUP INTERVENTION IN BREAST CANCER SURVIVORS

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**Introduction:** The emerging technological advances in cancer treatments resulted in the implementation of therapies tailored to each patient and the exponential increase in the number of survivors. The psychoeducational group interventions have been shown to be beneficial for breast cancer survivors and mindfulness based interventions identified as useful in treating this population.

**Objectives:** This study aims at evaluating the impact of a psychoeducational intervention program with the integration of mindfulness-based strategies in a group of breast cancer women survivors.

**Methods:** 21 women were recruited at Aces Baixo Vouga: 10 constituted the intervention group and 11 constituted the control group. The participants completed the Quality of Life Questionnaire of the European Organization for Research and Treatment of Cancer with the additional module of Breast Cancer (EORTC QLQ-C30 and BR-23), the Hospital Anxiety and Depression scale (HADS), Cancer Coping Questionnaire (CCQ), and the Clinical Self-Concept Inventory (ICAC) at the beginning and end of the intervention.

**Results:** The survivors who had no intervention showed deterioration of self-efficacy and mastery of self, and the worst results in emotional function domain of quality of life. The intervention group showed improvements in self-efficacy.

**Conclusions:** The implementation of mindfulness-based group intervention leads to positive effects on breast cancer women survivors regarding self-efficacy.

**Keywords:** Mindfulness-based group intervention. Breast cancer.