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Inflammatory Bowel Disease: quality of life and influence of supplementation

Leitão, Mariana¹; Cruz, Agostinho²; Nascimento, Paula²; Correia, Patrícia²

¹Estudante de Mestrado em Farmácia pela Escola Superior de Saúde do Porto (ESS-P.Porto), Porto, Portugal. marianaleitao@gmail.com

²Centro de Investigação em Saúde e Ambiente (CISA), Escola Superior de Saúde (ESS), Instituto Politécnico do Porto (P.Porto), Porto, Portugal

BACKGROUND: Intestinal Inflammatory Disease includes *Crohn's Disease* and *Ulcerative Colitis*, which are chronic evolution diseases^[1]. The main symptoms of these diseases are diarrhea, abdominal pain, fever, and nausea which affect patients' quality of life^[2]. However, there is evidence that supplementation can help patients with the symptoms and improve quality of life^[3,4]. **OBJECTIVE:** This study aimed to evaluate patients' quality of life and the consumption of supplements with inflammatory bowel disease, in order to correlate the impact that inflammatory bowel disease has on patients' daily life and whether the consumption of supplements affects their quality of life. **METHODS:** This was a descriptive observational study that made use of a convenience sample. Two questionnaires were used: one to evaluate the consumption of supplements and another to evaluate the quality of life, called "Inflammatory Bowel Disease Questionnaire". Both questionnaires were applied at Braga's Hospital Gastroenterology service. A total of 144 questionnaires were completed, of which 120 were randomly selected. To determine whether or not patients with Inflammatory Bowel Disease have quality of life, the "t" test was applied to the sample, comparing it with the value of the theoretical averages. **RESULTS:** The mean age of the 120 individuals was 40 ± 14 years. The minimum age observed was 19 years and the maximum age was 73. As far as gender is concerned, 61 of the interviewed (50,8%) were male and 59 (49,2%) were female. In the application of the "t" test, a value 0,001 < p < 0,05 was obtained in all analysed domains, which leads to the conclusion that the average quality of life index in all domains is higher than the theoretical average value for an $\alpha = 0,05$. Applying the "t" test for independent samples, we observed that 0.001 < p < 0.05, so there is statistically significant evidence to affirm that the general quality of life in the population is higher in males than in females for an $\alpha = 0,05$. The same statistical result was obtained for the remaining domains, with the exception of the social domain (p = 0,612). In relation to the consumption of supplements, 25,8% of patients with Inflammatory Bowel Disease consume supplements, with the most commonly consumed supplement being iron (oral only), followed by calcium and multivitamins. Most respondents took supplements under medical advice. Finally, in all domains, the mean quality of life was higher in the group that did not consume supplements (n = 89). However, this result is not statistically significant for the population (p = 0,054) with an $\alpha = 0,05$. **CONCLUSIONS:** Patients with Inflammatory Bowel Disease have good quality of life, which is higher in males in all domains, except in the social domain. The consumption of supplements does not affect the quality of life. However, other studies are needed to confirm the real impact that supplements have on patients' quality of life.

Keywords: *Inflammatory Bowel Disease; Crohn's disease; Ulcerative Colitis; Quality of life; Supplementation*

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Health promotion in higher education: bioethical contributions to professors' quality of life

Ivani Nadir Carlotto¹, Maria Alzira Pimenta Dinis²

¹University Fernando Pessoa (UFP), PhD in Ecology and Environmental Health, UFP Energy, Environment and Health Research Unit (FP-ENAS), Energy, Environment and Environmental & Public Health Research Laboratories (3ERL), Praça 9 de Abril 349, Porto 4249-004, Portugal. 33163@ufp.edu.pt

²University Fernando Pessoa (UFP), PhD in Ecology and Environmental Health, UFP Energy, Environment and Health Research Unit (FP-ENAS), Energy, Environment and Environmental & Public Health Research Laboratories (3ERL), Praça 9 de Abril 349, Porto 4249-004, Portugal. madinis@ufp.edu.pt

BACKGROUND: Universities are essential institutions for health promotion (HP)^[1]. As they have their own ethos and distinct cultures, they may act as potential enhancers of the conceptual frameworks of HP and interdisciplinary values such as equity, social justice and sustainable growth^[5]. Bioethics, as a transversal discipline, seeks to ethically analyze and systematize such values, strengthening the synergy between health and sustainability^[2]. **OBJECTIVE:** Bioethics is a reflexive, mutually shared and interdisciplinary tool whose goal is to promote health and sustainability in an integrated and coherent way, adapting life actions, in their equitable and inclusive character. **METHODS:** Cross-sectional and exploratory-descriptive nature and using a quantitative-qualitative approach^[3]. The population composed of university teachers in the Rio Grande do Sul / Brazil, random sampling, non-probabilistic for convenience (*openepi* = CI 95%, n = 1400 persons). **RESULTS:** For beyond the principalistic formulation - charity, non-maleficence, justice and respect for autonomy^[2], subjacent referentials such as solidarity, shared commitment, and health environment/sustainability were evoked, causing a positive impact on HP, individual and collective well-being, quality of life, inclusion and social justice in the University environment. **CONCLUSION:** Higher education upholds a fundamental role in HP for their faculty teachers. Universities act as places for the investigation and learning in a way that it invigorates HP activities^[4]. Bioethics, as a transdisciplinary activity, seeks to aid in building qualified actions in health, which uphold and promote well-being, cohesion, inclusion, sustainability and social justice, with the due conceptual clarity that resides therein^[4,5].

Keywords: *Bioethics, Health Promotion, Higher Education, Professors, Quality of life*

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