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SYMPOSIUM: AN INSIGHT ON FAMILY - A SOCIAL AND HEALTH PORTRAIT

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THE ELDERLY PHYSICAL ACTIVITY - BUILDING FAMILY TIES

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Introduction: According to the OMS (2010) the regular physical activity is an important contribution to the elderly health condition. This is usually a less active population and therefore more likely to suffer from diseases related to lack of activity. The family interaction, considering its functioning, can be an important contribution to reduce these disease rates.

Objectives: To analyse the elderly physical activity in a specific region and explore the relationship between family functioning and the elderly physical activity.

Methods: Quantitative, descriptive and transversal study. A non-probabilistic intentional sample of 2,461 elderly aged over 65 years, from Vila Nova de Famalicão. An ad-hoc questionnaire was applied to collect information on sociodemographic data, regular physical activities (NAHAS M. V.- NuPAF, 2013) and family functioning (APGAR Family). The statistical package SPSS was used for descriptive data analysis.

Results: An association between family functioning and overall physical activity was found. The Mann-Whitney test showed a significance value of 0.000 in independent sampling of functional and moderately functional families. The elderly from moderately functional families are inactive (46%), 29.9% little active, 19% moderately active and only 4.7% are very active. Different results were found for the elderly of functional families, since 34.4% are inac-

tive, 22.8% are little active, 32.1% are moderately active and 10.7% are very active.

Conclusions: Functional families show on average higher scores in physical activity. When planning nursing interventions these results should be considered, mainly for moderately functional families. Interventions should address both the elderly and the family aiming to promote the elderly physical activity.

Keywords: Physical activity. Elderly. Family. Nursing.

FAMILY AND ADDICTIONS: THE PERSPECTIVE OF ADOLESCENTS

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Introduction: Adolescents are healthy by nature. However, risk behaviors such as psychoactive substance use, unprotected sex or exposure to violence might be a threat to current and future health (WHO, 2015).

Objectives: To assess the relationship between sociodemographic variables, consumption of alcohol, tobacco and marijuana, family structure and its functioning.

Methods: This is a quantitative descriptive and cross-correlated study with a non-probability convenience sample of 1,066 young people attending high school and university in the Municipality of Vila Nova de Famalicão. A self-administered questionnaire was applied. It included sociodemographic data; family APGAR Scale adapted by Imperatori (1985) and Youth Risk Behavior Survey adapted for the Portuguese population (Santos, Silva & Meneses, 2008).

Results: Young people were found to have on average 16.79 years (DP = 1.2); 55.3% were female; 89.7% attended high school; 63% lived with both parents and the majority evaluated the family functioning as moderate (53%) or high (46%). A relationship between types of consumption with age and gender was found. There was a significant association between consumption of alcohol, tobacco and marijuana.

Conclusions: The results enhance the need to acknowledge the adolescent population as more vulnerable to these consumptions. The education and health institutions have to be aware that an

outcomes at hospital discharge, in victims who have suffered Out-Of-Hospital Cardiac Arrest (OHCA).

Objectives: The aim of this study is to determine the effectiveness of mechanical chest compressions on the neurological outcomes of victims with OHCA.

Methods: A Systematic Review of Literature (SRL) on studies evaluated the assessing of effectiveness in the using of mechanical devices on chest compressions on cardiac arrest patients with OHCA. After a research (in PubMed, EBSCO and Google Scholar) in studies published between January 2009 and 31 October 2014, were found studies and subjected to analysis, taking into account the previously established inclusion criteria. The quality of the studies included was assessed by two reviewers using the critical evaluation scale of a study describing a prospective, Randomized Controlled Clinical Trial (RCT) by Carneiro (2008). The meta-analysis was performed by using the Mantel-Haenszel method, using the effect of random models.

Results: From three RCTs that involving 7208 participants, were selected 3027 of the group of the mechanical devices and 4181 of the control group. The analysis of the combined trials, shows no significant differences on the good neurological outcome at hospital discharged. The mechanical compressions in PH provide advantage with clinical relevance in comparison to manual compressions (RR = 0.90; 95%CI = 0.68-1.19; p = 0.47).

