

CONCLUSIONS: Results indicate that restaurants have implemented some measures to deal with food-allergic clients, much of them derived from sanitary and food quality procedures. However, there is a need for more training targeting specific food allergy management related to the communication, service and emergencies.

PO60. MANAGEMENT OF FOOD ALLERGENS IN CONTRACT CATERING: EVALUATION OF THE KNOWLEDGE OF EMPLOYEES, VERIFICATION OF LABELING COMPLIANCE AND VALIDATION OF SANITATION PLANS

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INTRODUCTION: Food allergies have been increasing in recent years, with gluten being one of the most prevalent allergens. Since there is no cure for food allergies, eviction is the best strategy for allergic individuals. Thus, labeling is particularly relevant, enabling susceptible consumers making safe choices without compromising their nutrition. Regulation (EU) No.1169/2011 imposes the allergen declaration of unpackaged food to all food operators. However, the management of allergens in contract catering is difficult due to the random nature of the developed activities, where cross-contamination is probable to occur.

OBJECTIVES: This study aimed to verify the structural and management conditions for preventing cross contamination with food allergens, as well as to evaluate the knowledge of the employees and the effectiveness of training regarding the subject. Furthermore, it was also intended to verify the compliance of food labeling and validate the sanitation plans regarding gluten.

METHODOLOGY: The structural and management conditions for preventing cross-contamination was assessed in 15 establishments through a checklist. The knowledge of employees (n=80) before and after training was evaluated through a questionnaire. The verification of labeling compliance and the validation of sanitation plans for gluten was carried out through ELISA assays.

RESULTS: In general, structural and management conditions were well established in all units. The main knowledge gaps fall on the distinction between food allergens and microbiological hazards, however after training a significant increase in correct answers was observed. Most of the meals analyzed (93.5%, n=46) were correctly labeled for the absence of gluten, and in none of the surface samples (n=108) gluten was found in concentrations >20 ppm, which allows the analytic validation of sanitation plans.

CONCLUSIONS: In conclusion, this study allowed the identification of improvement opportunities for a better management of food allergens, highlighting the investment in continuous training and the revision of procedures for a suitable allergen labeling.

PO61. AVALIAÇÃO DAS CONDIÇÕES DE HIGIENE E SEGURANÇA ALIMENTAR DE CANTINAS DE ESTABELECIMENTOS DE ENSINO DO PRIMEIRO CICLO DA REDE PÚBLICA DE UM MUNICÍPIO DO NORTE DE PORTUGAL

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INTRODUÇÃO: Nas últimas décadas o número de crianças que realizam as refeições nas cantinas escolares tem vindo a aumentar, sendo essencial

assegurar o fornecimento de refeições equilibradas mas também seguras.

OBJETIVOS: Avaliar as condições de higiene e segurança alimentar (HSA) de cantinas escolares de estabelecimentos de 1.º Ciclo do Ensino Básico da rede pública de um Município do norte de Portugal.

METODOLOGIA: Os dados foram recolhidos em 42 unidades de alimentação escolares, entre março e julho de 2017, pelo preenchimento de uma lista de verificação para avaliação das condições de HSA nas várias etapas do processo de produção de refeições, inclusivé as boas práticas de manipulação de alimentos e higiene/conservação de equipamentos/instalações. Recolheu-se o n.º de refeições confeccionadas e/ou servidas, n.º de manipuladores de alimentos (MAs) e tipo de unidade. Foram analisadas as diferenças entre prevalências de conformidades em unidades de confeção (UC) e unidades que apenas mantêm a temperatura e distribuem as refeições - unidades de distribuição (UD) - e a existência de possível influência dos fatores referidos na conformidade dos parâmetros.

RESULTADOS: Verificou-se uma prevalência total de conformidades de 60%, com 67% de conformidades nas UC e 55% nas UD.

Verificou-se que nas UD é mais provável observar não conformidades (NC) associadas à falta de dispositivos equipados para higienização e secagem higiénicas das mãos, manipuladores fardados inadequadamente, recipientes do lixo abertos durante a laboração e circuitos incorretos de marcha em frente; e que nas UC é mais provável observar NC na conservação dos utensílios, espaços para armazenamento inadequados e alimentos indevidamente armazenados. Verificou-se que o n.º de MAs e refeições servidas/confeccionadas influenciaram alguns parâmetros.

CONCLUSÕES: As cantinas escolares em estudo, nem sempre apresentam condições de HSA satisfatórias, estando as NC identificadas essencialmente relacionadas com parâmetros relativos à higiene pessoal dos MAs e ao inadequado planeamento estrutural da unidade.

PO62. PORTUGUESE HEMODIALYSIS PATIENTS: PREVALENCE OF PROTEIN-ENERGY WASTING

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INTRODUCTION: Protein-energy wasting (PEW) is common among hemodialysis (HD) patients. ISRNM proposed a diagnostic criteria for identification of HD patients at risk of PEW. In Portugal there is no recent data on the prevalence of PEW in this population.

OBJECTIVES: Estimate the prevalence of PEW in a sample of patients from 35 Nephrocare dialysis centers.

METHODOLOGY: Cross-sectional multicenter study. For PEW diagnosis, according to the ISRNM recommendations, a combination of 3 components was chosen: serum albumin <3.8 g/dl, body mass index <23 Kg/m² and a reduction ≥5% of lean tissue mass over 3 months.

RESULTS: 3045 patients were included, with a median age of 72 years (IQR: 60-80) and a HD vintage of 52 months (IQR: 26-101). The prevalence of PEW was 4.8% (n=145). Patients with PEW had a higher median age (p<0.001) and HD vintage (p=0.012); 51% were female (p=0.027) and 26.9% were diabetics (p=0.089). Regarding the distribution of PEW across the country (NUTS II classification), statistical differences were found: Alentejo and Lisbon area presented higher prevalences (5.8% and 5.6%, respectively) (p=0.017). No significant differences were found regarding educational level. A higher prevalence of PEW was seen in the afternoon shifts (p=0.013). Potassium (p=0.003), phosphorus (p<0.001), calcium (p<0.001), phosphorus-calcium product (p<0.001), normalized Protein Catabolic Rate (p<0.001) and albumin (p<0.001) were significantly lower in the PEW group. Lean tissue mass, fat tissue mass and body cell mass were lower in these patients (p<0.001). On the other hand, they presented higher Kt/V (p<0.001) and were more overhydrated (p<0.001) than the well-nourished group. We also found a greater