



# Atención Primaria

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## PARALLEL SESSIONS: POSTERS

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### 1. CHILD AND ADOLESCENT HEALTH

#### MANDATORY REPORTING OF CHILD AND ADOLESCENT ABUSE BY GENERAL PRACTITIONERS IN A STATE OF BRAZILIAN NORTHEASTERN

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**Introduction:** Violence against children and adolescents is an unequal power relationship. The Brazilian Child and Adolescent Act adopt a strategy of safety and protection of all suspected cases of abuse.

**Objectives:** The aim of this paper is to analyze the system of general practitioners (GPs) notification for child and adolescent mistreatment throughout Ceará State, Brazil.

**Methods:** A structured questionnaire was given to 227 general practitioners in 85 cities across the state. A quantitative analyze was done. The research was conducted in accordance with recognized ethical standards and national/international laws.

**Results:** The professional average age is 35.7 years (Standard Deviation = 12.2). The GPs have been working on primary healthcare less than 05 years (51.5%). The results illustrate that the majority of GP had no training on child/adolescent mistreatment notification (73.6%), but knew the Child and Adolescent Act (72.7%). GPs that trust in protection agencies of child and adolescent are the majority (70.8%) and do not feel under threat by the State (75.8%), for this reason they know how to forward the child/adolescent mistreatment cases (64.2%). Among 227 GPs participants, 53,1% affirmed that they had identified cases of child abuse in their careers (53.1%), nevertheless, just 52.6% of these occurrences of abuse had notified.

**Conclusions:** These findings show that as less training GPs are, less notification of abuse problem they do. This is under the Brazilian National Health System (SUS) expectation and an abuse notification system on the SUS must be done, looking for changes on the GPs notification.

**Keywords:** Child abuse. Notification. Primary healthcare.

#### INVESTIGATION AND ANALYSES OF THE CAUSES OF INFANTILE DEATHS IN THE CITY OF MANAUS, AMAZONAS-BRAZIL, IN 2012

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**Introduction:** Data of the United Nations for the Childhood Fund (UNICEF) demonstrate a reduction in the infant mortality rates in Brazil in the last two decades. However the monitoring of this indicator is necessary, because this translates the situation of health of a população.

**Objectives:** In this work, academics and tutors of the nursing and medicine courses of the University of the State of Amazonas-Brazil (UEA) accompanied the professional work of the Municipal General office of Health of Manaus/Amazonas-Brazil (SEMSA-Manaus), with the objective of living actions related to the surveillance in health in the scope of the infant mortality.

segregation that exists in the sector produces both the invisibility of gender inequalities, and problems in terms of working conditions, as shown in the literature (EASHAW, 2013).

**Methods:** This is a case study about the working conditions in a feminised working environment, and how they are perceived by workers and managers. The study took place in a private health clinic, and the methodology included semi-structured interviews and direct observation.

**Results:** We observed the initial exploratory proposition that sex segregation of work explains the working conditions in feminised sectors, as well as the perceptions of stakeholders about them. The main effects are the invisibility of inequalities and the psychosocial risks associated with working conditions. Those were marked by the amount of hours worked and the workload, the precariousness and nonparticipation in decisions, requirement of extra tasks, exposure to aggression and harassment, emotional intensity, non-recognition of their competences, and corresponding devaluation of wages.

**Keywords:** Working conditions. Health. Psychosocial risks.

## 6. CARDIOVASCULAR HEALTH

### CARDIOVASCULAR AND METABOLIC RISK IN PORTUGUESE WOMEN

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**Background:** Overweight and increased waist circumference are early markers of cardiovascular and metabolic disease. The current obesity context recommends the assessment of individual risk factors as predictors of future comorbidities.

**Objectives:** Assess body mass index (BMI), blood pressure (BP) and waist circumference values and analyze its relationship with nutritional status in young Portuguese women.

**Methods:** Cross-sectional/observational study conducted in 2012 with 1424 Portuguese women, Mean age 34.47 years (SD = 5.29), mothers of preschool children also under study. Performed anthropometric and waist circumference measures, BMI classification based on WHO (2000) referential and Portugal norms, (DGS, 2004). The BP was classified according to the European Heart Journal (2007) recommendations.

