



PARALLEL SESSIONS: ORAL COMMUNICATIONS

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1. ADULT HEALTH

CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

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Introduction: Non-invasive ventilation (NIV) is the application of a ventilatory support without resorting to invasive methods. Today it's considered a credible therapeutic option, with enough scientific evidence to support its application in various situations and clinical settings related to the treatment of acute respiratory disease, as well as chronic respiratory disease.

Objectives: Characterize patients undergoing NIV admitted in Unit Intermediate Care (ICU) in the period from October 1st 2015 to June 30th 2016.

Methods: Prospective study conducted in ICU between October 2015 and June 2016. In this study were included all patients hospitalized in this unit (ICU) and in that time period a sample of 57 participants was obtained. As data collection instruments we used a questionnaire for sociodemographic and clinical data and the Braden scale.

Results: Participants were mostly male 38 (66.7%), the average age 69.5 ± 11.3 years, ranging between 43 and 92 years. They weighed on average 76.6 kg (52 and 150), with an average body mass index of 28.5 kg/m² (20 to 58.5). With skin intact 28 (49.1%) with abnormal perfusion 12 (21.1%), with altered sensitivity 11 (19.3%) and a high risk of ulcer on the scale of Braden 37 (65%). The admission diagnosis was respiratory failure 33 (57.3%) and had different backgrounds. We used reused mask 53 (93.0%), the average time of NIV was 7.1 days (1-28), 4.8 days of hospitalization (1-18) and an average of 7.8 IPAP pressure. 11 (19.3%) of the participants developed face ulcer pressure.

Conclusions: The NIV is used in patients with advanced age, obesity, respiratory failure and high risk of face ulcer development.

Keywords: Patients. Noninvasive ventilation.

TELEPHONE SUPPORT LINE OF RHEUMATOLOGY DEPARTMENT: A 4.5 YEARS EXPERIENCE

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Introduction: In many health services in developed countries, the telephone support has been used as an innovative approach to providing care and answering questions by nurses, developing especially in specific areas such as rheumatology (Brown et al., 2006).

Objectives: To analyze the profile of users and the main reasons of patients that uses the Telephone Support Line of Day Hospital and early arthritis consultation of the CHUC Rheumatology Department, EPE.

Methods: This is a retrospective descriptive-correlational study with a convenience sample of 448 calls. For continuous variables we used the t-student test, for dichotomous variables the χ^2 test and, finally, we performed a cluster analysis by the TwoStep Cluster method through the log-likelihood distance.

Results: Users have an average age of 44.8 years being predominantly male (58%). The cluster analysis allowed to create three groups whose profile shows that the cluster 1 (n = 96/21.4%) are formed by "older" adults that need to clarify mainly doubts about the results of auxiliary examinations tests (AET)/prescriptions and side effects/complications; the cluster 2 (n = 232/51.8%) are formed by young adults that call to change appointments and mainly to clarify doubts on the results of AET/prescriptions; finally, the cluster 3 (n = 120/26.8%) are formed by "middle age" adults that want to clarify doubts about medication and disease management.

Conclusions: Incoming calls cover a wide range of ages and all kinds of rheumatic diseases. This study allows us to identify in which groups it is necessary to make a more detailed educational

EVALUATION OF JUICE FRUITS AND NON-CARBONATED SOFT DRINKS CONSUMPTION IN UNIVERSITY STUDENTS

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Introduction: The knowledge in the health area may not influence students' lifestyles, because these students do not always present healthier lifestyles, including the dietary practices, because they consume high amounts of non-healthy food.

Objectives: The purpose of this study is to evaluate if there are any differences in the consumption of fruit juices and non-carbonated soft drinks between the students of dietetics and nutrition, health sciences and other educational areas.

Methods: This study is an observational study with a sample of 256 volunteer university students, which intended to evaluate the fruit juices and non-carbonated soft drinks consumption through the application of a questionnaire based on Food Frequency Questionnaire of the unit of Nutritional Epidemiology of the Hygiene and Epidemiology Department of the Faculty of Medicine, University of Porto.

Results: The students of dietetics and nutrition are the students that consume less often and fewer fruit juices, non-carbonated soft drinks and non-carbonated light soft drinks. Students of health sciences and other educational areas show an average frequency and amount of consumption of these drinks quite similar, with no statistically significant differences.

Conclusions: The results showed that students with knowledge in health area may not put into practice their academic knowledge. However, students of nutrition show a lower intake of juices and non-carbonated soft drinks, which may indicate that these students take into account their eating behaviour concerning these drinks.

Keywords: Juices. Soft drinks. University students.