Conclusions: The mechanical CPR in Prehospital shows benefit, with clinical relevance, in a favorable way the neurological outcome at hospital discharge.

Keywords: Cardiac arrest. Prehospital. Resuscitation.

SYMPOSIUM: VIOLENCE IN ADULTS AND THE ELDERLY: TO INVESTIGATE AND INTERVENE

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PREVALENCE OF VIOLENCE IN ADULTS

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Introduction: It is crucial to know the periodic and lifetime prevalence of domestic violence, currently considered a public health problem. Violence is manifested as a reality that goes beyond any border, regardless of their ethnic, cultural, geographic, political, social, economic or financial nature.

Objectives: To determine the prevalence and periodically throughout life of violence in adults who have used the health services in the District of Évora.

Methods: This is an epidemiological quantitative study. An intentional sample of users who are 18 or older who resorted to the functional units in the Central Alentejo Health Centers Grouping. Data collection is an instrument with a part that allows the sociodemographic and a screening of violence. The study obtained a favorable opinion of the Committee on Health and Welfare of the University of Évora.

Results: The sample had 648 participants. Ages vary between 18 and 91 years-old with an average of 45.73, most are female and married marital status. We found that 20.9% had experienced some

form of violence throughout life and only 5% had been victims in the past year. Most suffered psychological violence. Regarding the charge of violence, in 7.9% of the sample was the husband/partner. In the assessment of the risk 25.8% of the sample had a score of 4, that is, a variable risk.

Conclusions: We conclude that people that know how to read or write, without any degree and who are between 80-89 years-old are more exposed to domestic violence. Mostly there was a combination of psychological, physical and financial violence.

Keywords: Violence. Prevalence. Domestic violence. Risk.

SOCIAL REPRESENTATION OF DOMESTIC VIOLENCE

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Introduction: In the fight against domestic violence, the role of health services is essential for the professional contact with people throughout the life cycle and should question all aspects concerning the health and welfare of these.

Objectives: To understand the social representation of domestic violence.

Methods: A qualitative and quantitative study. This is an intentional sample of 55 people, with more than 18 years-old who live in the district of Évora. The data collection device comprises 4 parts. We used the software Software SPSS® Statistic and Software Evoc®. The study obtained a favorable opinion of the Committee on Health and Welfare of the University of Évora.

Results: The majority of respondents are female, with an average age of 47 years-old, a high level of education and mostly are married/common-law union. The analysis of the evocations of domestic violence stimulus using the software Evoc® identified six elements of the core and 7 elements in the 2nd periphery. Through narrative interview, respondents featured violence and identified the roles of family, friends, health workers and security forces. On exposure to domestic violence throughout life and last year, 14 people were victims throughout life and 2 were still in the last year.

Conclusions: The violence was considered unjustifiable, intolerable and criminal, often associated with alcohol and the need to exercise power over the victim, a serious social problem, often it is not reported for fear or cultural issues. Violence, currently, has become a public health problem and by the fact itself and its dimension, either by the impact it has on the health of victims at various levels.

Keywords: Violence. Social representations. Health.

DOMESTIC VIOLENCE IN PERSPECTIVE OF WOMEN WHO LIVED IT

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Introduction: Knowing the experience of abuse, contextual determinants that led to the rupture of the situation and attempts to build a more harmonious future, it is essential to work sensitivities and better understand victims of domestic violence.

Objectives: To understand the suffering of women victims of violence.

Methods: This is an intentional sample of 21 women who were at shelter home or in the community. The data were collected by in-

interviews, guided by a script organized into four themes. The interviews were conducted with audio record, the permission of the participants were fully passed the text and analyzed as two different corpuses, depending on the context in which they occurred. The analysis was conducted using the ALCESTE computer program. The study obtained a favorable opinion of the Committee on Health and Welfare of the University of Évora.

Results: From the first sample analysis emerged five classes. The association of the words gave the meaning of each class that we have appointed as Class 1 - Precipitating Events; Class 2 - Experience of abuse; Class 3 - Two feet in the present and looking into the future; Class 4 - The present and learning from the experience of abuse; and Class 5 - Violence in general. From the analysis of the sample in the community four classes emerged that we have appointed as Class 1 - Violence in general; Class 2 - Precipitating Events; Class 3 - abuse of experience; and class 4 - Support in the process.

