



Atención Primaria

www.elsevier.es/ap



PARALLEL SESSIONS: ORAL COMMUNICATIONS

3rd World Congress of Health Research

Viseu - Portugal, 29-30 September 2016

1. ADULT HEALTH

CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

Matilde Martins^a, Patrícia Ribas^b, Joana Sousa^c, Andreia Cunha^c, Norberto Silva^d, Teresa Correia^a

^aHealth School of Polytechnic Institute of Bragança, Sports Sciences, Health Sciences and Human Development, Portugal; ^bClinic of Arrifana, Portugal; ^cHealth School of Polytechnic Institute of Bragança, Portugal; ^dHealth School of Polytechnic Institute of Bragança, Unit of the Northeast Local Health Bragança, Portugal.

Contact details: matildemartins@ipb.pt

Introduction: Non-invasive ventilation (NIV) is the application of a ventilatory support without resorting to invasive methods. Today it's considered a credible therapeutic option, with enough scientific evidence to support its application in various situations and clinical settings related to the treatment of acute respiratory disease, as well as chronic respiratory disease.

Objectives: Characterize patients undergoing NIV admitted in Unit Intermediate Care (ICU) in the period from October 1st 2015 to June 30th 2016.

Methods: Prospective study conducted in ICU between October 2015 and June 2016. In this study were included all patients hospitalized in this unit (ICU) and in that time period a sample of 57 participants was obtained. As data collection instruments we used a questionnaire for sociodemographic and clinical data and the Braden scale.

Results: Participants were mostly male 38 (66.7%), the average age 69.5 ± 11.3 years, ranging between 43 and 92 years. They weighed on average 76.6 kg (52 and 150), with an average body mass index of 28.5 kg/m² (20 to 58.5). With skin intact 28 (49.1%) with abnormal perfusion 12 (21.1%), with altered sensitivity 11 (19.3%) and a high risk of ulcer on the scale of Braden 37 (65%). The admission diagnosis was respiratory failure 33 (57.3%) and had different backgrounds. We used reused mask 53 (93.0%), the average time of NIV was 7.1 days (1-28), 4.8 days of hospitalization (1-18) and an average of 7.8 IPAP pressure. 11 (19.3%) of the participants developed face ulcer pressure.

Conclusions: The NIV is used in patients with advanced age, obesity, respiratory failure and high risk of face ulcer development.

Keywords: Patients. Noninvasive ventilation.

TELEPHONE SUPPORT LINE OF RHEUMATOLOGY DEPARTMENT: A 4.5 YEARS EXPERIENCE

Eduardo Santos^a, Andréa Marques^b

^aAssociate Research at the Portugal Centre for Evidence-Based Practice (PCEBP): a Collaborating Centre of the Joanna Briggs Institute - Health Sciences Research Unit: Nursing (UICISA: E), Nursing School of Coimbra (ESENFC); ^bRheumatology department, Centro Hospitalar e Universitário de Coimbra, EPE.

Contact details: ejf.santos87@gmail.com

Introduction: In many health services in developed countries, the telephone support has been used as an innovative approach to providing care and answering questions by nurses, developing especially in specific areas such as rheumatology (Brown et al., 2006).

Objectives: To analyze the profile of users and the main reasons of patients that uses the Telephone Support Line of Day Hospital and early arthritis consultation of the CHUC Rheumatology Department, EPE.

Methods: This is a retrospective descriptive-correlational study with a convenience sample of 448 calls. For continuous variables we used the t-student test, for dichotomous variables the χ^2 test and, finally, we performed a cluster analysis by the TwoStep Cluster method through the log-likelihood distance.

Results: Users have an average age of 44.8 years being predominantly male (58%). The cluster analysis allowed to create three groups whose profile shows that the cluster 1 (n = 96/21.4%) are formed by "older" adults that need to clarify mainly doubts about the results of auxiliary examinations tests (AET)/prescriptions and side effects/complications; the cluster 2 (n = 232/51.8%) are formed by young adults that call to change appointments and mainly to clarify doubts on the results of AET/prescriptions; finally, the cluster 3 (n = 120/26.8%) are formed by "middle age" adults that want to clarify doubts about medication and disease management.

Conclusions: Incoming calls cover a wide range of ages and all kinds of rheumatic diseases. This study allows us to identify in which groups it is necessary to make a more detailed educational

Methods: Thirty four subjects of both genders, with a mean age of sixty-eight years old they were selected non-randomly. Subjects were divided in a control group (n = 16) and experimental group (n = 18). The exercise program consisted of two sessions per week, with a duration of sixty minutes. The sessions were conducted with the objective of training of strength, endurance, flexibility, coordination and balance. Before the intervention of a physical exercise, subjects performed a Finger Tapping Sequence to measure baseline performance. After the intervention, the evaluation of the impact of exercise on motor memory consolidation was held in three stages: Training; 1 hour after training and 24 hours after training. For the analysis of the results, the Shapiro-Wilk test was applied to the normality distribution of data and One-way ANOVA test.

Results: When compared with the control group, results showed a better performance on motor memory consolidation 1 hour and 24 hours after training in the experimental group. However, these differences were not significant ($p > 0.05$).

Conclusions: Apparently the regular physical exercise does not significantly improve motor memory consolidation capacity in non-dominant hand in elderly people.

