



PARALLEL SESSIONS: SYMPOSIUMS

## 3<sup>rd</sup> World Congress of Health Research

Viseu - Portugal, 29-30 September 2016

**SYMPOSIUM: NATIONAL NETWORK OF INTEGRATED CONTINUOUS CARE: EVOLUTION OF THE DEPENDENTS HEALTH PROFILE.**

(Symposium composed of 6 communications)

**Symposium coordinator:** Fernando Petronilho, Escola Superior de Enfermagem da Universidade do Minho (ESE UMinho), [fpetronilho@ese.uminho.pt](mailto:fpetronilho@ese.uminho.pt)

### **Comunication 6**

#### **HEALTH POSITIVE OUTCOMES PROMOTED BY NNICC: AN INTEGRATIVE OVERVIEW**

Fernando Petronilho<sup>(1)</sup>, Cidália Pereira<sup>(2)</sup>, Jorge Oliveira<sup>(3)</sup>, Rosa Costa<sup>(4)</sup>, Filipe Ramos<sup>(5)</sup>, Dora Carvalho<sup>(6)</sup>

<sup>(1)</sup>University of Minho - School of Nursing, [fpetronilho@ese.uminho.pt](mailto:fpetronilho@ese.uminho.pt)

<sup>(2)</sup>Bastos' Integrated Continuous Care Team, [ecciregiaobasto@gmail.com](mailto:ecciregiaobasto@gmail.com)

<sup>(3)</sup>Vizelas' Medium-term Duration and Rehabilitation Unit, [jorgeoliveira@uccvizela](mailto:jorgeoliveira@uccvizela)

<sup>(4)</sup>Fafes' Unit Convalescence, [rmariacosta@iol.com](mailto:rmariacosta@iol.com)

<sup>(5)</sup>Bragas' Portuguese Catholic University, [filiper@hotmail.com](mailto:filiper@hotmail.com)

<sup>(6)</sup>Nespereiras' Long-term and Maintenance Unit, [doracarvalho@csnespereira.com](mailto:doracarvalho@csnespereira.com)

## ABSTRACT

**Introduction:** The National Network of Integrated Continuous Care (NNICC) was created to provide effective responses to a growing number of people with self-care dependency.

**Objective:** To know the health profile of the dependents and their families, as well as their evolution during NNICC accompaniment.

**Material and Methods:** Exploratory study of quantitative profile with an inter-subject and intra-subject design. The sample includes 891 dependents and family caregivers followed by the NNICC, in Minho, Portugal. Was applied the form "Profile of dependents integrated in the NNICC providers" in admission (A) and clinical discharge (D), during 1 year (between 2013 and 2014)

**Results:** This is an aging population, mainly women, with low education and low income. Despite the dependence pattern manifest different between the typologies, overall are found significant positive health outcomes, in particular a positive development on self-care dependence level and bodily processes. However, these positive health outcomes are different between typologies and more evident in the CU and MDRU, influenced by the higher potential of autonomy reconstruction. The planning formal support after clinic discharge was insufficient, particularly of nurses, despite FC show, overall, potential to take care, there were differences in this training among the different typologies.

**Conclusion:** The NNICC promotes significant positive health outcomes, in the dependents health status. However, we need a better clinic discharge planning, more systematized and professionalized, especially in families that integrate the most dependent patients, for the need of greater complexity and intensity of care to be provided.

**Keywords:** Self-care, Health positive outcomes, NNICC