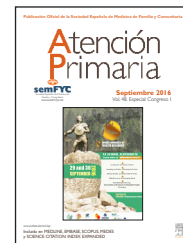


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PARALLEL SESSIONS: ORAL COMMUNICATIONS

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1. ADULT HEALTH

CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

Matilde Martins^a, Patrícia Ribas^b, Joana Sousa^c, Andreia Cunha^c, Norberto Silva^d, Teresa Correia^a

^aHealth School of Polytechnic Institute of Bragança, Sports Sciences, Health Sciences and Human Development, Portugal; ^bClinic of Arrifana, Portugal; ^cHealth School of Polytechnic Institute of Bragança, Portugal; ^dHealth School of Polytechnic Institute of Bragança, Unit of the Northeast Local Health Bragança, Portugal.

Contact details: matildemartins@ipb.pt

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

Eduardo Santos^a, Andréa Marques^b

^aAssociate Research at the Portugal Centre for Evidence-Based Practice (PCEBP): a Collaborating Centre of the Joanna Briggs Institute - Health Sciences Research Unit: Nursing (UICISA: E), Nursing School of Coimbra (ESENFC); ^bRheumatology department, Centro Hospitalar e Universitário de Coimbra, EPE.

Contact details: ejf.santos87@gmail.com

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

THE INFLUENCE OF BRADEN SUBSCALES ON PRESSURE ULCERS DEVELOPMENT

Pedro Sardo^a, Jenifer Guedes^b, José Alvarelhão^a, Alexandre Rodrigues^a, Paulo Machado^c, Elsa Melo^a

^aSchool of Health Sciences, University of Aveiro, Portugal; ^bAveiro Hospital, Portugal; ^cOporto Nursing School, Oporto University, Portugal

Contact details: pedro.sardo@ua.pt

Introduction: The development of pressure ulcer(s) is complex and multifactorial and nursing staff needs to manage several pressure ulcer risk factors in order to prevent pressure ulcer development. Nurses should use each Braden subscale score as an initial appraisal of a patient's specific problems. However, the investigation of the contribution of the Braden subscale scores has been limited and the findings have been inconclusive.

Objectives: To determinate which Braden Scale items are the best predictors of pressure ulcer incidence in hospitalised adult patients.

Methods: Retrospective cohort analysis of electronic health record database from adult patients admitted without pressure ulcer to medical and surgical areas of a Portuguese hospital during one year. Cox proportional hazards regression was used to analyse the association between the pressure ulcer development and Braden Scale items. In all analyses, a p-value < 0.05 indicated statistical significance.

Results: This study included 6,552 participants. During the length of stay, 153 participants developed (at least) one pressure ulcer, giving a pressure ulcer incidence of 2.3%. For Braden Scale items, the univariate time to event analysis showed that all items, except "nutrition", were associated with the development of pressure ulcer. By multivariate analysis the scores for "mobility" and "activity" were independently predictive of the development of pressure ulcer, with hazard ratios of 2.08 (95%CI = 1.61-2.68) and 1.24 (95%CI = 1.02-1.52).

Conclusions: Nurses should consider the best pressure ulcer predictors (derived from Braden Scale) to plan more accurate nursing preventive interventions. The Braden Scale item "nutrition" besides assessing the "food and fluid intake" could be improved with anthropometrics data.

Keywords: Braden Scale. Incidence. Pressure ulcers.

SELF-MEDICATION ON THE STUDENTS OF THE SCHOOL OF HEALTH FROM POLYTECHNIC INSTITUTE OF BRAGANÇA

Cristiana Castro, Joana Martins, Miranda Nunes, Filomena Sousa, Celeste Antão

Polytechnic Institute of Bragança, Portugal.

Contact details: cristiana-castro@hotmail.com

Introduction: The self-medication is a phenomenon more and more frequent and used for several years already, and its incidence and distribution are related with the organization and health system of each country. Following Medeiros thoughts (2011), this practice consists in the consumption of a medicine with the purpose of treating or relieving the symptoms and diseases or even promote self health, without using a professional prescription.

