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09 and 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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PROJECTS OF HEALTH EDUCATION IN SCHOOL: FROM EVALUATION TO PRACTICE

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Introduction: The analysis of the implementation process of Health Education in the Portuguese school reality should involve assessment procedures that contribute to the optimization of qualitative interventions.

Objective: In the light of this assumption, with this communication we have the major goal of disseminating the main results and conclusions of the qualitative research entitled “School, Health and Society: Evaluation Studies of Health Education Projects”, that we have carried out.

Methods: The study focused on five Health Education Projects (HEP) in progress during the academic year 2009/2010. The evaluation has been founded in a démarche de référentialisation, following Figari (1996). Therefore, an Evaluation Framework has been elaborated with the purpose of characterizing reference practices in what concerns the process of constructing a HEP, considering the principles of the Health Promoting Schools (IUHPE, 2009; Navarro, 1999).

Results: The five HEP showed reference practices in its dynamics. However, only one project registered the quality criteria defined for a “good” project. Based on the literature and the data collected we prepared the document “Reference practices in HEP- Guide the implementation in schools” constituting an added value in the implementation of HEP.

Conclusions: The study demonstrates quality of HEP, which were implemented. Thus, independently of the political and economic decisions that the Ministry of Education might take, it is clear thinking that the HEP “must stay” strategically placed in schools, helping to manage the uncertainty factors of a turbulent context of contemporary society, and to find solutions to the integral formation of our teenagers.

Descriptors: Health Education Projects; Evaluation; Reference practices.

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MOST SIGNIFICANT SOCIALIZATION AGENTS IN ADOLESCENT SEXUALITY

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Introduction: The teenage years are a stage of human progress which is the transition from childhood to adulthood. This causes in the young a set of turbulences, described as a moment of grief caused by the disappearance of childhood and the ritual of entry into adulthood. It means a period of discoveries of their own limits and questioning of values. So, it's a time of learning and ruptures, a stage characterized by the need for social integration, the search for self-affirmation and individual independence and sexual definition (Silva & Mattos, 2004). The teenager, in the process of evolution, faces a whirl of feelings in an intense and very incongruent manner (Nasio, 2011). Sex education is a process that determines the structure and maturation of the personality of the individual, which depends on the culture in which it is inserted.

Objective: Identify nurses' opinion in the context of primary health care on the most significant agent of socialization in adolescent sexuality.

Methods: descriptive, transverse and quantitative study. A questionnaire was administered to a sample of 1735 nurses from various Portuguese Health Centers.

Results and Conclusions: Nurses reported that the most important agent of socialization in adolescent sex roles is the family (37,4%), followed by the peer group (34.2%). Chi-square ($P < 0.01$), we conclude that the most important agent of socialization in adolescent sexual roles is not significantly independent of age, marital status, place of residence, qualifications, specific training to deal with adolescents about sexuality and by nurses.

Descriptors: Adolescent; Sexuality; Sexual Education; Socialization Agent; Primary Health Care.

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