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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.

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