

in person with intestinal ostomy, nurses are centred in self-care. The nurses consider support (emotional and familiar) and the teachings, the most important necessities of the person with an intestinal ostomy. When they think in the care of these persons they are focused in capacity and knowledge. The preparation to return back home is centred in the acceptance of the disease and on the relationship between nurses and patient.

Conclusions

The social representation of nurses about the person with intestinal elimination ostomy is focused in emancipatory patterns of nursing. The person is the centre of care and the care plan is focused in helping the person to live with quality with this new condition. These results are an important contribute to enhance the practices and to demonstrate the relevance of nursing health/illness transitions of the person with intestinal elimination ostomy.

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Keywords

Ostomy, Intestinal elimination, Social representation, Nursing.

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A synthesis of Portuguese studies regarding infertile patients

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Background

Infertility is clinically defined as the inability to conceive and to achieve successful clinical pregnancy after 12 months of regular and unprotected sexual intercourse [1]. In 2010, 48.5 million couples worldwide were reported to have fertility problems [2], affecting both genders in 40% of the cases [3]. Due to this high and broad prevalence, infertility is acknowledged as a public health issue with prioritized intervention [4]. The prevalence in Portuguese population was first known in 2009, when a study estimated that about 260-290 thousand individuals were infertile and approximately 9% to 10% of couples displayed some type of reproductive confinement [5]. These results triggered scientific interest in the study of Portuguese infertile patients and a synthesis of the published Portuguese studies regarding infertility seems important in understanding and caring for these patients.

Objective

To review scientific health empirical research in the study of Portuguese infertile patients.

Methods

Literature review based on search conducted in December 2017. A total of 12 scientific data bases were searched: CINAHL with full text, MEDLINE with full text, MedicLatina, Academic Search Complete, Pubmed, Web of Science, LILACS, SciELO, RCAAP, and across ESENFEC; Nursing School of Lisbon and Nursing School of Porto databases. No date limit has been applied. Studies considered eligible for inclusion were primary studies in Portuguese samples of male or female individuals and/or in couples having reproductive impairment, available in a full-text format, published on peer-reviewed journals in English, Spanish or Portuguese language.

Results

A total of 2,052 results have been identified and 101 papers were included. Empirical research regarding infertile couples started to be published in 1995. Until current date, 2013 was the year with the highest publication score (13.8%) with psychological aspects of the infertile experience being the most explored (57.4%) in comparison with other health aspects, like for instance related to nursing (2.9%), and psychiatry (0.9%). Primary studies were also published in international journals (53.4%) as original papers (62.3%), and in a thesis format (37.6%).

Conclusions

Although the developments in health research regarding infertile couples, a significant gap in the knowledge remains, particularly concerning other health disciplines (despite psychology). This seems to be a global tendency in healthcare, and further investigation is needed to fully acknowledge this phenomenon and consequently allow the provision of an effective patient-centred care to these patients.

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Keywords

Infertility, Health, Evidence-based, Review.

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Knowledge and consumption of vitamins and food supplements in sportspeople and physical exercise in Coimbra

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Background

The demand for healthy lifestyles, the concern with health and well-being, and the relentless pursuit of the trend of the “ideal body” has been increasing in recent years, as well as the prevalence of supplement use, as a compensation for an unbalanced diet and search for physical/psychic intensity.

Methods

In order to evaluate the consumption and knowledge about vitamin and dietary supplements in Coimbra, a sample of 333 individuals practicing sports was studied.

Results

The study lasted for nine months. The collection of information was carried out through a questionnaire. The study found that 201 (60.4%) subjects have consumed supplementation, with a prevalence of higher consumption in males (73.3%). Supplement use was higher between 33 and 40 years old individuals. The most consumed type of vitamin supplement was multivitamins with minerals (44.3%) and the food supplement was protein (69%). The most cited reason for the consumption of supplements was “physical and/or intellectual fatigue” (50.5%). The daily frequency of supplementation was high (33.7%), with the highest expenditure on consumption of supplements varying from 10 to 20€, monthly. The place of purchase and the source from which subjects obtained knowledge about supplements was the Internet. As for knowledge on the subject, it was noted that it has been classified as “insufficient” (45.8%) by respondents.