CHARACTERIZATION OF FOOD CONSUMPTION, PHYSICAL ACTIVITY PATTERNS, AND EVALUATION OF SATISFACTION WITH BODY IMAGE

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Introduction: Adolescence predisposes to an inadequate dietary pattern and a decline in levels of physical activity, which negatively influences the adolescent nutritional status. Satisfaction with body image, despite being an individual judgment, varies according to the weight.

Objectives: Characterize the food consumption, physical activity patterns and evaluate satisfaction with body image of adolescents with overweight and obesity.

Methods: We conducted a cross-sectional observational analytical study in which data were collected through the measurement of weight and height, and by completing two questionnaires. To evaluate the nutritional status consulted the percentile curves of Body Mass Index (BMI) of the World Health Organization (WHO) that it related the weight and height with age and gender. Integrated this study 30 adolescents aged 10 to 18 who attend Nutritional and Dietetics consultations. Data were analyzed using SPSS version 20.0.

Results: 23.3% were overweight and 76.7%, were obese, with a mean age of 12.7 years \pm 2.18. The consumption of foods high in simple sugars and saturated fat is higher in the obese group, verifying statistically significant differences in fruit nectar consumption ($p = 0.011 < 0.05$) and soda ($p = 0.038 < 0.05$). Teens spend most time in sedentary behaviors. The two weight groups reveal dissat-

isfaction with body image, with statistically significant differences ($p = 0.014 < 0.05$) between the class ages.

Conclusions: Food consumption and physical activity patterns of adolescents deviates from the recommendations and dissatisfaction with body image is transverse to the two weight classes. It would be pertinent to realize more studies related to this subject.

Keywords: Adolescence. Nutrition. Physical activity. Body image.

FAT-FREE MASS DETERMINANTS IN MIDDLE-AGE AND OLDER PATIENTS WITH TYPE 2 DIABETES

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Introduction: Insulin resistance, high blood glucose levels and aging are associated with several impairments in the neuromuscular system and changes in intrinsic muscle properties, leading to a decline in muscle mass, strength and aerobic capacities, metabolic rate, and functional capacity.

Objectives: The purpose of this study was to analyze the determinants of fat-free mass (FFM) in middle-aged and older patients with type 2 diabetes.

Methods: This was a cross sectional study where demographic (gender, age and diabetes duration), anthropometric (weight, height, body mass index and waist circumference), metabolic (glycated hemoglobin [HbA1c]) and physical fitness (Seated Medicine Ball Throw Test [SMBTT, upper limbs] and 30 second Chair Stand Test [30SCST, lower limbs]) variables were gathered in a linear regression model to predict FFM.

Results: FFM showed significant correlations with weight ($r = 0.707$; $p < 0.001$), height ($r = 0.852$; $p < 0.001$), waist circumference ($r = 0.338$; $p = 0.001$), SMBTT ($r = 0.775$; $p < 0.001$), and significant differences between genders ($p < 0.001$). There were not found significant correlations between FFM and age ($r = -0.120$; $p = 0.249$), diabetes duration ($r = 0.061$; $p = 0.557$), HbA1c ($r = 0.087$; $p = 0.400$), body mass index ($r = 0.123$; $p = 0.233$), and the 30SCST ($r = 0.115$; $p = 0.275$). The regression model was capable of predicting 94% of FFM ($R^2 = 0.940$; $R^2_a = 0.938$). The most preponderant variable was gender ($\beta = 0.578$), followed by anthropometric characteristics ($\beta = 0.397$) and SMBTT ($\beta = 0.174$).

Conclusions: Being female gender, having less weight, height and waist circumference, and worst performance in SMBTT are factors that may predict lower FFM and consequently higher sarcopenia levels.

Keywords: Fat-free mass. Type 2 diabetes. Sarcopenia.

FOOD SUPPLEMENTS AND RELATED SUBSTANCES CONSUMPTION IN GYM USERS OF BRAGANÇA AND BELO HORIZONTE

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Introduction: Food supplements and related substances (FSO) are used for decades to increase the performance of exercise practitioners and achieving sporting advantage. The major concerns in FSO consumption are the gaps related to the production, commercialization and counseling of these substances.

Objectives: The present study aimed to characterize the consumption of FSO in gym users, according to sociodemographic and personal variables and sport practices.

Methods: A cross-sectional, descriptive and correlational study was performed through application of a questionnaire to 340 individuals users gyms of Belo Horizonte, Brazil and Bragança, Portugal.

Results: Globally, 42.1% were or are consumers of FSO, and of these, 36.8% consumes FSO more than two years. Is noted a higher consumption in Belo Horizonte (53.3%) compared to Bragança (38.4%) city where the consumers are younger. Gender appears as a variable with a statistically significant influence (p -value < 0.001) in both cities, where the men leads the consumption of FSO, representing 67.9% and 59.0% in Belo Horizonte and Bragança, respectively. Overall, bodybuilders have a higher percentage of consumption of FSO (52.8%), comparing to other practiced modalities and the main objectives of the use of FSO are the fast recovery between training sessions (31.6%), followed by increased muscle mass (29.4%). Proteins were the substances most used in Bragança (76.0%) while in Belo Horizonte the energy drinks were the most reported (79.2%). It is noteworthy that one third of respondents have received no counseling before taking FSO and 41.7% indicates not aware of any consequence of FSO long-term use.

