



Work environment and quality of nursing care in primary health care: a scoping review

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EBSCOhost. According to our descriptors: communication, strategies, nursing and tracheostomy, we included articles published between 2011 and 2019, in Portuguese or English. Seven articles were included in this systematic review. From the analysis of the data emerged three fundamental themes regarding the strategies used by nurses and tracheostomized patients in communication, that are: (1) Communication strategies used; (2) Communication facilitators; (3) Difficulty in communication and social interaction. Regarding the first theme, we consider that the alternative communication strategies used by tracheostomized individuals involve gestures or writing, lip reading, illustrative cards, the speech valve and tracheostomy occlusion [2]. According to the second theme, we found that the user must be encouraged to speak clearly and slowly, taking into account key words or phrases (that may give clues) and to blink differently for yes or no [3]. Regarding the last theme, the difficulties shown by the tracheostomy user go through the inability to change the volume and tone of voice, thereby affecting social interaction with others [4]. The knowledge of health professionals regarding the stress factor of these users leads to a lack of expressiveness due to the inability to communicate. The communication of these two actors is considered a key element, helping to reassure the user [5]. For all these strategies, the positioning of the user and the receptor of the message is a primary factor [2]. The need for strategies to overcome the difficulties experienced by tracheostomized users provides a consistent basis for promotion quality nursing care [1,2]. The studies analysed indicate that currently, despite the existence of several communication techniques between the user and the other health professionals, (namely nurses), there is still some difficulty in teaching them. This difficulty has implications for the continuity of health care and affects not only users, but also their family and all professionals with whom they are in contact during hospitalisation. This review is important because it contributes to the improvement of nursing care and the compliance of the user.

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Work environment and quality of nursing care in primary health care: a scoping review

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ABSTRACT

Introduction: The nursing practice environment (NPE) has been analysed and is now recognised as a variable that influences the results of nursing care, since the promotion of favourable environments is fundamental to the quality of care optimisation [1]. The development and implementation of a positive NPE in primary health care (PHC) improve nurses' well-being, influence nursing satisfaction, reduce nurses' intention to leave, improve nursing care outcomes and patient care quality [2]. Investigating the characteristics of the NPE and the quality of care in PHC has become a priority. The aim was to map and analyse the scientific evidence on the NPE and the quality of nursing care (QNC) in PHC.

Materials and Methods: We conducted a scoping review, according to Joanna Briggs Institute's approach [3]. A three-step search was carried out: (a) keywords search within MEDLINE and CINAHL; (b) keywords search within COCHRANE, PSYCHOLOGY AND BEHAVIOUR SCIENCES, and COLLECTION B-ON; (c) literature search of references lists to identify additional studies. From published literature in English and Portuguese, with no date restrictions, we selected articles considered eligible to study the NPE and QNC in the context of PHC. A qualitative content analysis was performed.

Results: We retrieved 289 records and selected 12 papers, including quantitative and qualitative studies. Our analysis revealed that positive NPE improves nurses' satisfaction and, consequently, improves QNC. Additionally, some

characteristics of the NPE should be improved, such as the participation of nurses in management decisions, leadership, education, guidance, support and recognition of the work developed by nurses. Autonomy, control over the environment and collaboration between health professionals and managers improve teamwork and QNC.

Discussion and Conclusions: A positive NPE culture in PHC is highlighted as one of the key factors for the satisfaction, retention and recruitment of nurses and is associated with the improvement of the QNC. Concurrently, the development of a teaching-learning culture between managers and the nursing team develops and improves professional skills, with the consequent improvement of nursing practices.

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“Massa de Malagueta”: tradition with a twist

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ABSTRACT

Introduction: OMS estimates that, in 2010, approximately 600 million people had hypertension (HT) globally. The prevalence of HT in Portugal is between 30 and 45% and in the Azores is 33.6%. The high salt chilli sauce “Massa de Malagueta (MM)”, widely used in this archipelago, may contribute to this prevalence since excess dietary sodium predisposes to high blood pressure.

Objectives: Our aims were to reformulate the recipe of MM into a healthier version (lower salt, better ingredients), to determine its organoleptic acceptability, and total antioxidant capacity (TAC) in comparison to the traditional recipe.

Methods: Traditional version was designed sample A. The healthier version (sample B) was prepared by combining pepper, shredded tomato, dried tomato, garlic, Indian saffron, iodised salt (2.5 g per 100 g) and lemon juice. This was prepared several times prior to the final combination. Then, a sensory test was performed with 50 voluntary participants (84% females and 16% males) with a mean age of 21.84 (\pm 4.55) years, to evaluate the acceptability of both samples. A Food Neophobia Questionnaire (FNQ) and a Samples Assessment Questionnaire (SAQ) were also applied. TAC was quantified by a Folin–Ciocalteu spectrophotometric method [1].

Results: Sample A contains only pepper and salt (14.8 g per 100 g), while sample B presented additional compounds with antioxidant activity. Concerning FNQ and SAQ, the vast majority of participants were willing to try the samples and had considered sample B has a more pleasant smell, taste and texture. Also, sample B presented a higher TAC than sample A (1.5088 mg/mL *versus* 0.6182 mg/mL).

Conclusion: The healthier version of MM presented lower salt (12.5% less) and had higher TAC than the traditional recipe. Also, this version was organoleptically acceptable. The higher TAC may be explained by the ingredients used. This study reveals that modifications of traditional recipes may increase nutritional value without compromising acceptance.

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