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1. ADULT HEALTH

CHARACTERIZATION OF PATIENTS UNDERGOING NONINVASIVE VENTILATION ADMITTED IN UNIT INTERMEDIATE CARE

Matilde Martins^a, Patrícia Ribas^b, Joana Sousa^c, Andreia Cunha^c, Norberto Silva^d, Teresa Correia^a

^aHealth School of Polytechnic Institute of Bragança, Sports Sciences, Health Sciences and Human Development, Portugal; ^bClinic of Arrifana, Portugal; ^cHealth School of Polytechnic Institute of Bragança, Portugal; ^dHealth School of Polytechnic Institute of Bragança, Unit of the Northeast Local Health Bragança, Portugal.

Contact details: matildemartins@ipb.pt

Introduction: Non-invasive ventilation (NIV) is the application of a ventilatory support without resorting to invasive methods. Today it's considered a credible therapeutic option, with enough scientific evidence to support its application in various situations and clinical settings related to the treatment of acute respiratory disease, as well as chronic respiratory disease.

Objectives: Characterize patients undergoing NIV admitted in Unit Intermediate Care (ICU) in the period from October 1st 2015 to June 30th 2016.

Methods: Prospective study conducted in ICU between October 2015 and June 2016. In this study were included all patients hospitalized in this unit (ICU) and in that time period a sample of 57 participants was obtained. As data collection instruments we used a questionnaire for sociodemographic and clinical data and the Braden scale.

Results: Participants were mostly male 38 (66.7%), the average age 69.5 ± 11.3 years, ranging between 43 and 92 years. They weighed on average 76.6 kg (52 and 150), with an average body mass index of 28.5 kg/m² (20 to 58.5). With skin intact 28 (49.1%) with abnormal perfusion 12 (21.1%), with altered sensitivity 11 (19.3%) and a high risk of ulcer on the scale of Braden 37 (65%). The admission diagnosis was respiratory failure 33 (57.3%) and had different backgrounds. We used reused mask 53 (93.0%), the average time of NIV was 7.1 days (1-28), 4.8 days of hospitalization (1-18) and an average of 7.8 IPAP pressure. 11 (19.3%) of the participants developed face ulcer pressure.

Conclusions: The NIV is used in patients with advanced age, obesity, respiratory failure and high risk of face ulcer development.

Keywords: Patients. Noninvasive ventilation.

TELEPHONE SUPPORT LINE OF RHEUMATOLOGY DEPARTMENT: A 4.5 YEARS EXPERIENCE

Eduardo Santos^a, Andréa Marques^b

^aAssociate Research at the Portugal Centre for Evidence-Based Practice (PCEBP): a Collaborating Centre of the Joanna Briggs Institute - Health Sciences Research Unit: Nursing (UICISA: E), Nursing School of Coimbra (ESENFC); ^bRheumatology department, Centro Hospitalar e Universitário de Coimbra, EPE.

Contact details: ejf.santos87@gmail.com

Introduction: In many health services in developed countries, the telephone support has been used as an innovative approach to providing care and answering questions by nurses, developing especially in specific areas such as rheumatology (Brown et al., 2006).

Objectives: To analyze the profile of users and the main reasons of patients that uses the Telephone Support Line of Day Hospital and early arthritis consultation of the CHUC Rheumatology Department, EPE.

Methods: This is a retrospective descriptive-correlational study with a convenience sample of 448 calls. For continuous variables we used the t-student test, for dichotomous variables the χ^2 test and, finally, we performed a cluster analysis by the TwoStep Cluster method through the log-likelihood distance.

Results: Users have an average age of 44.8 years being predominantly male (58%). The cluster analysis allowed to create three groups whose profile shows that the cluster 1 (n = 96/21.4%) are formed by "older" adults that need to clarify mainly doubts about the results of auxiliary examinations tests (AET)/prescriptions and side effects/complications; the cluster 2 (n = 232/51.8%) are formed by young adults that call to change appointments and mainly to clarify doubts on the results of AET/prescriptions; finally, the cluster 3 (n = 120/26.8%) are formed by "middle age" adults that want to clarify doubts about medication and disease management. **Conclusions:** Incoming calls cover a wide range of ages and all kinds of rheumatic diseases. This study allows us to identify in which groups it is necessary to make a more detailed educational

Methods: We conducted a cross sectional study in a sample constituted by 201 students of Portuguese Catholic University, Viseu. Data collection was performed through a self-administered questionnaire about OHAB, which included the Hiroshima University Dental Behavioural Inventory.