Conclusions: Women who are at shelter home have this experience of violence and its entire context a lot are very focused on their experiences and the future is distant and unclear. Women in the community have a more comprehensive view of the phenomenon of violence as a whole, they can decentralize to their personal experiences and recognize the importance of support in the future construction process.

Keywords: Violence. Domestic violence. Experience of abuse. Shelter. Community.

INTEGRATED INTERVENTION NETWORK OF DISTRICT OF ÉVORA (RIIDE): A MULTIDISCIPLINARY RESPONSE TO VIOLENCE

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Introduction: Network intervention model is the most recommended for the area of violence. Access to the network can happen anywhere and cases must go through the services that make it up, according to their characteristics and needs identified. Through the combination of several wills of a set of entities in the district of Évora, activities in the fight against domestic violence were developing, it was created Integrated Intervention Network District of Évora (RIIDE) to enhance synergistically existing skills and installed features, allowing articulate a more tailored response to people's needs.

Objectives: To know the phenomenon of violence, through the perception of the various actors; to qualify the professionals who care as part of the problem of violence, giving them specific skills.

Methods: Awareness actions in the Educational Community for education professionals, technical and administrative staff and young students in the pilot schools of the District of Évora, training activities for health professionals and technical and administrative staff of health.

Results: 1,488 education professionals were covered by awareness-raising, from various groups, with special attention to students. In health professionals the group covered by the training was 1,387 spread over 60 actions.

Conclusions: In this context it is important to have networks that allow for a streamlining of procedures to minimize the problems and the (re) victimization that the victims is subjected. The RIIDE has played an important role in raising awareness of the population, especially the younger ones, and training professionals who treat victims of violence.

Keywords: Violence. Networking. Health. Education.

ESACA - AGEING SAFELY IN ALENTEJO - UNDERSTANDING FOR ACTION

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Introduction: With regard to violence against the elderly, it appears that, although it has only recently been publicly recognized as a medical and social problem, it is not a new phenomenon. Violence against the elderly results from a combination of individual factors, contextual factors and sociocultural factors (INSA, 2014; Daichman et al, 2008). Violence and abuse in the elderly are also associated with increased morbidity and mortality in the elderly (Cooper, 2008).

Objectives: To promote the Safe Ageing of elderly citizens in the Alentejo region; To understand and prevent situations of violence in the representations and practices of different institutional actors of violence against the elderly; To decrease the individual, social and economic costs related to violence against the elderly; To create an Integrated Model for the Prevention of Violence against Seniors (MIPVI); To establish integrated and multidisciplinary intervention programmes to prevent falls and injuries and violence against the elderly.

Methods: Cross-sectional study, which will cover a population consisting of individuals over 65 years of age who are institutionalised in the CNIS in the district of Évora and non-institutionalised seniors in the Alentejo region. The sample size of seniors who attend the "Active seniors" programmes will be selected via Casually Stratified Sample analysis with Neyman's Optimal Allocation, for a confidence interval of 95% and a maximum permissible error of 2.5% (Marôco, 2014). The selection of the institutionalised and non-institutionalised seniors represents active and voluntary participation in this research, obeying the inclusion criteria of an absence of severe cognitive impairment.

Keywords: Aging. Violence. Elderly. Prevention.

SYMPOSIUM: WEAVING THE EXPERIENCE OF BIRTH AND MATERNITY

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THE EFFECT OF ACUPRESSURE ON PREGNANT WOMEN DURING LABOR: A SYSTEMATIC REVIEW OF LITERATURE

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Introduction: Nowadays, there are alternative methods of pain relief during labor. Acupressure seems to have benefits on pain relief.

Objectives: Search for evidence that addressed the use of acupressure as a complementary therapy for pain relief in labor and its evolution through scientific articles.

Methods: The search question was: What effects does acupressure have on pregnant women's labor pain? A research was conducted in

