

MEETING ABSTRACTS

Open Access



Center for Interdisciplinary Research in Health (CIIS) National Meeting 2023

Lisbon, Portugal. 31 March - 01 April 2023

Published: 21 August 2023

Paulo J. G. Bettencourt^{1,2}, Ana Mineiro^{1,3}, Paulo Alves^{1,4}, Nuno Rosa^{1,5}, André Correia^{1,5}, Marlene Barros^{1,5}
¹ Universidade Católica Portuguesa, Center for Interdisciplinary Research in Health, Portugal; ² Universidade Católica Portuguesa, Faculty of Medicine, Lisboa, Portugal; ³ Universidade Católica Portuguesa, Instituto de Ciências da Saúde, Lisboa, Portugal; ⁴ Universidade Católica Portuguesa, Instituto Ciências da Saúde, Escola Enfermagem (Porto), Portugal; ⁵ Universidade Católica Portuguesa, Faculty of Dental Medicine (FMD), Viseu, Portugal
Correspondence: Paulo J. G. Bettencourt (pbettencourt@ucp.pt)
BMC Proceedings 2023, 17(9):

The Center for Interdisciplinary Research in Health (CIIS) is the research center of the Universidade Católica Portuguesa (UCP) focused on health care. The Center is organized in five platforms, and distributed in four geographies across Portugal: Lisbon, Porto, Viseu and Sintra (Table 1). The center has currently 155 active researchers and attracted funds exceeding 10M€.

For the first time ever, CIIS has organized a National Event that included researchers from all platforms and disciplines, in a truly interdisciplinary and translational scientific event, counting 117 registered participants and 120 abstracts. The meeting took place at the Faculty of Medicine, in the Sintra campus, on the 31st March and 1st April 2023. The Scientific Committee of the CIIS National Meeting decided that the theme for the meeting is *Interdisciplinary Health Care*. Rather than clustering researchers by platform or discipline, we decided to create three working sessions that are inclusive to everyone and not restricting the presentations by discipline, being therefore, interdisciplinary. These are: 1 – *Translational Care*; 2 – *Clinical Care*; and 3 – *Community Care*.

The meeting was held in the presence of the Universidade Católica Portuguesa Rector Professor Isabel Capelo Gil, the Vice-Rector Professor Peter Hanenberg, the Director of the CIIS, Professor Marlene Barros, the Director of the Faculty of Medicine, Professor António Almeida and the guest speaker Professor Tomáš Zima, Charles University, Prague, Czech Republic, and hosted by the Deputy Director of the CIIS, Professor Paulo J. G. Bettencourt.

For two days, papers were presented by invited speakers within each session, and posters were presented by CIIS researchers and students, in a highly anticipated poster session. All abstracts were peer-reviewed. To bring further excitement to the poster session, the Meeting Scientific Committee selected the best poster from each platform to receive the Best Poster Award. Finally, the CIIS platform coordinators presented their plans and vision for the future.

Following the success of this meeting, the Scientific Committee of the National Meeting, decided to implement yearly meetings of the Center.

We would like to acknowledge all CIIS members, staff and students that accepted the challenge of participating in this event, presenting their most recent data, sharing their knowledge, and making this truly an interdisciplinary health care event.

We hope this meeting has contributed to share the latest scientific achievements of all members and promoted the beginning of new collaborations for the future, keeping in mind the main goal of improving health care with an interdisciplinary view, to ultimately improve quality of life, with humanity and spirituality at the center of all scientific quests.

Acknowledgements

The authors acknowledge the funding from Fundação para a Ciência e a Tecnologia (FCT), under the project UIDP/04279/2020 and UIDB/04279/2020.

Table 1 Platforms of the Center for Interdisciplinary Research in Health

Name	Location	Head
Neurosciences	Lisbon and Porto	Prof. Ana Mineiro
Nursing	Lisbon and Porto	Prof. Paulo Alves
CatólicaMed	Sintra	Prof. Paulo Bettencourt
SalivaTec	Viseu	Prof. Nuno Rosa
Precision Dental Medicine	Viseu	Prof. André Correia



© The Author(s) 2023. **Open Access** This article is licensed under a Creative Commons Attribution 4.0 International License, which permits use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence, and indicate if changes were made. The images or other third party material in this article are included in the article's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the article's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder. To view a copy of this licence, visit <http://creativecommons.org/licenses/by/4.0/>. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated in a credit line to the data.

as strategies, care styles, depending on nurse-patient relationship patterns or even professional behaviour. Nurses play a key role in promoting well-being and quality of life, hence why caring for individuals in a hospital setting means understanding people's needs, their concerns, their anxieties, their experiences of comfort and discomfort, and implementing interventions that provide comfort. In nursing, providing comfort can be understood as the fulfilment of a specific need or discomfort felt, promoting a state of relief, calmness, or wholeness, in search of a state of Health. The objective of the study is to map patients' experiences of comfort and discomfort in hospital settings within current literature.

Materials and methods

A Scoping review, using the Joanna Briggs Institute methodology, between 1990 and 2022.

Results

The absence of pain, physical structure, health and safety of health care organisations, the presence and support of family and friends, the promotion and respect for spirituality, and the technical qualification and affection of health professionals are mentioned by participants as shared experiences in different clinical settings. Pain appears as an ally of discomfort, often being a constant cause of lack of comfort for patients, admitted in hospital settings.

