



**International Congress of Health and Well-being Intervention (ICHWBI 2019)**

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International Congress of Health and Well-being Intervention  
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**Edited by:**  
Gustavo Desouza

**Proceedings of the**  
**International Congress of Health**  
**and Well-being Intervention**  
**(ICHWBI 2019)**

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**GUSTAVO DESOUZART**

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Well-being and quality of life in a sample of bakers and confectioners from the central region .....	31
Functional Movement Screen® evaluation: comparison between elite and non-elite juvenile swimmers .....	32
Biomechanical health and well-being of professionals during eutocic delivery.....	32
Assessment of Nutritional Status and Dietary Intake of Institutionalized Elderly People in Viseu .....	33
The FIFA 11+ for injury prevention in amateur futsal players.....	34
Atividade antibacteriana e efeito na microbiota vaginal de frações obtidas a partir do extrato de acetona de <i>Calluna vulgaris</i> (L.) Hull.....	34
Perceived social support and online video games addiction: gender differences in Portuguese adolescents? .....	35
A efetividade da Arterapia no Tratamento da Doença Mental: revisão integrativa.....	35
Influence of physical activity and aerobic fitness on the variation in quality of life of elderly women.....	36
Healthy Aging. The role of the exercise prescription in the frail elderly .....	36
Tobacco and alcohol use in adolescents and young athletes: Differences between genders .....	37
Qualidade do ar um problema de Saúde Pública .....	37
Nursing Interventions in the Prevention of Mechanical Ventilation-Associated Pneumonia in Adult Hospitalized in Intensive Care Units: An Integrative Literature Review.....	38
Academic experiences in higher education students: perception of well-being .....	38
Evaluation of Lifestyles, Anthropometric and Lipid Indicators in young university students with and without family support.....	39
Applicability of the scientific method of the phenomenology of the practice of oncologic nursing.....	40
Hours of sleep and childhood obesity in school-aged children: preliminary results of the project “Por Mais Saúde” .....	40
Psychoactive substance consumption by Portuguese population.....	41
Flourishing in Old Age.....	41
Active aging: 85 +.....	42
Resilience, Happiness and Functionality in a group of institutionalized elderly people: Psychomotricity as an answer .....	43
Psychomotor Rehabilitation Program: Innovation and levels of adherence of a group of institutionalized elderly people.....	43
Ansiedade e depressão geriátricas e seus fatores associados: um estudo comunitário em Vila Nova de Gaia .....	44
The influence of seasonality on the propagation of infrasound and low frequency noise originated by wind turbines - Case study	44
Impact of thiazide diuretics on glyceimic control - Evidence-based review .....	45
Does metformin reduce the risk of dementia? Evidence-based review .....	45
Development of a Pedal Force Measurement Interface for Rehabilitation Purposes .....	46
Symptom perception management education improves self-care in patients with heart failure.....	46
Association between nutrition knowledge and weight status in adolescents.....	47
Biomechanical Device for Strength Control in Dental Restorations Procedures .....	47
Psychopathological symptomatology and cancer: a comparative study .....	48
Birth plan: perceptions of citizens and health professionals.....	48
Sexual and reproductive health: what we really know.....	49
Is it possible to assess more pinches? .....	49
Impact of a program for self-management on adolescents with type 1 diabetes .....	50
Effects of functional health education on the balance and risk of falls in the elderly with reduced physical mobility.....	51
Migraine in the university Students: Project of intervention with acupuncture through ankle cuff technique .....	51
Physiotherapy intervention through postural education in children and adolescents in the 2nd and 3rd cycles of basic education .	51