**Results:** Overall, 31.9% of women were overweight (obesity 12.1%), significantly higher in women with low literacy, low-income, and from rural areas, while the high blood pressure (HBP) and metabolic risk associated with waist circumference were significantly higher only in those with low literacy. Metabolic risk appeared in 60.8% and women with overweight and obesity, significantly associate increased risk of metabolic disease ( $\chi^2 = 212.37$ ,  $p = 0.000$ ), with a probability greater than 8 (OR = 8.158; CI = 6.024-11.048). Globally had normal-high and hypertension 22.8% of women, while 31.8% associated obesity and hypertension ( $\chi^2 = 31.466$ ,  $p = 0.000$ ) and 27.6% increased waist circumference ( $\chi^2 = 16.769$ ,  $p = 0.000$ ) with a risk about twice (OR = 2.447; CI = 1.781 - 3.362; OR= 1.990; CI = 1.427- 2.775 respectively).

**Conclusions:** Results showed the association between overweight, metabolic and cardiovascular risk, who reinforces the importance of promoting women's health early.

**Keywords:** Cardiovascular risk. Metabolic risk. Young women's health.

### METABOLIC SYNDROME IN USERS OF A COMMUNITY PHARMACY

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**Introduction:** Metabolic syndrome (MetS), a set of several cardiovascular risk factors such as obesity, high fasting blood glucose, dyslipidemia and hypertension, affects various regions of world, constituting a worrying public health problem worldwide. Due the lack of portuguese data in this area, the aim of the present study was to determine the prevalence of MetS in a pharmacy in the district of Bragança.

**Methods:** Total sample involved 80 adults > 18 years, randomly selected, 38.8% men and 61.2% women, mean age 60 years. Diagnosis was based on the «Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults» (APT-III).

**Results:** Globally, the prevalence of MetS was 7.5%, higher in men (9.7%) than in women (6.1%) and more elevated among individuals with age > 40 years (8.5%). Moreover, most have reported not make any kind of diet, about half ingests alcohol and about a third is smoking.

**Conclusions:** The high prevalence of MetS found in this study alerts the attention for the treatment of the MetS, retarding or preventing future consequences, like diabetes and cardiovascular disease.

**Keywords:** Metabolic syndrome. Prevalence. Risk factors.

### EVALUATION OF SERUM CONCENTRATIONS OF TOTAL CHOLESTEROL IN PHARMACY STUDENTS OF INSTITUTO POLITÉCNICO DE BRAGANÇA

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**Introduction:** Hypercholesterolemia is a factor involved in the development of atherosclerosis, which is related to cardiovascular and cerebrovascular diseases, the two main causes of death in the world. The aim of the study was determined the prevalence of hypercholesterolemia in Pharmacy students from the Instituto Politécnico de Bragança (IPB) and described and analyze the risk factors associated.

**Methods:** From a random sample of four classes of the course of Pharmacy from IPB, were selected for this study two years (1<sup>o</sup> and 4<sup>o</sup> years), with 32 students in each class. The descriptive, cross-sectional and quantitative study was carried out by application of a screening of cholesterol levels, and with a self-completion questionnaire. The data were subjected to statistical treatment through the program SPSS 16.0.

**Results:** This study found that the average of total cholesterol (TC) was 197.06 ± 43.542 mg/ dL. The men had lower levels of cholesterol (174.33 mg/ dL) than females (200.78 mg/ dL) indicating the sex has influence on the levels of cholesterol. Hypercholesterolemia was more prevalent at ages ≥ 20 years, with higher average for students attending the 4th year (203.53 mg/ dL) than those attending the 1st year (190.59 mg/ dL). Concerning food, only the consumption of sausages showed association with serum concentrations of TC. Additionally, students who make meals at home have higher CT than those who make their meals elsewhere (200.49 and 183.62 mg/dL, respectively), allowing to conclude that the lack of time for meals provides a power based on fast food, rich in cholesterol.

**Conclusions:** The high levels of TC obtained in young students alert the need for control the cholesterol levels and also take action with regard to food and physical exercise.

**Keywords:** Cholesterol. Students. Food consumption.

## 7. ORAL HEALTH

### TEMPOROMANDIBULAR DISORDERS PREVALENCE IN RHEUMATOID ARTHRITIS PATIENTS

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**Introduction:** Rheumatoid Arthritis is a chronic disease, believed to be auto immune, affecting several systems. Being a synovial articulation, the temporomandibular articulation is also affected by rheumatoid arthritis.