Methods: With this study, we intend to find the self-medication practice incidence on the students in the School of Health of Polytechnic Institute of Bragança (ESSa), identify the motives that lead these students to resort to this methods and identify the most used medications. It's a transversal descriptive, observational and quantitative study. To obtain the best results it was applied a questionnaire built for that purpose. The statistics analyses was made using Excel program. Our sample has 219 students of the School of Health from Polytechnic Institute of Bragança.

Results: The studied sample includes 194 female and 25 male students distributed as follows: 36 frequenting Biomedical Laboratory

Sciences, 26 Dietetics and Nutrition, 99 Nursing, 33 Gerontology and 22 studying Pharmacy. The self-medication prevalence was 98%. The most used medicines was the analgesics and antipyretics with 86%. The most prevalent reason for the use of self-medication was the thought that the disease was a "minor health issue". It was also considered a risky practice by 77% of the students.

Conclusions: The self-medication is an evident practice on the ESSa students. This results reveal some contradiction since the most consider it as a risky practice, however it is, still, practiced.

Keywords: Self-medication. Health. Students. Medicines. Higher education.

INSIDE CLINICAL SUPERVISION: CHARACTERISTICS OF A CLINICAL SUPERVISOR

Ana Rocha^a, Margarida Reis Santos^b, Sandra Cruz^b

^aCentro Hospitalar do Baixo Vouga, Portugal; ^bEscola Superior de Enfermagem do Porto; CINTESIS, Portugal.

Contact details: ana.c.rocha82@gmail.com

Introduction: Clinical supervision in nursing is essential for the nurses personal and professional development but also for the quality of care they provide. The clinical supervisor has an important and decisive role in the supervision process and to become an outstanding supervisor his/her characteristics must be clarified.

Objectives: To identify the characteristics of a clinical supervisor from a supervisees' perspective.

Methods: We conducted a qualitative, exploratory and descriptive study from July to September 2013 in the Medio Ave Hospital Centre. Our participants were 10 nurses who were supervised by peers. Face to face semi-structured interviews were performed and content analysis was used to treat data.

Results: Assertiveness, empathy, availability, motivation, objectivity, impartiality, flexibility, leadership, ability to communicate, observation skills, inspire confidence, open mind, being accepted by peers, clinical expertise and experience emerged as important personal characteristics of a clinical supervisor. Supervisees also looked at their supervisor as a role model, someone that is able to create/develop supportive relationships, to solve problems and/or conflicts and to promote the supervisees' autonomy. Training in clinical supervision is also considered important to perform this role.

Conclusions: Our findings corroborate other studies that identified the clinical supervisor characteristics valued by nurses. The clinical supervisor interpersonal skills, knowledge and clinical skills were perceived by nurses as important characteristics of this professional. Those characteristics contributes to facilitate the supervisory relationship, the quality of the process, the development of the supervisees' skills and the improvement of their clinical practice.

Keywords: Clinical supervision in Nursing. Clinical Supervisor. Supervisees. Clinical Supervisor characteristics.

SURVEY THE SITUATION OF EDUCATION AND TRAINING IN "PATIENT SAFETY" BASED ON MULTIPROFESSIONAL GUIDE - WHO

Catarina Amaral^a, Paula Favas^b, Paulo Sousa^c, Maria João Lages^c, Susana Ramos^c

^aCentro Hospitalar Tondela-Viseu, Portugal; ^bAgrupamento de Centros de Saúde do Dão-Lafões, Unidade de Saúde Familiar Lusitana, Portugal; ^cEscola Nacional de Saúde Pública; Universidade Nova de Lisboa, Portugal.

Contact details: catarina.f.amaral@gmail.com

Introduction: The citizen has the right to have quality healthcare, being recognized all the legitimacy to demand at all performance