

## 2. CARDIOVASCULAR HEALTH

### PATIENT'S KNOWLEDGE LEVEL ON PACEMAKERS

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**Introduction:** The implantation of cardiac pacemakers (PM) is used to treat rhythm disorders, with the main goal of increasing life expectancy. The resulting changes on physical, psychological, social and quality of life levels determine the importance of ascertaining the patient's knowledge regarding all aspects related to the PMs.

**Objectives:** To determine the level of knowledge that patients carrying a PM have about these cardiac devices.

**Methods:** Descriptive, relational and transversal study, carried out on a sample of 90 patients, who attended the PM Consultation at a hospital located in the central region of the country. The data collection was conducted through a questionnaire (sociodemographic characteristics, characterization of information regarding PM), self-administered to individuals attending the consultation at that time.

**Results:** Patients were on average of 75.01 years old, 67.8% of them live in small villages and the majority has a basic education level. 67.8% of the patients were unaware of what a PM is and 87.8% mentioned to have been provided with information on the device (62.2% by a "doctor" and 27.8% by a "nurse"). It is noteworthy that 39.2% of the patients reported that the quality of the information given was either "reasonable" or "very poor".

**Conclusions:** Like in other studies, the patients' low level of knowledge regarding PMs has been confirmed. The knowledge levels could be optimized with the establishment of a nursing consultation thus contributing to the empowerment of the patients in managing their chronic condition.

**Keywords:** Knowledge level. Pacemaker. Nursing Consultation.

### GENDER DIFFERENCES IN CARDIOVASCULAR RISK FACTORS IN PATIENTS WITH TYPE 2 DIABETES

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**Introduction:** In the last decades substantial efforts have been made to improve the understanding of gender differences in cardiovascular disease and to reduce gender disparities in research, prevention and clinical care.

**Objectives:** This study aimed to analyze gender differences in modifiable cardiovascular risk factors in patients with type 2 diabetes (T2D).

**Methods:** Glycosylated hemoglobin (HbA1c), total cholesterol (TC), high-density lipoprotein (HDL), low-density lipoprotein (LDL), triglycerides (TG), systolic blood pressure (SBP), diastolic blood pressure (DBP) and body mass index (BMI) were measured in 96 individuals with T2D (48 women and 48 men; 66.23 ± 6.34 years; 10.55 ± 7.55 years of diabetes duration; non-smokers; polymedicated) candidates to Diabetes em Movimento® Vila Real, a community-based lifestyle intervention program developed in Portugal (NCT02631902).

**Results:** No differences were observed in age (65.98 ± 6.41 vs 66.48 ± 6.33 years; p = 0.703) and diabetes duration (10.38 ± 7.60 vs 10.71 ± 7.58 years; p = 0.835) between women and men. Significant differences were identified in TC (185.15 ± 40.10 vs 164.90 ± 28.39 mg/dL; p = 0.005), HDL (55.35 ± 12.73 vs 48.54 ± 9.84 mg/dL; p = 0.004), LDL (103.87 ± 35.93 vs 88.79 ± 25.60 mg/dL; p = 0.020) and SBP (141.72 ± 17.00 vs 152.41 ± 18.38 mmHg; p = 0.004) between women and men. No differences were observed in HbA1c (7.12 ± 1.13 vs 7.05 ± 1.33%; p = 0.767), TG (129.60 ± 60.94 vs 137.83 ± 106.89 mg/dL; p = 0.644), DBP (85.49 ± 7.97 vs 87.32 ± 9.60 mmHg; p = 0.311) and BMI (30.39 ± 3.76 vs 29.77 ± 3.76 kg/m<sup>2</sup>; p = 0.424), respectively.

**Conclusions:** Women presented worse TC and LDL levels, and better HDL and SBP levels than men. Cardiovascular disease prevention strategies should consider these differences.

**Keywords:** Gender. Type 2 diabetes. Cardiovascular risk.

### CHARACTERIZATION OF POTENTIAL DRUG-DRUG INTERACTIONS WITH VITAMIN K ANTAGONISTS AND ITS INFLUENCE ON BLOOD CLOTTING

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**Introduction:** Vitamin K antagonists are oral anticoagulants used in the prevention and treatment of thromboembolic events, but their effectiveness can be changed when co-administered with other drugs.

**Objectives:** Characterize potential drug-drug interactions likely to occur with vitamin K antagonists.

**Methods:** This observational and cross-sectional study included a sample of 67 patients who were under blood clotting control and therapeutic monitoring in a laboratory of Oporto, between February and March of 2016. An individual survey by questionnaire, was applied, whose data were analyzed by SPSS® program. Each potential drug interaction was analyzed using Lexi-interact® software, which features its clinical relevance clinical, according to severity, in A, B, C, D and X.

**Results:** Ninety four potential drug-drug interactions were detected, and 74.6% of patients had at least one. About 85.1% had clinical relevance C and D, highlighted as the most prevalent and most severe. The predominant pharmacotherapy class causing potential drug interactions was "HMG-CoA Reductase Inhibitors", with 24.5%, categorized with clinical relevance C. The most severe (D) were "Cardiac Therapy", "Antigout" "Antimicrobial" "Antiepileptics," "Antithrombotic" and natural products. However, there was no statistically significant association between the clinical relevance and the INR values (p = 0.168).

**Conclusions:** The absence of significant association may be due to the fact that: patients are pathologically stabilized and chronic medication is being co-administered, with a doses adjustment of anticoagulant therapy; or non-consideration of the diet, which may have lead the Health Professionals to warn and educate patients about the importance of conducting regular monitoring of blood clotting.

**Keywords:** Coagulation. Interactions. Vit K.