Results: We found that 69.5% of the students adopted less adequate OHAB. Only the year of the course influenced the OHAB. Therefore, the higher the year, the better were OHAB. By calculating the variability, we found that the year was responsible for 8.87% of the variation in OHAB and the statistical differences were between the students of 1st and 4th year and 1st and 5th year.

Conclusions: These results are consistent with some studies that point to the likely influence of the exposure and acquisition of knowledge about OHAB transmitted along the academic education and clinical experience. As students progress through the course, they are more aware and more attentive to their oral health. Consequently, they adopt better attitudes and preventive behaviours. It is very important to change the way we do oral health education. The planning of teaching strategies for oral health behavioural changes should give importance to teaching self-care techniques, towards to alert to the perception of risk factors what are in the origin of oral diseases.

Keywords: Oral health attitudes and behaviours. Dental study.

SHEAR BOND STRENGTHS TO PROROOT[®] MTA AND BIODENTINE[™] WITH DIFFERENT ADHESIVE STRATEGIES

Melissa Batista^{a,b}, Jaime Portugal^c, Mário Polido^{a,b}, Mário Pereira^{a,b,c}, Ana Azul^{a,b}

^aInstituto Superior de Ciências da Saúde Egas Moniz, Monte de Caparica, Portugal; ^bCentro de Investigação Interdisciplinar, Egas Moniz, Monte de Caparica, Portugal; ^cFaculdade de Medicina Dentária da Universidade de Lisboa, Lisboa, Portugal.

Contact details: mela.batista@gmail.com

Objectives: To study the influence of the maturation time of the restorative material and of the adhesive strategy on the bond strength to ProRoot[®]MTA and BIODENTINE[™].

Methods: 180 acrylic blocks were prepared and filled out with ProRoot[®]MTA (n = 90) or BIODENTINE[™] (n = 90) and divided into 18 groups (n = 10), according to the storage period of the restorative material (7 days (7d), 72 hours (72h) and 4 hours/12 minutes (4h/12')), at 37 °C and 100% of humidity and to the adhesive strategy (Scotchbond[™] Universal - etch&rinse version (SUER), Scotchbond[™] Universal - self-etch version (SUSE) and Adper[™] Scotchbond[™] 1XT (SB) [3M ESPE - St. Paul, EUA]). A composite resin (Grandio[®]SO) was then applied. After 24h, the shear bond strengths and the failure modes were evaluated. The obtained values were analysed using Mann-Whitney and Kruskal-Wallis's tests at a significance level of 5%.

Results: The maturation time influenced the bond strength to ProRoot[®]MTA (p = 0.007), with values between 7.6 MPa after 3 days and 3.1 MPa after 7 days. However, the adhesive strength was not influenced by the maturation time of BIODENTINE[™] (p = 0.181). The adhesive strategy influenced the adhesion to ProRoot[®]MTA (p = 0.014) and BIODENTINE[™] (p = 0.002). Universal Scotchbond[™] (self-etch) showed the highest adhesion values to ProRoot[®]MTA (7.0 MPa). Universal Scotchbond[™] (etch&rinse) showed the highest values to BIODENTINE[™] (7.1 MPa). The failure mode was mainly of mixed type and was not influenced by any of the factors studied (maturation time: p = 0.053; adhesive strategy: p = 0.214).

Conclusions: Different adhesive strategies led to different adhesive strengths on the two substrates studied. The maturation time of the substrate only influenced the bond strength to MTA.

Keywords: MTA. BIODENTINE[™]. Shear bond strengths.

20. OTHERS

KNOWLEDGE ABOUT THE RNCCI: AN EXPLORATORY STUDY ABOUT THE PERCEPTION OF NURSING STUDENTS

Ana Rita Gonçalves, Ana Galvão, Andreia Guerreiro

Escola Superior de Saúde - Instituto Politécnico de Bragança.

Contact details: velosogoncalves@hotmail.com

Introduction: The National Network of Continuing Care (RNCCI) was created in 2006 by Decree Law nr. 101/2006. Its mission is to supply adequate health and social care to all people who, independent of their age, are in a situation of dependence, and its action is articulated with the already existing health and social services, being a multidisciplinary team needed composed out of medical doctors, nurses, social workers and psychologists. Given the aforementioned it's pertinent to perform research, with nurses and nursing students, about this new valence of care.