**Keywords:** elderly; food consumption; institutionalized, nutritional status; mini-nutritional assessment

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### O135

#### The FIFA 11+ for injury prevention in amateur futsal players

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**BACKGROUND:** The fast growth in the rates of futsal participation has increased the awareness and concern of public health, as it was estimated that the rate of injuries in futsal is the double of football<sup>[1]</sup>. Preventive measures should be a part of planning of a sports season, as any type of time-loss injury is associated to decreased sport participation of the athlete, which affects any level of team sports participation which leads to costs to the club, time-loss at work, as well as may lead to long-term morbidity and additional costs to the health system<sup>[2-5]</sup>. The FIFA 11+, can lead to a 30 – 50% reduction in injuries<sup>[6, 7]</sup>. No study was conducted so far to examine the effectiveness of the FIFA 11+ program in reducing injury in futsal players. **OBJECTIVE:** To examine the effectiveness of the FIFA 11+ in reducing injury in futsal players. **METHODS:** This study, was a parallel, two-group, stratified randomized controlled trial. Ninety-one male futsal players from six amateur futsal clubs were recruited and assessed for eligibility. Seventy-one were randomized to the FIFA 11+ group (n=37, age: 27.0±5.1 years) and a control group (n=34, age: 26.0±5.1 years). The FIFA 11+ program was executed twice a week, replacing the regular warm-ups of the experimental teams during training sessions, for 20 weeks, separated by a 10-week period where both groups executed their regular warm-up. Data on match, training exposure and injuries were recorded during the regular season. Injury incidence rates (number of injuries/1000 player-hours) were calculated for each of the two randomized groups. The independent T-test and chi-square were used to compare variables between groups. **RESULTS:** The players sustained a total of 58 injuries during the futsal regular season, of which, 24 in the FIFA 11+ group and 34 in the control group; the overall incidence of injuries per 1000 player hours was significantly higher in the control group [11.6 vs. 6.5; mean difference (95% CI), -5.1 (-9.1 to -1.1), p=0.014].

The FIFA 11+ presented a significantly lower incidence of acute [11.2 vs. 5.7; -5.5 (-9.4 to -1.6), p=0.007] and lower limb [8.7 vs. 4.4; -4.2 (-8.1 to -0.4), p=0.032] injuries per 1000 player hours. Players from the control group presented a higher number of days injured (20.4 ± 17.3 vs. 10.5 ± 9.1, p=0.036). **CONCLUSIONS:** The athletes exposed to FIFA 11+ program, showed a significant reduction of overall, acute injuries, lower limb injuries as for injuries during training sessions. The FIFA 11+ is an injury prevention program suited for injury reduction in amateur futsal players.

**Keywords:** warm-up, injuries, injury severity, time-loss injuries, adults.

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### O142

#### Atividade antibacteriana e efeito na microbiota vaginal de frações obtidas a partir do extrato de acetona de *Calluna vulgaris* (L.) Hull

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**INTRODUÇÃO:** A sociedade atual enfrenta uma preocupação crescente no que respeita à resistência microbiana aos antibióticos e, como consequência, a descoberta de novos agentes antimicrobianos eficazes torna-se uma prioridade global e urgente<sup>[1]</sup>. As matrizes naturais, devido à sua diversidade e riqueza em moléculas de reconhecida atividade biológica, têm sido extensivamente estudadas no sentido de avaliar também o seu potencial antimicrobiano. Dentre as matrizes naturais com propriedades bioativas encontra-se a espécie *Calluna vulgaris* (L.) Hull (comumente conhecida como urze), sendo a única espécie do género *Calluna* (Ericaceae). As infusões e decocções preparadas a partir desta planta constituem as formas de preparação mais consumidas na medicina tradicional, descritas

