

## OCS4: FREE THEME

Moderator: Artemisa R.Dores (ESTSP.IPP)

### **OC14: Risk factors characterization for respiratory and ear infections on children younger than 36 months**

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**Introduction:** In Portugal, respiratory and ear infections are the main reason for hospital visits in pediatric age and several risk factors have been pointed. The physiotherapist familiarity with these factors is crucial to act in health promotion.

**Objectives:** To characterize the risk factors for upper and lower respiratory and ear infections in children younger than 36 months attending daycare in Oporto.

**Materials and Methods:** Cross-sectional observational study with a sample of 75 daycare children younger than 36 months. Risk factors were evaluated using a registration form. Risk factors frequencies were calculated according to each age group and each type of infection using descriptive statistics. The influence between risk factors and infections prevalence and between the different types of infections was studied using logistic regression.

**Results and Discussion:** During their life, 93.3% and 52.0% of the children had, respectively, at least an upper and lower respiratory infection and 53.3% had an ear infection. Parents' respiratory pathology (OR: 0.005 (0-4.828)) ( $p=0.132$ ), pacifier use (OR: 0.106 (0.003-3.441)) ( $p=0.207$ ) and premature birth (OR: 8.906 (0.100-794.991)) ( $p=0.340$ ) may influence the prevalence of upper respiratory infections. Parents' respiratory pathology (OR: 6.178 (0.983-38.831)) ( $p=0.052$ ) and pacifier use (OR: 0.278 (0.062-1.251)) ( $p=0.095$ ) may influence the prevalence of ear infections. The lower respiratory tract infections prevalence was lightly influenced by parents' educational background and siblings attending daycare. There was a mutual relation between upper respiratory and ear infections.

**Conclusion:** The use of pacifier, tobacco at home, maternal smoking during pregnancy, parents' educational background and siblings attending daycare may be considered risk factors for the development of upper and lower respiratory and ear infections.

### References

1. Moore, H. C., de Klerk, N., Richmond, P., & Lehmann, D. (2010). A retrospective population-based cohort study identifying target areas for prevention of acute lower respiratory infections in children. *BMC Public Health*, 10, 757.