Objectives: Measure knowledge about the RNCCI of 3rd and 4th year nursing students.

Methods: Transversal study of quantitative, descriptive and correlational nature. A non-probabilistic and by convenience sample of 120 students was taken (75% of the population). A questionnaire was created, exclusively based on the Decree Law nr. 101/2006.

Results: 75% of the respondents answered wrongly to the statements related to the referral and typology of the answers of the RNCCI. It is verified that the students do not have sufficient knowledge to perform functions or processes related to the RNCCI. Notwithstanding having general knowledge, the students present considerable gaps in the referral process as do the professionals that already work in this area. The hypothesis "There is a relationship between socio-demographic variables (gender and age) and the knowledge of the nursing students about the RNCCI" was validated for gender being the observed differences between female and male respondents statistically significant (p = 0.03).

Conclusions: The results highlight the importance of theoretical and/or practical training on continuing care in the undergraduate nursing course outline.

Keywords: Knowledge. RNCCI. Nursing students.

AN IMPACT EVALUATION STUDY OF A SHORT INTENSIVE COURSE TRAINING IN EVIDENCE-BASED NURSING

Rui Pereira^a, M. José Peixoto^b, Teresa Martins^c, M. Céu Barbieri-Figueiredo^d, António Vaz-Carneiro^e

^aUniversidade do Minho/Escola Superior de Enfermagem; ^bEscola Superior de Enfermagem do Porto; ^cEscola Superior de Enfermagem do Porto; ^dEscola Superior de Enfermagem do Porto; ^eUniversidade de Lisboa/Faculdade de Medicina/Centro de Estudos para a Medicina Baseada na Evidência.

Contact details: ruipereira@ese.uminho.pt

Introduction: The implementation of Evidence-based Nursing (EBN) requires training of key people regarding evidence. In this study we aim to evaluate the impact of an educative intervention as an implementation strategy of EBN among nursing leaders and local key partners.

Methods: We promote an educative intervention on 414 RN in Portugal. Overall we carried out 6 educative sessions. Each one was based on an 8 hours course about EBN main subjects. Data were collected before and after (at least 2 months) the training intervention. Both moments of data collection were based on the Portuguese versions: "Questionnaire Barriers and Facilitators to Using Research in Practice (BARRIERS)"; "Clinical Effectiveness and Evidence Based Practice Questionnaire (EBPQ)"; and the "Attitudes to Evidence-Based Practice Questionnaire (AEBPQ)". Overall we study a merge convenience sample with 650 valid questionnaires.

Results: The assessment of unpaired samples demonstrated significant relations in the following evaluation scales and subscales: EBPQ - Practices $t(650) = 3.33$; $p < 0.001$. Barriers - Organization = $t(650) = 2.63$; $p < 0.009$. Barriers - Communication = $t(650) = 4.86$; $p < 0.0001$. Barriers - Nurse = $t(650) = 2.37$; $p < 0.018$. Barriers - Research = $t(650) = 2.58$; $p = 0.01$. The results reveal that the educative intervention contributes to a higher awareness of EBN deficits and gaps among nurses. Study findings have several implications for nursing: education, ongoing training and accountability. **Conclusions:** A short course is an effective approach that can be used to engage nurses in EBN and research utilization. Multi-mixed methods approaches and tailored interventions according to specific clinical contexts, settings and nursing staff should be considerate primarily. **Keywords:** Evidence-based Nursing. Training program. Impact.

COMPARING PROFESSIONAL AND NON PROFESSIONALS VIEWS ABOUT EQUITY EFFICIENCY TRADE-OFFS IN HEALTHCARE RATIONING

Micaela Pinho

Instituto Jurídico Portucalense (IJP); DEGI; Universidade Portucalense. Unidade de Investigação em Governança; Competitividade e Políticas Públicas (GOVCOPP); DEGEIT; Universidade Aveiro.

Contact details: michaelapinho@hotmail.com

Introduction: In a context of scarcity, prioritizing patients is plagued with difficulties concerning efficiency-equity trade-offs. According to cost effectiveness analysis, the aim of a public health is to maximize the production of health. However, it has been increasingly obvious that social values, rather than being linear in potential health gains, seem to be increasing with the fair distribution of health care resources.

