



September 29, 2016

- 08:00 Registration
 09:15 Musical Moment
09:30 Inaugural Conference
 "New infections, old challenges", *Jaime Nina*
 "Cancer in Portugal", *Barbara Peleteira*
 Chair: *Carlos Pereira*
 10:30 Coffee Break
11:00 Conference II – Immigrants and public health
 "'Do no harm': the importance of a competent health service , in refugees consultation", *Cristina Santinho*
 "Support networks and care of elderly immigrants in Portugal", *Barbara Bäckström*
 "Care process among nurses and immigrants in CSP", *Alcinda Reis*
 Chair: *Juan Casanova*
12:30 Welcome Note
Fernando Sebastião, IPV President
Carlos Pereira, Congress President, ESSV President
José Manuel Tereso, Presidente do Conselho Diretivo da Administração Regional do Centro, I.P.
 13:00 Lunch
14:30 Conference III – Investing in family – Winning the Future
 "Gender equality and vulnerability", *Sara Falcão Casaca*
 "Ethics and medically assisted reproduction", *Ana Sofia Carvalho*
 "Caring family in environments with great complexity", *Maria do Céu Barbieri*
 Chair: *Emília Coutinho*
 Coffee Break
 15:30 Symposiums, Oral Communications and Posters
 20:00 Congress Dinner

September 30, 2016

- 08:30 Registration
09:00 Conference IV – Mental health: a public health priority
 Mental health politics and plans – Iberian Reality, *António Leuschener, Francisco Javier Castro Molina*
 Chair: *Lídia Cabral*
 10:15 Coffee Break
10:45 Conference V – Palliative care: An emerging need
 Training and advanced research in palliative care, *Antónia Barbosa*
 Strategic plan for palliative care, *Edna Gonçalves*
 Chair: *Lucília Nunes*
 13:00 Lunch
14:30 Conference VI – Rehabilitation Nursing: Intervention and Impact on Population Health Promotion
 "Evolution and relevance of rehabilitation nursing", *José Manuel Correia*
 "Rehabilitation nursing action: Gains on population health", *Carlos Albuquerque*
 Chair: *Manuela Martins*
 15:30 Closing session
 16:00 Symposiums, Oral Communications and Posters
 18:00 Musical Moment
 Wine Tasting
 18:30 Social Program

Antifungal activity of *Chamomilla recutita* L. and *Foeniculum vulgare* Mill. aqueous extracts in cottage cheese

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Abstract

Introduction: The use of natural substances with fungicide, insecticide and herbicide properties is the focus of intensive research in order to develop sustainable foodstuff.

Objectives: To assess the inhibition effect of *Chamomilla recutita* and *Foeniculum vulgare* aqueous extracts, against yeasts and fungi directly in cottage cheese along storage at 4°C (t₀, after 7 days (t₇) and after 14 (t₁₄) days).

Methodology: Cottage cheese was incorporated with aqueous extracts of *C. recutita* and *F. vulgare*. Yeasts and molds were grown in Dichloran Rose Bengal Chloramphenicol medium (Agar-DRBC). The antifungal activity was evaluated by the microdilution method in plate.

Results: After observation of the cottage cheese cultures in specific medium at t₀, it can be stated that it was not verified any growth neither in control nor in the samples incorporated with the plant extracts. However, at t₇ and t₁₄ it was observed growth of yeasts and fungi in control, while the samples with *C. recutita* and *F. vulgare* revealed no growth of yeasts in Agar-DRBC. Thus, we note that both *C. recutita* and *F. vulgare* inhibited the growth of yeasts and fungi directly in the cottage cheese. Fungal colonies present in curd control were identified and verified as being the yeast *Candida krusei* and filamentous fungus *Cladosporium herbarum*. *C. recutita* and *F. vulgare* showed antifungal activity against *C. krusei* (MIC = 50 mg/ml and 25 mg/ml, respectively) and *C. herbarum* (MIC = 100 mg/ml in both cases).

Conclusion: The two tested plant extracts were able to inhibit the growth of the mentioned yeast and fungi, being able to increase the shelf life of the cottage cheese.

Keywords: Chamomile; Fennel; Cottage cheese; Antifungal activity; Preservation effects.



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Certificate of Oral Communication

This is to certify that

MARIA JOSÉ ALVES

Presented the Oral Communication

ANTIFUNGAL ACTIVITY OF CHAMOMILLA RECUTITA L. AND FOENICULUM VULGARE MILL.
AQUEOUS EXTRACTS IN COTTAGE CHEESE

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The President of the Congress,

Prof. Doutor Carlos Pereira
(President of Escola Superior de Saúde de Viseu)

The President of the Technical and Scientific Council,

Prof.ª Doutora Manuela Ferreira

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