Conclusions

The perception of comfort can be shared by subjects, although there are specific elements which characterizes each individual experience. The diversity of settings of the studies reveals the existence of a specific concept of comfort, depending on the setting the subjects are involved with. The need for a patient-centred nursing care process, based on each one's real experiences of comfort became clear, adopting interventions committed to satisfy the patients' needs for comfort, improving the quality of the care provided.

Keywords

Patient comfort, nursing, hospitalization, review.

P54

- Spiritual distress in cancer patients undergoing chemotherapy: a longitudinal study

Helga Martins^{1,2}, Joana Romeiro¹, Sílvia Caldeira¹

¹ Instituto de Ciências da Saúde, Universidade Católica Portuguesa, Center for Interdisciplinary Research in Health, Lisbon, Portugal; ² Escola Superior de Saúde, Instituto Politécnico de Beja, Beja, Portugal

Correspondence: Helga Martins (s-htmartins@ucp.pt)

BMC Proceedings 2023, **17(9):P54**

Background

Spiritual distress is a nursing diagnosis related to suffering and lack of meaning/purpose in life. However, spiritual distress in clinical practice is often undervalued and neglected in nursing care. Cancer patients go through a complicated health situation in which the spiritual dimension is affected and experienced through spiritual distress. The aim of this study is to assess spiritual distress in patients undergoing chemotherapy treatment.

Materials and methods

A quantitative, longitudinal, and prospective study conducted in a Hospital Day setting. 332 participants were assessed for spiritual distress before initiating chemotherapy and at three months, six, nine, and twelve-month follow-ups. A questionnaire was used and the outcomes were sociodemographic characteristics, clinical condition, and spiritual distress (Spiritual Distress Scale). Data analyses included descriptive and bivariate statistics, which were conducted with SPSS. The study was approved by the Ethics Committee where the study was conducted.

Results

At baseline, 56.6% were females, mean age of 60.3 years (SD= ±11.7), and 66.3% were married. At three months, were reached the highest value of spiritual distress, and the score gradually decreased; however, the value of spiritual distress at 12 months was higher than at baseline. Trajectories did not differ significantly between man and women, but age and religious affiliation was predictor of spiritual distress. Spiritual

distress exhibited a negative, weak, statistically significant correlation with religious involvement.

Conclusions

There is an important variation of spiritual distress at three months after the beginning of chemotherapy. These data reinforce the need for spiritual assessment in cancer patients to promote spiritual health and well-being.

P55

- Validation of instruments for assessing spiritual well-being, religious involvement, and spiritual distress: methodological studies

Helga Martins^{1,2}, Joana Romeiro¹, Sílvia Caldeira¹

¹ Instituto de Ciências da Saúde, Universidade Católica Portuguesa, Center for Interdisciplinary Research in Health, Lisbon, Portugal; ² Escola Superior de Saúde, Instituto Politécnico de Beja, Beja, Portugal

Correspondence: Helga Martins (s-htmartins@ucp.pt)

BMC Proceedings 2023, **17(9):P55**

Background

Spirituality is a dimension that is part of a holistic approach to the patient. However, in Portugal, there is currently a lack of validated instruments in the Portuguese cultural context.

In clinical practice, it is necessary to have appropriate tools to ensure the equivalence of the measure, regardless of the context in which it is used. However, the validation of an instrument is an intricate process requiring a high degree of methodological rigor.

The aim of this study was to validate instruments for assessing spiritual well-being, religious involvement, and spiritual distress in the context of oncology and in couples with reproductive health conditions.

Materials and methods

Methodological guidelines according to Sousa and Rojjanasrirat [1].

Results

Spiritual well-being questionnaire embraced a four-factors solution and 20 items with an overall Cronbach's alpha=0.947; Religious involvement (Belief into Action scale) comprises a two-factor solution and nine items Reliability – with an overall Cronbach's alpha=0.86; Spiritual distress scale comprises a four-factors solution and 30 items with an overall Cronbach's alpha=0.91.

Conclusions

This process was achieved through a rigorous methodological approach. This way, reliable instruments were validated and considered reliable to evaluate these concepts in Portuguese samples.

Therefore, instruments for assessing spiritual well-being, religious involvement, and spiritual distress in different contexts provide nurses with the necessary resources and tools for measuring and evaluating spiritual and religious needs to plan appropriate nursing interventions, obtain better patient health outcomes and increase the quality of nursing care.

However, this is an underdeveloped area, and there are still few scales available in clinical practice that claim to need further development and investment.

Reference

1. Sousa VD, Rojjanasrirat W. Translation, adaptation and validation of instruments or scales for use in cross-cultural health care research: a clear and user-friendly guideline. *J Eval Clin Pract*. 2011;17:268-274.

P56

- Religious commitment of cancer patients after one year of chemotherapy: a cross-sectional study

Helga Martins^{1,2}, Joana Romeiro¹, Sílvia Caldeira¹

¹ Instituto de Ciências da Saúde, Universidade Católica Portuguesa, Center for Interdisciplinary Research in Health, Lisbon, Portugal; ² Escola Superior de Saúde, Instituto Politécnico de Beja, Beja, Portugal

Correspondence: Helga Martins (s-htmartins@ucp.pt)

BMC Proceedings 2023, **17(9):P56**

Background

Cancer patients during their disease face several treatments, one of them is chemotherapy. One of the coping strategies to overcome this process used by these patients is religious commitment. Religious