**Purpose:** Assess the prevalence of Temporomandibular Disorders in patients with rheumatoid arthritis, rate the most common Temporomandibular Disorders and determinate which are the main signs and symptoms.

**Methods:** The present study as a observational feature, descriptive and transversal, with a non probabilistic sample, obtained by convenience, of 30 patients being followed by the Unity of Rheumatology techniques of the Santa Maria's hospital. Data were collected through the application of an adapted version of the "Research Diagnostic Criteria for Temporomandibular Disorders – RDC/TMD" questionnaire, and then, they were analysed using the Statistical Package for Social Sciences, version 22.

**Results:** It was diagnosed the presence of Temporomandibular Disorders in 43.3% of the observed patients, being arthralgia the most common. The most common symptoms were the presence of pain in the face, jaw, pain during the maximum unassisted opening and mandibular function limitation. On the other hand, the most observed signs were the presence of joint sounds like click and crepitus, limitation of the maximum vertical and horizontal mouth opening and sensibility to palpation of intra and extra oral muscles and the temporomandibular joint.

**Conclusions:** It becomes essential to sensibilize health professionals in terms of the existence of this kind of oral disorders and their relationship with other pathologies, like the Rheumatoid Arthritis, as a way of ensuring a premature diagnosis and a more effective treatment.

**Keywords:** Rheumatoid arthritis. Temporomandibular disorders.

### THE EVALUATION OF KNOWLEDGE AND STATE OF ORAL HEALTH OF VISUALLY IMPAIRED PEOPLE

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**Introduction:** Visual impairment is a global or partial damage in visual system, varying in cause and/or nature. Visual impairment can affect access to dental care and oral health information. Currently it has been highlighted the need to provide oral health education for the visually impaired.

**Objectives:** Relate knowledge of oral health in patients with visual impairment and relate it to their oral health state.

**Methods:** The population consisted of a convenience sample of 80 participants, institutions of support the visually impaired, in the municipality of Lisbon. Participants underwent a 10 minutes long questionnaire with 23 multiple response items, which was completed through interview technique. We then proceeded to the observation of the oral cavity of each participant, in order to evaluate caries rates, oral hygiene index, and gingival bleeding index. The data collected were processed with Microsoft Excel 2007<sup>®</sup> and IBM<sup>®</sup> SPSS Statistics software 22<sup>®</sup>.

**Results:** Of he observed visually impaired individuals, 55% had dental carie and an average of 5.68 missing teeth. Individuals with congenital blindness had better results in the questionnaires, improved levels of oral hygiene and periodontal health status.

**Conclusions:** There are no differences of blind individuals oral health knowledge, when compared with other studies of knowledge in sighted individuals. However, visually impaired individuals have a high number of teeth with caries in active level, and poor oral hygiene and periodontal health. These data helps to conclude that the visually impaired have difficulty in accessing dental care and that it is essential to develop oral health programs in this population.

**Keywords:** Visual impairment. Oral health.

### ORAL HEALTH EDUCATION: COMMUNITY AND INDIVIDUAL LEVELS OF INTERVENTION

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**Introduction:** Oral health education is an important issue that should be discussed with children and adolescents, promoting the acquisition of correct oral health behaviors.

**Objectives:** Characterize the oral health behaviors among a sample of Portuguese adolescents and introduce different strategies that enable the accomplishment of collective programs appropriate for the promotion of oral health at individual and community levels.

**Methods:** A cross-sectional study was designed with a sample of 447 adolescents aged 12 to 19 years old, attending a public school in Sátão, Portugal. An interview was made questioning about socio-demographic factors and oral health behaviors to each adolescent. Considering the obtained results, a revision of the literature was made in order to define oral health promotion strategies to be applied among children and adolescents to improve oral health behaviors in a specific Portuguese community.

**Results:** The prevalence of toothbrushing (twice-a-day or more) was 90.6%, while 5.8% of adolescents reported daily flossing and 67.0% had at least one dental appointment in the previous twelve months. Considering the results obtained, various oral health promotion strategies should be developed based on the following topics: oral health education for children and adolescents in schools and public institutions; oral health promotion for teachers and parents; technology application in oral health education; education and motivation for oral health behaviors given by health professionals.

**Conclusions:** Community programs should be considered in order to improve knowledge and behaviors related to adolescents' oral health, giving special attention to the intervention of various health professionals, teachers and parents in the oral health education field.

**Keywords:** Oral health education. Oral health promotion. Community. Oral hygiene.