Keywords: Exercise. Motor memory. Learning. Aging.

PHYSICAL EXERCISE AND MOTOR MEMORY CONSOLIDATION IN PEDAL DEXTERITY SKILLS ON NON-DOMINANT MEMBER IN ELDERLY

André Ramalho^{a,b}, António Rosado^b, Pedro Mendes^{a,c}, António Faustino^a, João Serrano^{a,d}, João Petrica^{a,d}

^aEscola Superior de Educação, Instituto Politécnico de Castelo Branco, Portugal; ^bFaculdade de Motricidade Humana, Universidade de Lisboa, Portugal; ^cRECI (Research, Education and Community Intervention); ^dCentro de Estudos em Educação, Tecnologias e Saúde, CI&DETS, Viseu, Portugal.

Contact details: andreramalho361@gmail.com

Introduction: The acquisition of new motor skills is one aspect that is present from birth to the aging process. In fact, the differences related to age and learning capacity of motor skills vary according to the nature of motor task. There are few studies related to motor memory consolidation with pedal dexterity skills in the elderly. **Objectives:** Thus, the aim of this study was to investigate if a six months' period of physical exercise could improve motor memory consolidation in elderly people in pedal dexterity skills in your non-dominant member.

Methods: Forty subjects of both genders, with a mean age of sixty-eight years old they were selected non-randomly. Subjects were divided in a control group and experimental group. The sessions were conducted with the objective of training of strength, endurance, flexibility, coordination and balance, and frequency of two sessions per week, with a duration of sixty minutes. Before the intervention of a physical exercise, subjects performed a Tapping Pedal Test to measure baseline performance. After the intervention, the evaluation of the impact of exercise on motor memory consolidation was held in three stages: Training; 1 hour after training and 24 hours after training. For the analysis of the results, the Shapiro-Wilk test was applied to the normality distribution of data and One-way ANOVA test.

Results: When compared with the control group, results showed a better performance on motor memory consolidation 1 hour and 24 hours after training in the experimental group. However, these differences were not significant ($p > 0.05$).

Conclusions: It seems therefore that the regular physical exercise does not significantly improve motor memory consolidation capacity in pedal dexterity skills in non-dominant member of elderly people.

Keywords: Exercise. Aging. Learning. Memory.

ANTIHYPERTENSIVE THERAPY ADHERENCE, TREATMENT AND HEALTHY LIFESTYLE OF HYPERTENSIVE PATIENTS FROM NORTHERN PORTUGAL

Isabel Pinto, Olívia Pereira, Alexandra Leitão, Cândida Araújo, Débora Martins, Marta Pereira

Departamento de Tecnologias de Diagnóstico e Terapêutica, Escola Superior de Saúde do Instituto Politécnico de Bragança, Portugal.

Contact details: isabel.pinto@ipb.pt

Introduction: Hypertension is among the no communicable chronic diseases most prevalent in the world population. The antihypertensive therapy adherence is important to control hypertension.

Objectives: To characterize the pharmacological treatment and c of hypertensive patients from northern Portugal, estimate the prevalence of antihypertensive therapy adherence and related factors.

Methods: This correlational and cross-sectional study was based on a questionnaire, with MAT, FFQ for sodium and IPAQ scales to access the therapy adherence, eating habits and physical activity, respectively. It was applied to 385 hypertensive patients from northern Portugal. It was used descriptive statistics and Chi-Square test, with a significance level of 5%.

Results: The sample consisted mostly of females (70.8%), between 19 and 94 years old, with an average age of 62 years. Angiotensin II receptor antagonist (ARA) are the pharmacological group more used. Regarding the consumption of sodium the most consumed foods were cod, sausages, patties, canned and ham. Most respondents (50.9%) practicing vigorous and/or moderate physical activity. The prevalence of therapy adherence was 93.2%, and more adherent are people aged over 50 years ($p = 0.003$), in active working or retired ($p < 0.001$).

Conclusions: The participants of this study present unhealthy eating habits, but overall are physically active. They shows a high prevalence of antihypertensive therapy adherence, among active working or retired people.

Keywords: Antihypertensive therapy adherence. Hypertension.

14. HEALTH AND THE MEDIA

HIV AND AIDS INFECTION PREVENTION CAMPAIGNS: A EDUCATIONAL RESOURCE IN SEXUALITY

Ana Frias

Coimbra Academic Hospital Center.

Contact details: ana.carol.f.frias@gmail.com

Introduction: The doctoral investigation "Sexuality and Gender in Media Speeches" has validated a possible path in sexual education, integrating analysis of HIV/AIDS infection prevention campaigns in teachers' formation. In this area, aiming the "end of AIDS' epidemic" (until 2030), there are about 36.7 million individuals world round infected, and nearly 17.1 million that do not know their health state (UNAIDS, 2016). Prevention campaigns are key pieces in this combat and frequently carry sexuality and gender stereotypes: it is important to know how to read them in a critical sense. Goals: 1) Analyze HIV/AIDS infection prevention campaigns produced, in the 2000's, by GO and NGO in the CPLP countries; 2) Build and validate, in teachers' formation, didactic material that integrates critical approaches of gender and sexuality conceptions, identified in the HIV/AIDS infection prevention campaigns, to be used in classroom.