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1. CHILD AND ADOLESCENT HEALTH

FACTORS AFFECTING THE BMI IN ADOLESCENTS ATTENDING THE 2ND AND 3RD CYCLES IN PORTUGUESE SCHOOLS FROM VISEU

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Introduction: Many studies show that the prevalence of overweight and obesity among children is rapidly increasing and developing into a major public health problem worldwide.

Objectives: To assess the Body Mass Index (BMI) in school children from 2nd and 3rd cycles in Viseu schools and identify the sociodemographic, behavioural and educational factors that are related to the BMI.

Methods: This is a quantitative descriptive and explanatory study with a convenience sample of 742 students attending schools of the 2nd and 3rd cycles in Viseu. The study was carried out by means of a questionnaire, which was produced for this study and previously submitted to the approval of the competent authority (DGE) for application in school context.

Results: It was found that some sociodemographic factors were associated with BMI, namely age, school year, practicing high competition sport, being federate in a sport or vegetarian diet. Regarding the educational factors associated with BMI these included only the seminars given at school by specialist in nutrition. Furthermore, a significant relation between BMI and SF was found, where SF represents the school sources of knowledge. Finally among the behavioural factors associated to BMI stood: learning in classes, playing in the open air, reading books and use of internet.

Conclusions: The results reinforce the need of adolescents to practice a healthy lifestyle and the role of family and school in providing the right information to help making right food choices.

Finally in the sample at study the incidence of overweight and obesity was not at all preoccupying, thus indicating that the efforts to provide a good education both at home and at school are adequate and must be carried on.

Keywords: Body mass index. School children. Food education.

QUALITY OF LIFE OF CHILDREN AND YOUNG PEOPLE WITH DIABETES MELLITUS TYPE I

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Introduction: Diabetes Mellitus type I (DMT1) has become apparent in children/young people, a current and worrisome problem due to increasing incidence and prevalence. In addition to its consequences, it interferes with the quality of life (QOL), representing a public health issue.

Objectives: Characterize the QOL of children/young people with DMT1; identify factors influencing children/young people with DMT1 QOL; check DMT1 impact in the QOL of children/young people.

Methods: Systematic review of full text studies, published from January 2006 to June 2014 that included the QOL of children/young people with DMT1, children/young people with DMT1 with no other pathology and their parents, consulting CINAHL, MEDLINE, MediciLatina, Academic Search Complete, Psychology and Behavioral Sciences Collection and Scholar Google, using “quality of life”, “child”, “diabetes”. Studies of children/young people with DMT1 and other chronic illness were excluded. 546 articles have been identified, 11 selected and seven used.

Results: Parents perceive less QOL and greater impact in the life of children/young people than them. Children/young people QOL improve with the insulin pump and severe hypoglycemic crisis and ketoacidosis decrease. Gender and age group influence children/young people QOL. Severe hypoglycemic crisis are related to the parents' fear of hypoglycemia, affecting their and their children's QOL. Young people using complementary and alternative Medicine have better QOL than those using stress relief activities. Children with DMT1 have impaired school performance.

Methods: An exploratory descriptive study with a quantitative approach. The sample of schools are students of 3rd cycle Castelo Branco during the triennium 2011-2014. Growth curves (BMI) used were resolved by the WHO.

Results: Of the total number of students (2683), 2071 were evaluated, aged 12 to 15 years. It was found that 17.4% of adolescents are overweight and 7.6% are obese. 135 adolescents are being followed in the nursing obesity consultation.

Conclusions: It was found that over the 3 years the prevalence of obesity is 25%. It is urgent to facilitate partnerships with the school community to promote synergies in a dynamic of mutual gains through health programs for a better quality of life for students.

Keywords: Adolescence. Overweight. Obesity.

PROJECT HEALTHY EATING IN THE SCHOOLS OF PORTALEGRE COUNTRY

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Introduction: Since 2009, several organizations within IPP: Centro Interdisciplinar de Investigação e Inovação do IPP (C31), Escola Superior de Saúde de Portalegre, Escola Superior de Educação de Portalegre, Escola Superior Tecnologia e Gestão de Portalegre, Escola Superior Agrária de Elvas e Serviço de Ação Social, have been developing an intervention to implement healthier eating habits for children and teenagers attending schools in Portalegre County and promote change in eating behaviours among children and their families.

