

Universidade de São Paulo  
Faculdade de Saúde Pública

# RSP Revista de Saúde Pública

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IPLeiria International Health Congress

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

CHALLENGES & INNOVATION  
IN HEALTH

**Abstracts**

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## FULL TEXTS

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**CHARACTERIZATION OF THE SUN-PROTECTION PRACTICES IN HIGHER EDUCATION STUDENTS**Sophia Vilas-Boas<sup>a</sup>, Sílvia Branco<sup>b</sup>, Xavier Costa<sup>c</sup>,  
Olívia R. Pereira<sup>d</sup>*Departamento de Tecnologias de Diagnóstico Terapêutica. Escola Superior de Saúde. Instituto Politécnico de Bragança. Bragança, Portugal***Introduction:** The skin is a dynamic barrier with important organic functions. On the other hand, the excessive exposure to ultraviolet (UV) radiation without the use of adequate photo-protection is associated to health risks.**Objective:** The main objective of this study was to analyze the habits of sun exposure and the sun-protective practices in students of the Polytechnic Institute of Bragança.**Methods:** A cross-sectional study was performed through an application of a questionnaire to a 163 students, of both gender, aged between 18 and 29 years.**Results:** The results showed that, during the week, 48.5% of the students were exposed to solar radiation for 1 to 2 hours daily and 38.7% for 3 to 6 hours. During the weekend, 25.8% of the students were exposed to solar radiation for 1 to 2 hours while 27.0% were exposed 3 to 6 hours. Concerning the time of the day of the sun exposure, it was concluded that in summer a large percentage of students (57.7%) were exposed between 12 p.m. and 16 p.m. The majority of students (82.8%) used sunscreen, while along the year only 34.8% used sunscreen. From all students, approximately half used a photo-protection factor between 30 a 50. Additionally, 71.8% of them suffered sunburns, from which approximately a half had more than five incidences.**Conclusions:** Globally, this study showed that the students are excessively exposed to the sun, particularly in times associated to high UV radiation. Most of them use sunscreen, although just a few opt for those that offer a very high protection.**Descriptors:** higher education students; sun-protection practices; sunscreen; sunburns.<sup>a</sup>sophia.vb@hotmail.com<sup>b</sup>b.silvia.prd@hotmail.com<sup>c</sup>xavier.t.costa@ipb.pt<sup>d</sup>oliviapereira@ipb.pt

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**USE OF EMERGENCY CONTRACEPTION IN HIGHER EDUCATION STUDENTS**Joana Lima<sup>ll,a</sup>, Sara Rocha<sup>lb</sup>, Tatiana Carona<sup>lc</sup>, Tânia Pires<sup>ld</sup>, Olívia R. Pereira<sup>l</sup>*<sup>l</sup>Departamento de Tecnologias de Diagnóstico Terapêutica. Escola Superior de Saúde. Instituto Politécnico de Bragança**<sup>ll</sup>Serviços Farmacêuticos do Centro Hospitalar Tâmega e Sousa. Bragança, Portugal***Introduction:** The use of emergency contraception, used by women after sexual intercourse to avoid the unintended pregnancy, has been increasing in last decades.**Objective:** The present study aimed to characterize the contraceptive behaviors, with emphasis to emergency contraception, in higher education female students.**Methods:** Using a cross-sectional study, a questionnaire-based study was targeted to 130 students of the Polytechnic Institute of Bragança, with ages between 18 and 36 old.**Results:** From these students, 75% were sexually active, with the majority of them using contraceptive methods during intercourse. Usually, contraceptive methods comprised masculine condom (35.4%), oral hormonal contraception (14.6%) or both methods (18.5%). Moreover, the use of emergency contraception was assumed by 23% of these students, with one fifth of them using this method for more than once. Thought the analysis of variables, it was found that there is a relationship between age and the start of sexual activity, the use of contraceptive methods during intercourse, and also in between age of the 1st intercourse and the usage of emergency contraceptive methods.**Conclusions:** The high prevalence of emergency contraception use in these students indicated the trivialization of this type of oral contraception. Them, it is crucial to further disclosure and provision the preventive contraceptive methods once young population is not still aware of their benefits and excessively resort from emergence contraceptive methods.**Descriptors:** Masculine condom; hormonal contraception; emergency contraception; higher education students.<sup>a</sup>joana.machado.lima@gmail.com<sup>b</sup>xara\_rocha@hotmail.com<sup>c</sup>a23851@alunos.ipb.pt<sup>d</sup>tania.pires@ipb.pt