

MEETING ABSTRACTS

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Session 1: Citizenship in health

S1

Health literacy and health education in adolescence

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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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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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important risks (e.g. counterfeit medicines). Objective: This work intends to characterize the habits of online customers of medicines/medical supplements in Portugal.

Methods

A structured inquiry was applied to 872 people with questions regarding the knowledge and the practices of online medicinal products acquisition.

Results

The majority of respondents (75.5 %) knew about this possibility, but only 8.4 % had online purchasing activities. The respondents who never bought medications online pointed out reasons like preference for the community pharmacy and lack of trust in virtual pharmacies. Among those who have resorted to the online acquisition of medicinal products, the better prices and convenience were the main reasons cited. The slimming preparations and products for enhancement of physical abilities were the most frequently acquired. A particular concern is the fact that many respondents did not take any precaution when choosing a website (43.8 %).

Conclusions

According to these findings the Portuguese population has great confidence in healthcare professionals and still has a small adherence to the acquisition of medicinal products online. However, people need to be educated for this new paradigm since the Internet and social networking sites have an increasing impact in the marketing of medicinal products.

Keywords

Medicinal products, online purchase, public health, safety concerns

O204

Waiting room – A space for health education

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In order to promote actions that encourage healthy eating practices, autonomy and self-care, nutrition/cooking workshops were developed in the outpatient waiting room of a college hospital. They included an oral presentation by the Nutrition students, using a flip chart as a visual aid. The benefits of various ingredients used in the recipes were discussed, as well as preparation methods and storage. The oral presentation was followed by a tasting of the food made that day. Fifty-four (54) workshops took place between 2014 and 2015, totalling 1,775 participants.

Several topics were approached, such as homemade energy supplements, how to use leguminous plants, healthy and flavoured olive oils, and organic produce.

The audience comprised patients and their family members, professors, students and employees. Participants indicated that the tasting was their preferred portion of the workshop (40 %), followed by the lectures (32 %) and the brochures (28 %). An average of 99 % of the participants considered that the information was relevant and stimulating for adopting healthier habits. All participants of all workshops, would recommend the workshops to other people.

Finally, 96 % of the participants declared they were highly satisfied with the activity. Students got to exchange experiences with the participants, and broaden their skills as educators. For the participants, it was a time for building healthier habits in a casual environment that favoured closer integration between all those involved.

Keywords

Health education, nutrition, waiting room

O205

Safety culture evaluation in hospitalized children

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Background

Safety culture of an organization holds special meaning for patients, payers, managers and caregivers, being a phenomenon likely to be assessed in the various dimensions that integrates. Objective: To assess the safety culture of the paediatric patient perceived by health professionals.

Methods

Quantitative study of descriptive nature. A non-probabilistic sample was made up of 258 health professionals in functions in paediatric and neonatal services of Centro Hospitalar e Universitário de Coimbra and Hospital Dr. Nélio Mendonça, Região Autónoma da Madeira (RAM). The instrument was based on the Hospital Survey on Patient Safety Culture.

Results

Most professionals consider the patient safety "good" or "very good". The dimension "teamwork" stood out positively, being the "patient safety support by management" and "response to the non-punitive error" considered problematic. More than 79 % of the professionals did not notify events/occurrences in the last 12 months.

Conclusions

These data suggest that it is necessary to invest in a safety culture that promotes voluntary reporting and non-punitive error and adverse events.

Keywords

Patient safety, Quality of health care, Medical errors, Child health services

O206

Sexual Self-awareness and Body Image

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Background

Body image is understood as a multidimensional construction that broadly describes the internal representations of the body structure and the physical appearance of the individual in regards him/herself and others. Sexual self-awareness (ACS) can be understood as the evaluation that each of us makes of his/her feelings and actions related to his/her sexuality and sexual behaviour, describing what each of us thinks about sex and what we feel about behaviours. Objective: Identify dimensions of sexual self-awareness and body image in sexual satisfaction of the young.

Methods

Correlational descriptive study, a convenience sample of 84 students of a health school (29.8 % male, 20.2 % female), with ages between

19 and 34 years. As data collection instrument a poll through questionnaire, incorporating a Body Image Satisfaction and a Multidimensional Sexual Self-awareness scale, was used.