Objectives: To diagnose the nutritional problems and evaluate the intervention on the children and teenagers eating habits.

Methods: 2500 children and teenagers, between three and 17 years of age, from Escolas José Régio e do Bonfim were the sample of this study. The intervention was conducted in three levels of action: in the classroom, by reinforcing health promotion and healthy eating into their curricula; in the school, by defining strategies in conjunction with the school community to promote healthy food choice and, in the community, by raising awareness of parents, teachers and partners on healthy eating habits, emphasizing their responsibility and the need for an active role.

Results: There was an increase of consumption of fruit (3.5%) and vegetables (13.4%) and decrease of the amount of high-energy food on their diet: refrigerants (9.3%); cakes (12.4%); snacks (7.7%). Simultaneously to diet changes, overweight and obesity rates diminished by 0.5% for girls and 0.6% for boys.

Conclusions: Teaching the community about healthy eating habits was effective. Similar initiatives should be considered to promote healthy eating habits of children and teenagers.

Keywords: Healthy eating. Nutrition education. Obesity. Healthy lifestyles.

PAINFUL NIPPLES: CONSTRAINTS AND IMPLICATIONS ON EXCLUSIVE BREASTFEEDING

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Introduction: The benefits of breastfeeding are multiple and already well recognized both in the short and long term and the exclusive practice of breastfeeding until the sixth month of life is recommended by OMS and UNICEF.

Objectives: This study aims to analyse the conditions in the appearance of painful nipples among mothers at the beginning of lactation and its implication in exclusive breastfeeding.

Methods: This is a quantitative, transversal and descriptive-correlational study. A non-probabilistic sample was appointed, by convenience, of 160 pairs of mothers/children. Data collection was performed in two stages. In the maternity ward from 24 to 36 hours following childbirth by means of a self administered questionnaire and the application of the Breastfeeding Observation Form, a UNICEF protocol. Also 15 days after delivery by means of a follow-up questionnaire.

Results: The study revealed a high incidence of painful nipples in maternity (79.40%). The results suggest that the condition which proved highly significant in its appearance was the breastfeeding technique ($p = 0.000$). Other conditions (preparation for childbirth, introduction of teats, conducts in prevention and types of nipple) did not prove to be significant ($p > 0.05$). The appearance of pain in nipples did not bear significant implications for exclusive breastfeeding during hospitalization ($p = 0.150$), however, it was reflected after 15 days, with a very significant connection ($p = 0.002$).

Conclusions: The results of the research allow us to reflect on the importance of the correct breastfeeding technique (namely body posture and the handling of the baby to the breast) in the prevention of pain in the nipples and consequently the promotion of exclusive breastfeeding.

Keywords: Pain in nipples. Exclusive breastfeeding.

PAIN IN CHILDREN: ATTITUDES AND NURSING INTERVENTIONS

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Introduction: Pain in children either as a disease or as a symptom is one of the main families' worries, and not only for ethical reasons, but also for clinical and economic ones, its control is a priority. Pain is, as defined by the Portuguese Association for the Study of Pain (2013), "an unpleasant multidimensional experience. Pain involves not only a sensorial experience but also an emotional one. Due to its complexity, subjectivity and difficulty in assessing and managing pain in pediatrics, this subject should be a reason for reflection and discussion in teams that play their nursing practice with children.

Method and techniques: Descriptive study with an intentional sample constituted by twelve pediatric nurses, using a questionnaire for data collection.

Results: The present study revealed that all nurses in pediatrics assess pain in hospitalized children using children's verbal communication, children's behavior, physiological signs, scales and global observation of children. Results also suggest that 66,7% of nurses express difficulties in the assessment of pain in hospitalized children. To what nursing interventions concerns, we concluded that nurses use both pharmacological and non-pharmacological measures.

Conclusions: nurses recognize the evidence that pain assessment is the first step towards its effective control, and, in caring process children in their integrality, discomfort and pain experienced by children must be considered, aiming a better quality of life of these users.

Keywords: Children. Pain. Nursing. Interventions.