

RSP Revista de Saúde Pública

Volume 48
Special Number
May 2014



IPLeiria International Health Congress

09 and 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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Published bimonthly, in February, April, June, August, October and December.

INDEXES

All articles are also published in English language.


The on-line abstracting and indexing services that cover the Journal are:

Thomson Scientific (ISI): Web of Science, Current Contents/Social Behavioral Science, Social Science Citation Index; MEDLINE; Biosis; Global Health; EMBASE; HEALSAFE; Health Star; PubMed; POPLINE; Wildlife Worldwide (NISC); Scopus; SciELO; LILACS; PERIODICA.

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Administrative support	Biblioteca/CIR: Centro de Informação e Referência em Saúde Pública da FSP/USP	
Reviewer	Odinéia C. Gregio	
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Editorial and DTP	 www.caboverde.com.br	

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LONELINESS AND DEPRESSION IN THE INSTITUTIONALIZED ELDERLY

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Introduction: Institutionalized elderly people often experience feelings of depression and loneliness. However, there are strategies to combat these problems allowing a better quality of life.

Objective: To know the feelings of the elderly in relation to their life; To determine the degree of depression; To verify if loneliness is associated with depression.

Methods: A cross-sectional, quantitative, observational and analytical study was developed. A questionnaire was developed containing socio demographic questions, the Geriatric Depression Scale and the UCLA Loneliness Scale. A sample of 62 elders (40 women e 22 menaged between 40 and 99 years) that were institutionalized at the Santa Casa de Misericórdia de Vinhais was collected. SPSS 21.0 was used to compute descriptive statistics and Spearman correlation test.

Results: It was found that 46.8% of respondents had moderate depression and 45.2% had severe depression. There was no evidence of minor depression among elders. The Spearman correlation test show that there is a significant correlation between the Depression and Loneliness ($\rho=0,472$), this means that the correlation is positive and moderate.

Conclusions: Institutionalized elderly presented moderate and severe depression levels. Depression is, significantly, associated with loneliness. The results highlight the need to adopt new strategies for healthy aging, specifically, strategies to decrease the loneliness of the elderly.

Descriptors: Loneliness; Depression; Institutionalized elderly; Northeast; Portugal.

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EFFECTIVENESS OF EDUCATIONAL TOY IN HAND HYGIENE IN CHILDREN OF A PUBLIC SCHOOL

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Introduction: Parasitic diseases are relevant because they produce organic deficit in children, besides affecting their normal development. Simple measures such as washing hands and raw foods, have been effective in fighting infections.

Objective: The research aims to assess the effectiveness of an educational toy as a teaching-learning strategy in children 06 to 12 years of age, giving emphasis to changes in habits in schoolchildren.

Methods: Explanatory research, relying on the skills assessment, using the model "OSCE" (Objective Structured Clinical Examination) which has as its basic principles the observation of student performance on specific tasks. The OSCE was structured with two scenarios, a reproduction of a bathroom and of a kitchen. 91 students participated in the first phase of this investigation, 62 of which repeated the second phase. The educational resource used in the survey consisted of a doll wearing a backpack with a booklet containing information on how and when to wash their hands.

Results: With regards to handwashing at mealtimes, of the 62 subjects assessed 12.90% washed their hands prior to application of the educational tool and 93.55% after application of the educational tool, 9.68% washed their hands after using the bathroom, prior to the application of the tool and 85.48% after its application.

Conclusions: It is concluded therefore, that the use of the educational doll was effective for acquiring new behavior concerning hand hygiene before meals and after using the bathroom, promoting behavioral changes interfering directly in the quality of life and promoting health, preventing the enteroparasitoses infestations.

Descriptors: Health education; Educational tool; Teaching-learning; Health promotion; Enteroparasitosis.

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