

Universidade de São Paulo  
Faculdade de Saúde Pública

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09<sup>and</sup> 10, MAY 2014

CHALLENGES & INNOVATION  
IN HEALTH

**Abstracts**

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#### FULL TEXTS

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## Abstracts

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### SYSTEMATIZATION OF THE CARE SYSTEM NURSING FOR TYPE II DIABETES MELLITUS: STUDY OF CASE

João Henrique Araújo Andrade<sup>1,a</sup>, Juarez Henrique Teixeira Gonçalves<sup>1,b</sup>, Janaina Medeiros Macêdo Menêzes<sup>1,c</sup>, Cassia Regina Santana Souza<sup>1,d</sup>, Raiana Soares de Sousa Silva<sup>1,e</sup>

<sup>1</sup>Universidade do Estado da Bahia. Salvador, Brasil

<sup>11</sup>Universidade Federal dos Vales do Jequitinhonha e Mucuri. Minas Gerais, Brasil

<sup>111</sup>Universidade Federal do Piauí. Teresina, PI, Brasil

**Introduction:** Type II Diabetes Mellitus (noninsulin-dependent) is mainly due to insulin resistance associated with lower hormone secretion. In Brazil, the Public Health System has an specialized sector to take care of these patients, where several nurse care can be implanted, including diagnosis and interventions that are necessary so these patients can have a better life quality.

**Objective:** Increase the knowledge about this pathology and apply the nurse assistance systematization, prioritizing the holistic medical care to patients with diabetic foot.

**Methods:** A qualitative, descriptive study was realized as a case study, realized in 2012 during the internship of the collective health discipline of the Bachelor in Nursing course from the State University of Bahia. The data collection was made through interviews and physic exam, that supported the construction of the nursing diagnosis and interventions.

**Results:** Nursing acts monitoring blood glucose levels, hyperglycemia, edema, signs of infection, promoting an adequate diet and self-care, helping the stroll ambulation, among others.

**Conclusions:** From the necessity of case studies rises the desire to understand complex social phenomena. With the study it was able to understand the pathologic aspects of the mentioned disease, attend systematic assistance, preserving the holistic characteristics and offering a better life quality to the diabetic patient.

**Descriptors:** Diabetes Mellitus; SAE; Care; Nursing; Public Health.

<sup>a</sup> henrick\_andrade@hotmail.com

<sup>b</sup> juarezhenrique8@gmail.com

<sup>c</sup> janainamenezes14@hotmail.com

<sup>d</sup> cassia\_regina.ss@hotmail.com

<sup>e</sup> raiana\_sousa@hotmail.com

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### CHANGE IN FUNCTIONAL STATUS AND BODY COMPOSITION IN INSTITUTIONALIZED ELDERLY

André Novo<sup>a</sup>, Leonel Preto<sup>b</sup>, Ana Santos<sup>c</sup>, Eugénia Mendes<sup>d</sup>

*Escola Superior de Saúde. Instituto Politecnico de Bragança. Bragança. Portugal*

**Introduction:** The decrease on muscular strength, flexibility and balance are widely recognized as the main causes of disability in older people. A better knowledge of these variables can help to plan programs for active aging.

**Objective:** To assess physical functioning, body composition and fear of falling and analyze these dimensions on the aging process.

**Methods:** This is a longitudinal descriptive-correlational study. The sample comprise 51 institutionalized elderly followed for two years. The data collection took place between 2011 May and June (first evaluation) and 2013 April and May (2nd) using a sociodemographic and clinical questionnaire, the Falls Efficacy Scale (FES), the Rikli & Jones protocol, hand dynamometry and bioelectrical impedance for body composition.

**Results:** Results show significant differences in fear of falling and in all components of physical fitness (agility, flexibility, muscular strength and balance) between the two moments of evaluation. In physical functioning, we highlight the moderate negative correlation between lower extremities muscle strength and the results of the Up and Go test. Was observed a significant decline in functional capacity of the elderly over the two years in analysis.

**Conclusions:** The results suggest significant changes in two years, especially in the variables related to muscular function and flexibility. The results do not reflect significant changes in body composition between assessments, however, point to a reduction in bone mass and total muscle mass.

**Descriptors:** Aging; functionality; fear of falling; body composition.

<sup>a</sup> andre@ipb.pt

<sup>b</sup> leonelpreto@ipb.pt

<sup>c</sup> analuisagoncalvesnog@gmail.com

<sup>d</sup> maria.mendes@ipb.pt