Objectives: This study attempts to compare the opinion of two groups of the Portuguese society, people in general and health professionals, about: 1) efficiency-equity trade-offs related to intervention's effect on patients' health; 2) public involvement in health care rationing decisions.

Methods: Quantitative methods were applied to data collected from a random sample of 180 college students and 60 health professionals. A questionnaire was developed with four hypothetical rationing exercises. In each scenario, due to scarcity of resources, respondents must decide which patient to choose. The exercises comprise trade-offs between lengths of life and (i) quality of life; (ii) rule of rescue; (iii) cost of the treatment and (iv) rule of rescue and quality of life.

Results: Findings suggest the existence of significant differences in the choices made by both groups. Health professionals seem to: 1) value more the length of life than the quality of life or the rule of rescue principle; 2) agree less with the direct involvement of the public in rationing decisions.

Conclusions: Results suggest that healthcare professionals seem to be more in accordance with the efficiency principle while students seem to be more concerned with equity considerations.

Keywords: Patient's selection. Efficiency. Equity.

FOOD SAFETY GOOD PRACTICES IN SEAFOOD RETAILERS IN PORTUGAL

Ana Baltazar

Escola Superior de Tecnologia da Saúde de Coimbra, Portugal.

Contact details: ana.santos@estescoimbra.pt

Introduction: Fish and shellfish are an important part of a healthful diet but, as with any type of food, it's important to handle seafood safely in order to reduce the risk of foodborne illness. This study aims to collect data about the good practices of seafood handling in Portugal, so the companies can have a document that provides guidelines to food safety in this sector.

State of art: Fresh seafood is one of principal foods available in Portugal, so the retail of this products is very common. The companies in the retail trade sector of fish and shellfish are from the 1st of January, 2006, covered by Regulation (EC) No 852/2004 of 29 April 2004, which lists the requirements to Food Safety. The Code of Practice (CP) is an important pillar for any quality system and is an integral part of a food safety program, because lists a set of good practices with the aim of produce food products safely.

Theoretical and practical implications: The CP does not replace the implementation of the HACCP system or a system based on their principles, nor a quality system, and does not guarantee the safety of a product at the time of consumption, but it is a good basis for their implementation.

Conclusions: This article suggests good practice standards to the retail distribution of fish, allowing the companies in this sector to get to know and inform their employees, with ease, which are the acceptable/unacceptable performs.

Keywords: Food safety. Good practices. Fish. Shellfish.

CORROBORATING FACTORS TO TRAFFIC ACCIDENTS INVOLVING TRUCK DRIVERS: A MULTIDISCIPLINARY APPROACH

Adriana Sousa, Pastor Taco

University of Brasilia.

Contact details: anairdamodesto@gmail.com

Introduction: An exploratory study having as object of research scientific publications that address corroborating factors to traffic accidents evolving truck from the Health Interface/Engineering.

Objectives: To conduct a systematic review of the literature covering traffic accidents involving truck drivers identifying corroborating factors to outcomes.

Methods: As a strategy was elected the steps defined by Soni and Kodali from descriptors: truck drivers, occupational health, transport behavior, traffic accidents and road safety.

Results: Accidents result from the combination of factors related to man, the route and the vehicle. The human factor contributes about 90% of cases. To reflect on road safety is necessary to recognize the potential of real intervention and supervision, education and policing. In the case of truck drivers identified that long periods away from home, wear or lack of family ties, adverse ergonomic conditions and productive pressure can contribute to the manifestation of factors and/or behaviors of corroborative risk of accidents. Observed a relation between the life cycle of the subjects and craft. Concern for the category is justified because of its involvement in most accidents on highways and of these subjects shows changes in health parameters making them potential candidates for sudden death or contributing to an accident.

Conclusions: Only the consortium approaches Health and Engineering, with special attention to road safety and behavior in transportation, will it be possible to understand the dynamics and factors contributing to accidents involving the category. Please note that the product presented makes up the doctoral thesis Health Command on Highways - CSR: interfaces between the cornfields health and transport in progress.

Keywords: Truck. Accident. Health. Engineering. Behavior.

SMOKING HABITS IN UNIVERSITY HEALTH STUDENTS

Jorge Conde, João Figueiredo

Polytechnic of Coimbra, Coimbra Health School, Portugal.

Contact details: jconde@estescoimbra.pt

Introduction: Tobacco is one of the most serious global health problems of our time. About six million people a year die due to