

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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evaluate the postural changes among students of basic schools in the district of Porto.

#### Methods

Weight and height were measured. The "body chart" and visual analogue scale for pain and static postural form for evaluation of postural changes, backpack characteristics and additional physical activity questionnaire were used.

#### Results

This study included 285 students, aged 11.46 years  $\pm$  1.32 years, and weighing 43.36 kg  $\pm$  10.49 kg and with a height of 1.48 m  $\pm$  0.95 m. Use of backpack: 97.5 % of the participants, 83.0 % use it in both shoulders and 17.0 % only on one shoulder. In relationship to physical activity 58.0 % do it after regular school time, the most prevalent physical activity was swimming with 21.3 % and 23.1 % for football. Pain lifetime prevalence was 43.0 %. With regard to postural changes, elevation of the shoulders was the most prevalent (78.0 %), changes in iliocostalis angle (52.5 %) and flat feet (47.2 %), calcaneus valgus (37.7 %) and scoliosis (25.5 %), anterior head projection (63.0 %), anterior shoulder (45.2 %), pelvic anteversion (37.7 %), lumbar hyperlordosis (56.9 %) and knee recurvatum (24.2 %).

#### Conclusions

We conclude that postural changes found are according the postural characteristics for this age group and identification of changes allowed earlier clinical referral and propose school postural education prevention programmes.

#### Keywords

Postural changes, school children and adolescents, school health, backpack, pain

#### O13

##### Ischemic stroke vs. haemorrhagic stroke survival rate

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#### Background

Stroke is the main cause of death in Portugal and it's also one of the pathologies involved in several physical and psychological comorbidities and which often prevents stroke patients from having an autonomous life. There are still several gaps related to the prognosis of the two different types of stroke (ischemic and haemorrhagic) and is relevant to know which type has the better longevity. Objective: The main objective of the present study is to evaluate the survival rate of both types of stroke, and simultaneously the mortality risk in those patients.

#### Methods

A sample of 1367 individuals who suffered a stroke was collected in Hospital do Espírito Santo de Évora, between 2010 and 2015, after that the sample's profile, risk factors and associated comorbidities were studied. Then, we created a subgroup from the initial sample with 311 individuals who suffered both types of stroke in the period 2013-2014 and performed a statistical analysis of survival and mortality risk.

#### Results

Individuals who suffered ischemic stroke have a lower mortality rate, as well as an improved initial survival; Three months after the event, the mortality risk becomes independent of the stroke type. We also observed that age has an effect on survival.

#### Conclusions

Haemorrhagic stroke is associated with an increased mortality and worse survival rate compared with ischemic stroke.

#### Keywords

Ischemic stroke, haemorrhagic stroke, survival, mortality

#### O14

##### Chronobiological factors as responsible for the appearance of locomotor pathology in adolescents

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#### Background

Chronobiology is a discipline that studies the biological processes following predictable temporal sequences, focusing on the analysis of circadian rhythms and biological rhythms associated with the geophysical basis. Any physiological function of living things can be analysed from the perspective of chronobiology as a phenomenon with a significant temporal and rhythmic dimension. Objective: To determine whether the existence of chronobiological factors and circadian variations involved in the development of locomotives diseases in adolescence.

#### Methods

Observational, descriptive, retrospective and quantitative study on the adolescent population of Lanzarote (Canary Islands) from 2010 to 2015 Study. Data collection: computer system Drago. Statistical Analysis with SPSS 23.0 software.

#### Results

On a sample of 1,214 adolescents it was found a significant association ( $p < 0.023$ ) between gender, seasonal time and location of the lesion, being more frequent in males 11-16 years, most of them in autumn and winter and being the lower limbs in men (56 %) and arms in women (42 %), the most affected areas. Highlighting the lack of medical records in medical records regarding the etiology of the lesion (37.2 %) and time of occurrence (89 %).

#### Conclusions

The teenage gender is a trigger factor in musculoskeletal disorders. The prevalence of these diseases is higher in urban areas. The prevalent etiology is trauma. The climate and geographical location of Lanzarote, significantly influence the etiology and location of the lesion. We should prepare educational programs on risk prevention at schools.

#### Keywords

Chronobiology, adolescence, Lanzarote, locomotor pathology

#### O15

##### Risk of malnutrition in the elderly of Bragança

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#### Background

Malnutrition affects a significant number of people, the elderly being the main group affected. Retrospective studies highlight that the elderly are at higher risk and have higher susceptibility of nutritional deficiencies than young adults. Objective: To assess the risk of malnutrition in the elderly of Bragança.

#### Methods

Analytical and cross-sectional study. Based on a sampling error under 5 % and a confidence level of 95 %, a sample of 385 elderly people

stratified by gender and age was studied. A questionnaire was used including nutritional risk assessment using the Mini Nutritional Assessment (MNA).