como tendo efeitos benéficos para a saúde nomeadamente, no alívio da dor reumática, artrite, e efeitos calmantes. No entanto, é no tratamento de infeções do trato urinário que esta espécie sobressai pelas suas propriedades antimicrobianas e anti-inflamatórias<sup>[2]</sup>. **OBJETIVO:** Assim, no presente trabalho, o extrato de acetona de *C. vulgaris* previamente estudado pelos autores e, tendo revelado excelentes propriedades antibacterianas<sup>[3]</sup>, foi fracionado por cromatografia em coluna de sílica gel através de um sistema de eluente de polaridade crescente, obtendo-se dez frações diferentes (Fr 1 a Fr 10). **MÉTODO:** O perfil fenólico foi analisado por HPLC-DAD-ESI/MS. Os principais compostos fenólicos presentes nas frações foram dímeros de catequina do tipo B (epi), (-) - epicatequina e (+) - catequina. A atividade antibacteriana também foi analisada contra bactérias patogénicas e foi ainda avaliado o seu efeito na microbiota vaginal não patogénica. **RESULTADOS:** Algumas das frações obtidas revelaram a capacidade de inibir microrganismos patogénicos sem afetar a microbiota vaginal não patogénica, especialmente as frações Fr 7 e Fr 8. A bactéria patogénica *Neisseria gonorrhoeae* foi inibida por ambas as frações, sendo que a fração Fr 7 foi também ativa contra as bactérias *Klebsiella pneumoniae* e *Morganella morganii* e a fração Fr 8 contra *Staphylococcus aureus* resistente à metilina (MRSA) e *S. aureus* suscetível a metilina (MSSA), sem afetar as 3 espécies de *Lactobacillus*, presentes na microbiota vaginal. **CONCLUSÃO:** Este estudo corrobora o uso terapêutico desta espécie na medicina tradicional. Demonstra que esta planta inibe alguns patogénicos responsáveis por diferentes patologias vaginais e urinárias sem interferir com o crescimento de alguns dos *Lactobacillus* pertencentes à microbiota vaginal.

**Keywords:** *Calluna vulgaris* (L.) Hull, Compostos fenólicos, atividade antimicrobiana, patogénicos vaginais e urinários, microbiota vaginal.

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## O144

### Perceived social support and online video games addiction: gender differences in Portuguese adolescents?

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**BACKGROUND:** The perception of social support and online video games addiction appear to be important factors to be taken into account in promoting the health and well-being of adolescents<sup>[1,2]</sup>. **OBJECTIVES:** The aim of this study is to evaluate a sample of adolescents regarding perceived social

support and dependence on video games, exploring the gender differences in these variables. **METHODS:** A convenience sample of 135 adolescents (64 females, 71 males), aged between 12 and 18 years (M = 15.28; SD = 1.37) was evaluated by the Portuguese version of the Internet Gaming Disorder Scale - Short-Form (IGDS9-SF)<sup>[3]</sup> and by the Social Support Satisfaction Scale (ESSS)<sup>[4]</sup>. Mann-Whitney U test was used to explore gender differences. **RESULTS:** The adolescents of the sample scored between 9 and 34 (M = 13.63; SD = 5.74) - below the cutoff point of the scale: 36. In the ESSS, results ranged from 23 to 75 (M = 58.39; SD = 10.79). Male adolescents tend to present higher scores in IGDS9-SF (U = 3865; p < .001). Regarding ESSS dimensions of satisfaction with friends, family satisfaction and social activities no differences were found between male and female adolescents. Regarding ESSS Intimacy dimension, male adolescents tend to present higher scores (U = 2751.5, p = .034). **CONCLUSIONS:** Despite the growing social concern about the excessive use of online video games, none of the adolescents presented scores compatible with addiction. It seems, as it would be expected from the literature, to be male adolescents who play mostly online. Regarding the perceived social support, no gender differences were found, except for the Intimacy dimension, in which boys tend to score higher. This result, which cannot be sustained in the international literature, may be related in part to gender stereotypes (especially regarding intimacy) that may exist among some of the adolescents in the sample.

**Keywords:** adolescents, social support, video games, internet

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## O146

### A efetividade da Arterapia no Tratamento da Doença Mental: revisão integrativa

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**INTRODUÇÃO:** À luz dos registos epidemiológicos recolhidos na última década, é possível afirmar que, os problemas relacionados com a saúde mental são a causa primordial de incapacidade e uma das causas principais de morbidade e morte prematura<sup>[1]</sup>. A pessoa com doença mental enfrenta uma enorme variedade de sintomas entre as quais alterações do humor, memória, perceção e pensamento. Muitas destas alterações evoluem no tempo, tornando o indivíduo disfuncional, a nível pessoal, familiar, social e laboral. Diante da complexidade desta problemática, diferentes tipos de programas terapêuticos de natureza psicossocial, têm sido concebidos para a recuperação do seu estado de saúde mental, designadamente a arterapia.