Conclusions: The study highlights the high percentage of FSO consumption in order to improve the physical performance.

Keywords: Food supplements. Consumption. Gym users.

BEING A VEGETARIAN: A SYSTEMATIC REVIEW ON THE EFFECTS OF VEGETARIANISM ON MENTAL HEALTH

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Introduction: Vegetarianism is becoming an increasingly popular choice which can be defined as a belief or practice of eating foods obtained mostly from the vegetable kingdom. Most research focus on physical health and there is a dearth of literature about its effects on mental health.

Objectives: The aim of this paper is to do a systematic review of vegetarianism effects on mental health.

Methods: Search was conducted using ISI-Web of Science database, with key-words 'effects' or 'impacts' or 'consequences' or 'benefits', 'mental health' and 'vegetarianism' or 'vegetarian' and refined by scientific area 'psychology'. Empirical papers (all years and countries) which reported vegetarianism effects on mental health were included. We excluded theoretical and purchased papers, as well as articles written in German, Korean and Mandarin. So, initially, 38 publications were retrieved but only 21% were included in the review.

Results: Four categories of vegetarianism effects on mental health emerged: i) eating disorders (e.g. more restrictive behaviors; less obesity); ii) socioemotional and personality (e.g. higher empathy; more internal conflicts; openness to change); iii) well-being and life style (e.g. healthy habits; higher physical and psychological well-being); iv) ethics and environment (e.g. more ethical concerns; lower carbon footprint).

Conclusions: Overall, there are very few studies in this field. The polysemy around the subject is enormous: vegetarian, semi-vegetarian, flexitarian, vegan and so on, which difficults its study. The main conclusions of this research points us to the emergence of effects that flow into a 'vegetarian identity', involving life-style, beliefs, psychosocial aspects and options beyond food selection, which compels us to further studies.

Keywords: Vegetarianism. Mental health. Systematic review.

ORTHOREXIA NERVOSA: ARE THE NUTRITION STUDENTS MORE LIKELY TO DEVELOP IT?

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Introduction: Orthorexia nervosa (ON), first described by Bratman in 1997, is an obsessive pathological behaviour characterized by a strong preoccupation with healthy eating and the avoidance of foods or ingredients considered unhealthy by the subject, that in fact are leading to malnutrition and/or impairment of daily functioning.

Objectives: To investigate whether students of Dietetics and Nutrition are more likely to develop ON compared to students from other degrees of health.

Methods: This is a cross-sectional observational study with a sample of 368 students attending the various degrees of Coimbra Health School. We proceeded to the anthropometric (weight and height); checking the existence of possible behaviours suggestive ON (ORTHO-15 test) and also the distortion of body image (scale Stunkard silhouettes). Statistical analysis was performed with SPSS 22.0 software.

Results: Of the 368 students, 85.1% were female and only 14.9% of males, with a mean age of 20.21 ± 2.04 years. We found that, there was more expression behaviours suggestive of ON in second year (39.4%) and in degree of "Nutrition and Dietetics" (22.7%). Similarly, students who exhibit this type of behaviour were those who reported having a "normal" weight (79.9%), practiced exercise "occasionally" (54.0%), did not smoke (76.4%) "rarely" consumed alcohol (39.0%) do not follow an alternative type of diet (93.9%), and only 35.1% were found to have distorted body image.

Conclusions: Through the results it can be concluded that in fact the Nutrition students are more likely to develop these behaviours, compared to students of other degrees. However, more studies will be needed to build more solid conclusions, since, in Portugal, there is no scientific evidences relating to this topic.

Keywords: Orthorexia nervosa. Nutrition students. ORTHO-15.

JUVENILE FEEDING BEHAVIOR: COMPARISON BETWEEN URBAN AND RURAL AREAS

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Introduction: Nutrition plays a crucial role throughout the life of the human being. Since the 70s, the prevalence of obesity has tripled in younger population, thus, nutritional assessment is essential as the nutritional status may be reflected in the child's health and future adult. Lifestyle, availability and cost of food, socio-economic, psychological and sensory factors, mostly influence the food standard.

Objectives: Evaluate a population of adolescent between 12 and 15 years, comparing two groups (urban and rural) and detect possible stat-weight and socioeconomic deviations.

Methods: This is a observational and descriptive study with a sample of 94 students, 50 from Escola E.B.2,3 da Guia and 44 students