

MEETING ABSTRACTS

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## Session 1: Citizenship in health

S1

### Health literacy and health education in adolescence

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Health literacy, a more complex concept than knowledge, is a required capacity to obtain, understand, integrate and act on health information [1], in order to enhance individual and community health, which is defined by different levels, according to the autonomy and personal capacitation in decision making [2].

Medium levels of Health literacy in an adolescent population were found in a study conducted in 2013/2014, being higher in sexual and reproductive health and lower in substance use. It was also noticed that the higher levels of health literacy were in the area adolescents refer to have receipt more health information. The health literacy competence with higher scores was communication skills, and the lower scores were in the capacity to analyze factors that influence health. Higher levels were also found in younger teenagers, but in a higher school level, confirming the importance of health education in these age and development stage. Adolescents seek more information in health professionals and parents, being friends more valued as a source information in older adolescents, which enhance the importance of peer education mainly in older adolescents [3].

As a set of competences based on knowledge, health literacy should be developed through education interventions, encompassing the cultural and social context of individuals, since the society, culture and education system where the individual is inserted can define the way the development and enforcement of the health literacy competences [4]. The valued sources of information should be taken into account, as well as needs of information in some topics referred by adolescents in an efficient health education.

### References

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## Session 2: Evaluation & intervention in health

S2

### The effect of a walking program on the quality of life and well-being of people with schizophrenia

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Schizophrenia is a serious and chronic mental illness which has a profound effect on the health and well-being related with the well-known nature of psychotic symptoms. The exercise has the potential to improve the life of people with schizophrenia improving physical health and alleviating psychiatric symptoms. However, most people with schizophrenia remains sedentary and lack of access to exercise programs are barriers to achieve health benefits. The aim of this study is to evaluate the effect of exercise on I) the type of intervention in mental health, II) in salivary levels of alpha-amylase and cortisol and serum levels of S100B and BDNF, and on III) the quality of life and self-perception of the physical domain of people with schizophrenia. The sample consisted of 31 females in long-term institutions in the Casa de Saúde Rainha Santa Isabel, with age between 25 and 63, and with diagnosis of schizophrenia according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). Physical fitness was assessed by the six-minute walk distance test (6MWD). Biological variables were determined by ELISA (Enzyme-Linked Immunosorbent Assay). Psychological variables were assessed using SF-36, PSPP-SCV, RSES and SWLS tests. Walking exercise has a positive impact on physical fitness (6MWD –  $p=0.001$ ) and physical components of the psychological tests ([SF-36] physical functioning  $p < 0.05$ ; [PSPP-SCV] functionality  $p < 0.05$  and SWLS  $p < 0.05$  of people with schizophrenia. The walking program enhances the quality of life and self-perception of the physical domain and physical fitness of people with schizophrenia.

S3

### Diagnosis and innovative treatments - the way to a better medical practice

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or indirectly influence the care outcomes through the process (actions developed by the nurses). Objectives: To identify the changes that, from the nurses' perspective, occurred during the provision of care to patients with peripheral venous catheters (PVCs) between the first and the second phase of the Action-Research (AR) study, and the components that influenced these changes.

#### Methods

During the second phase of the AR study (December, 2011), a focus group composed of six nurses was held at a medicine unit of a central hospital. A script was used with six open-ended questions. All ethical procedures were followed.

#### Results

Positive changes in nursing care provision to patients with PVCs were identified related to the type of dressing used, patient monitoring, aseptic care, and infusion rate. The nurses believed that some variables of the organizational component influenced those changes, such as the centralization of the material used for catheterization or the availability of materials, such as transparent dressings. The nurses also valued the following aspects: knowledge of the research findings of the first phase; training sessions on the topic; and, above all, the nurses' engagement throughout the process of change in care provision.

#### Conclusions

Considering the model of analysis used, we found that the changes identified in nursing care resulted from several factors, with the engagement of the professionals themselves in the change process being considered a key aspect.

#### Keywords

Nursing Role Effectiveness Model, nursing care, peripheral venous catheters

#### P35

##### Use of peer feedback by nursing students during clinical training: teacher's perception

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Peer feedback in the field of higher education, has been defined as an advantageous process in the development of soft skills, improving the learning outcomes of students, reflected in the professional skills to be acquired. The implementation of peer feedback, generates by itself a set of individual and group dynamics, actively involving students and teachers in this methodology, which simultaneously achieves the evaluative and learning purpose.

Through a qualitative approach using the method of focus groups, this study aims to present the perception of teachers on the concept of peer feedback, its applicability in clinical training context in nursing, its influence on skills acquisition by students, and the strength and threats during implementation.

The perception of peer feedback is described by teachers (n = 8) involved in a focus group, which set guidelines for carrying out a participatory action research project in nursing clinical training.

We conclude that peer feedback is a complex process which contributes to increased responsibility for the students but also for teachers in a collaborative and integrative approach to learning and its evaluation. It is evident that preparation and planning of implementation are fundamental, suggesting that peer feedback will positively contribute to students' development, such as self-directed and self-regulated learning, critical and reflective thinking, self-assessment ability, decision-making, involvement, responsibility and autonomy.

#### Keywords

peer feedback, learning, competences, perception of teachers, nursing

#### P36

##### What's new on endotracheal suctioning recommendations

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#### Background

Critically ill intubated patients inevitably need endotracheal suctioning. There are innumerable complications associated with this procedure, including hypoxemia, atelectasis, tissue trauma, hypertension, microbial colonization and bronchospasm. Best practices can reduce endotracheal-suctioning-related adverse events. Objective: The aim of this study is to describe endotracheal suctioning recommendations in adult mechanically ventilated patients.

#### Methods

An integrative review. Research was conducted in B-on, PUBMED, and RCAAP between 28 and 30 December 2015, including guidelines and original articles from the last 5 years. We found 534 documents and after analysing their abstract and methodological quality, five documents were selected. Data were compiled in a chart in terms of grade of evidence, acceptance and applicability.

#### Results

Strong evidence was found in the following recommendations: suction only when necessary, pre-oxygen before suction event, use of a suction catheter half the endotracheal tube lumen size, use of the lowest suction pressure possible, shallow suction, avoiding saline instillation, use of sterile technique, avoiding disconnection from the ventilator, use of closed suction when there is high FiO<sub>2</sub> or PEEP or risk of lung derecruitment, suction duration less than 15 s and monitoring.

#### Conclusions

Endotracheal-suctioning-related adverse events are frequent and can be reduced by the implementation of practice guidelines. Nurses need to have to knowledge of current best evidence in order to make informed decisions. This review intends to be a step towards safer practice.

#### Keywords

ICU, Endotracheal suction, Best practice recommendations, Saline instillation, Open suction, Closed suction

#### P37

##### Assessment of the nurses satisfaction on the Central Region of Portugal

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#### Background

The changes occurred in labour in the last decades are consuming workers' physical and mental energy. Nurses' job satisfaction is of most importance since they have responsibilities within the multidisciplinary team and is far from being a secondary concern because it is directly linked to the quality of care, productivity and personal