Results

The majority of the sample subjects indicate having a partner (59.5 %), perceive themselves as having the ideal weight (75.0 %), the ideal height (65.5 %) and a normal appearance (76.2 %). Globally a high and statistically significant ACS was observed (t -Student = 12.520; $GL = 83$; p -value < 0.001) and significant statistical differences exist between having/not having a partner and the ACS (Student $t = 2.965$; $GL = 82$; p -value = 0.004) showing that those who mention having a partner have a higher average ACS (average = 3.812; $SD = 0.412$) compared to those without (average = 3.496; $SD = 0.563$). No statistically significant correlations were observed between ACS and Body Image.

Conclusions

The Body Image Satisfaction and the Sexual Self-awareness prove positive.

Keywords

Sexual self-awareness, body image, young

O207

Perception of a Portuguese population regarding the acquisition and consumption of functional foods

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Background

Foods are no longer only recognized for their role in providing essential nutrients for normal body activity and function. Since from the late 1980s, emphasis has been credited to their content in substances capable to promote health and wellbeing. Those functional foods (FF) can benefit body functions beyond nutritional effects, in a way that improves the state of health and wellbeing. To improve interventions, it is advantageous to understand the consumer's perception, namely at regional level, towards FF. Objectives: To assess consumers' attitudes regarding FF, as well as to characterise social, demographic and economic aspects associated with the consumption of FF, in a Portuguese population.

Methods

A survey was carried out, among a Portuguese population ($N = 120$), in order to collect information on their socio-economic profile and on the constructs knowledge, motivation and attitude related to FF. The constructs were modelled as latent variables, divided in its factors, with the statistical assessment done by factorial analysis (FA).

Results

The FA validated two different constructs, the attitudinal and the motivational. Those constructs were factorized as follows: one focused in foods, a second with the degree of knowledge in health benefits and the third concerning the fortification and supplementation of food.

Conclusions

These results can be used as a basis to improve communication efforts regarding consumption of FF as a means to improve health and wellbeing.

Keywords

Functional food, consumer knowledge, wellbeing, factorial analysis

O208

The work process in primary health care: evaluation in municipalities of southern Brazil

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The work process of primary care in Brazil must be based on completeness, longitude and coordination of care in health care networks. In Brazil, the municipal management guarantees structural and procedural conditions for the implementation of coordinated actions, based on these principles.

This research evaluated the work process of primary health care of 271 municipalities and 1,399 health care teams of a state in southern Brazil. A model consisting of 22 indicators was developed, aggregated into two dimensions. The Structural Conditions dimension covers Infrastructure, Personnel and Technological and Logistical Support so that the teams can carry out their activities. The Procedural Conditions analyses: Link and Territorialisation, organization of work and Coordination of Care. The model validated and agreed on by experts in the area allowed the identification of strengths and weaknesses subject to intervention. Data was used from the External Evaluation of the National Programme for Improving Access and Quality of Primary Health Care (known as PMAQ-AB), phase 2.

The evaluated universe represented 91.9 % of the municipalities of the Brazilian state. The study identified management advances in structural conditions, especially in permanent education and in the technological and specialized supply. About the procedural conditions, barriers were observed on the continuity of care and work organization with a highlight on: popular participation, intersectorial and shared actions, monitoring and accountability of the user. Efforts must be made on awareness and training of professionals in the exercise of their duties guided by the principles of Primary Health Care.

Keywords

Primary Health Care, Health Evaluation, Process Assessment (Health Care)

O209

Exploration and evaluation of potential probiotic lactic acid bacteria isolated from Amazon buffalo milk

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Background

Human intestinal tract presents important non-pathogenic microorganisms relevant for health. Dysregulation of this microbiota can cause diseases and poor nutritional status. Probiotics are used for intestinal regulation and disease prevention, either as supplements or as food components. Objectives: The purposes of this study were to isolate, select and characterize the lactobacillus present in the milk of Amazonian buffalo. This aimed at the production and evaluation of the probiotic potential of this product, in order to produce a Probiotic food in the future.

Methods

Samples of milk from two female buffalos were used in this study, in Macapá-AP, Brazil. Lactobacillus were isolated in Merck Research laboratories, and were characterized by breathing tests, Gram and Catalase tests, and identified by Polymerase chain reaction (PCR). They were submitted to stockpiling simulation, to viability, curves of growth, sensibility to antimicrobials, cellular surface adhesion tests and antagonism in vitro.

Results

Based on the samples of buffalo milk, 21 microorganisms of six species of lactobacillus were isolated: *Lactobacillus acidophilus* (33.33 %),