#### Results

56.4 % (217) are women and 43.6 % (168) are men with an average of  $76.39 \pm 7.18$  years of age. The majority (62.9 %; 242) is married/civil partnership and 28.6 % (110) are widowers. 37.8 % (134) relate some degree of loneliness. We also noticed that 96 elderly (24.9 %) show risk of malnutrition. Those who are married/in a civil partnership have higher probability of normal nutritional condition when compared with single or divorced (OR = 2.925); those with schooling have higher probability of normal nutritional condition (OR = 2.287) compared to those without schooling. The ones who mention less loneliness present 1.5 to 4.7 higher probabilities of normal nutritional condition compared with the ones who state any level of loneliness. The ones who are functionally independent have higher probability of a normal nutritional state than those who have any degree of dependency.

#### Conclusions

Results highlight the need for specific protocols in health institutions to identify old people at nutritional risk allowing a timely intervention.

#### Keywords

Elderly, malnutrition, risk

#### O16

##### A Lifestyle Educational Programme for primary care diabetic patients: the design of a complex nursing intervention

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#### Background

Therapeutic Education is structural to diabetic people's self-control. Although these questions have been a research theme of concern over the past years, there is a shortage of tested educational programmes that allow discussion of its effectiveness. Objective: To design a lifestyle educational programme for diabetic patients.

#### Methods

An exploratory and descriptive approach was made, starting by characterizing and understanding the context – a Primary Care Unit, as well as the usual educational intervention developed. Data collection included semi-directive interviews, observational moments and record analysis. Supported by a theoretical framework (Orem's Self-care Theory and Empowerment perspective), information was analysed and discussed with the nurses, in group and individual interactions, from July until October 2014.

#### Results

The result was a Lifestyle Educational Programme directed to people with type 2 diabetes, focused on lifestyle and self-control behaviours, to be implemented by primary care nurses. With a 24-week timeline, the programme starts with a face-to-face nursing intervention, followed by two educational group sessions, the first one focussed on self-motivation and lifestyle generic behaviours, and the second one centred on foot self-care and monitoring. At 12 weeks, the second face-to-face intervention is done, complemented by a telephone monitoring intervention after four weeks, ending with the last individual moment, 24 weeks after the beginning of the programme.

#### Conclusions

The programme developed is a Complex Intervention, with several components, including the intervention usually carried out by nursing professionals, in addition to which is added group and telephone intervention, merged in an educational protocol that follows specific sequential phases.

#### Keywords

Therapeutic Education, Type 2 Diabetes, Lifestyle Educational Program, Nursing education

#### O17

##### Medication adherence in elderly people

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#### Background

Adherence to medication regimens is an indicator of health service efficiency (WHO, 2003). It promotes improvements in clinical status, safety and quality of life of individuals and leads to better financial results, reflected by reduced use of health services and decreases the risk of aggravation of disease and acute crises caused by inadequate drug management. Objective: Describe the level and factors associated with the adherence to medication regimens in the elderly.

#### Methods

From a research-action perspective, we developed a descriptive, quantitative and transversal study (2014), with random and accidental sample in a Madeira Island parish (n = 493) using the questionnaire "Measure Adherence to Treatment- MAT" validated for the Portuguese population ( $\alpha = 0.74$ ).

#### Results

Mean age 70 years ( $\sigma \pm 7.1$ ); 68 % female; 70 % have 4 years of education; 40 % consume 5 or more different drugs/day; with a mean of adherence of 5.4(6). The main factors that influence adherence are the problems of memory (40 %); In the MAT subscales 23.5 % non-adherence was found; 13.5 % non-adherence by excess; 18.0 % non-adherence by deficit and 14.1 % other causes. In the subscale of non-adherence, the values observed were: 33.0 % failure to take the medication; 30.5 % the neglect in the time of taking; 16.8 % abandonment because they feel better and 15.8 % because they feel worse.

#### Conclusions

The results corroborate the findings of other studies and express the priorities for action in this context. In partnership, specific objectives were outlined and nursing interventions designed to enhance patient adherence to medication prescriptions.

#### Acknowledgements

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#### Keywords

Adherence to medication regimen, elderly, nursing intervention

#### O18

##### Hospitalization for cervical cancer of residents in the metropolitan region of Porto Alegre, Southern Brazil, 2012 to 2014

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#### Background

Cervical cancer is caused by persistent infection due to certain oncogenic types of human papillomavirus (HPV). These changes of the cells are easily discovered on the Pap test and are curable in almost all cases. Objective: To describe the characteristics of hospitalizations for cervical cancer in the public health system by residents of the Greater Porto Alegre (GPA), in southern Brazil, 2012 to 2014.