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NOISE IN AN INTENSIVE CARE UNIT AS A FACTOR OF DISCOMFORT: A DESCRIPTIVE EXPLORATORY STUDY

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Introduction: The term of comfort for health care is the immediate state of being strengthened in the four contexts of holistic human experience (Kolcaba, 2003). The noise is recognized as one of the most disturbing factors of the experience of comfort, with adverse effects on the health of patients.

Objective: Measuring the levels of noise that customers are subjected to in an intensive care unit; describing the noise levels during the morning, afternoon and night shifts; identifying sources of noise related to high levels of dB(A).

Methods: A descriptive exploratory study in a intensive care unit. We evaluated noise levels on three consecutive days for 15 minutes in each local, in a total of nine shifts. As instrument for data collection a sound level meter model 2240 was used.

Results: Noise levels evaluated ranged between 49.1 dB(A) on the night, and 72.3 dB(A) in the afternoon. In the morning, the maximum and minimum was 71.7 dB(A) and 59.2 dB(A); in the afternoon 72.3 dB(A) and 59.8 dB(A); on the night 62.9 dB(A) and 49.1 dB(A). The noise sources corresponding to higher levels were professionals' conversation [63.8 to 79.8 dB(A)]; pumps infusion alarms [80.2 to 82.4 dB(A)]; PRISMA and ECMO alarms [73.8 to 86.3 dB(A)]; mobile phones rings [66.8 to 76.1 dB(A)]; ventilator alarms [74.2 dB(A)]

Conclusions: According to the WHO (2002) the hospital level of noise should be between 40 dB(A) (daytime) and 30 dB(A) (night). In this study patients are subjected to high levels of noise.

Descriptors: Comfort; Intensive Care Unit; Noise.

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SLEEP AND QUALITY OF LIFE IN COLLEGE STUDENTS: COMPARISON BETWEEN SEXES

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Introduction: College students are undergoing major academic and psychosocial pressures and show preference for evening activities. Due to the increasing enrollment in higher education and the propensity for sleep problems could jeopardize the health, academic performance and quality of life, the goal was to analyze the relationship between perceptions of quality of sleep (QS) and the perception of quality of life (QoL) among college students, comparing sexes.

Methods: This sample (n=119), composed of mostly male college students (59.7%) with a mean age of 20 (± 2.2) years. Were applied: the index of the Pittsburgh Sleep Quality and World Health Organization Quality of Life. A descriptive and inferential statistics ($\alpha=0.05$) analysis was performed in PASW Statistics18.

Results: The score of QS is slightly lower in females (4.3 ± 2.2) compared to males (4.2 ± 2.4 ; $p > 0.05$). The score of males in QoL domains of psychological health (71.7 ± 13.2 ; $p = 0.708$) and environment (76.0 ± 14.0 ; $p = 0.276$) has slightly higher average values compared to females (71.2 ± 9.1 ; $p = 0.708$ and 73.4 ± 10.6 ; $p = 0.276$) respectively. There was an association between the QS and the domains of QoL in males for physical health ($r = -0.34$, $p = 0.004$), psychological ($r = -0.34$, $p = 0.003$) and social relations ($r = -0.32$, $p = 0.007$), and female for physical health domains ($r = -0.34$, $p = 0.020$) and social relationships ($r = -0.31$; $p = 0.033$).

Conclusions: These results suggest that a better perception of QS is related to a better perception of QoL, with some gender differences, seeming to emphasize the need and importance of primary prevention to thereby improving academic performance and QoL.

Descriptors: sleep; college students; quality of life; quality of sleep; gender differences.

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