

at a Family Health Unit in the municipality of Bahia, Brazil. It was conducted with 16 elderly people, aged over 60 years, through a semi-structured interview. The interviews were submitted to thematic content analysis. The study was divided into the following categories: "You have to be careful", "have to do your exams every month", "every year to stay healthy", respondents show access to knowledge on how to prevent high blood pressure, citing changes in habits beyond just use of prescribed medication. Respondents indicated that access to knowledge and information in the prevention of hypertension happens through media, health professionals, consultations, lectures, television, and conversation groups. The orientation of the unit's health team contributes to changes in the lifestyle of the elderly. Therefore, it is concluded that access to health education and encouraging changes of habits in daily life are required for the acquisition of knowledge, assisting in self-care.

Keywords

Access, arterial hypertension, elderly

O45

Community Health screenings and self-reported chronic diseases

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Background

Community Health screenings are an important part of the Pharmacy Technician's role as a health care provider. Objectives: To evaluate the relation between anthropometric, physiological and biochemical parameters and self-reported chronic conditions during community health screenings.

Methods

The authors conducted an exploratory study including 60 individuals: 63.3 % had one or more chronic diseases and 36.7 % were healthy individuals. For anthropometric measurements we obtained height, weight, body mass index, waist circumference, body fat percentage and muscle mass; for physiological assessment, blood pressure was measured; biochemical variables evaluated were blood glucose, cholesterol and triglycerides in point-of-care testing.

Results

Self-reported chronic diseases consisted of 30 % cardiovascular diseases, 26.7 % metabolic diseases, and 16.7 % of other diseases. Cardiovascular patients had abnormal values of systolic blood pressure, triglycerides and body fat. Patients with metabolic disorders showed considerable differences in systolic blood pressure, blood sugar and central adiposity compared to healthy individuals; individuals with obesity revealed high levels of blood pressure, cholesterol, triglycerides, body mass index, waist circumference and body fat percentage. There were a significant number of patients with abnormal values that were neither diagnosed nor medicated.

Conclusions

Community health screening is of major importance for patients' awareness of chronic diseases, and a fundamental role for Pharmacy Technicians. These results show the need for further action with patients, in order to promote a correct follow-up with other health care providers.

Keywords

Chronic disease, Community Pharmacy Services, Pharmacy Technician, Metabolic disease, Cardiovascular disease, Obesity

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Evaluation of indoor air quality in Kindergartens

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The indoor air pollutants may cause several effects on human health, although there is a greater severity in risk groups, particularly among children. The aim was to evaluate the Indoor Air Quality in kindergartens of the Coimbra city, its structural and functional conditions, and respiratory health of its occupants.

The study evaluated the air quality of 4 kindergartens, both inside and outside the rooms. Air carbon dioxide (CO₂), carbon monoxide (CO), particles PM10 and PM2.5 volatile organic compounds (VOCs), formaldehyde (H₂CO), temperature (T, °C), relative humidity (Hr) and Velocity were evaluated.

The results showed that on average every single parameter of the sampled parameters exceed the limits set by legislation. However, it was found that the maximum value of some parameters was equal or exceeded the reference value, among them VOCs, H₂CO, T, °C, Hr and Velocity. According to the occupants' respiratory health, it appears that there is a relationship between the concentration of pollutants and the frequency of disease/symptoms perceived by employees.

Keywords

Indoor Air Quality, kindergartens, health

O47

Atmospheric exposure to chemical agents under the occupational activity of pathology technicians

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In anatomical pathology laboratories (APLs) the presence of several chemical agents and other pollutants is common. These have repercussions in air quality, representing a risk factor for the health of the workers who handle them daily. In this regard, the occupational exposure of 19 anatomical pathology technicians of 3 APLs in the centre region of Portugal to air pollutants was evaluated: formaldehyde (CH₂O), volatile organic compounds (VOCs) and particles (PM2.5 and PM10).

The indoor air quality (IAQ) was evaluated by direct reading equipment regarding the referred pollutants, as well as temperature, relative humidity and air velocity. In addition to these measurements, questionnaires were distributed to obtain data regarding personal/professional history of workers, occupational exposure characterization, APTs' health conditions and tobacco consumption data.

The study was of the observational type, descriptive-correlational and cross-sectional (cohort). The type of sampling was non-probabilistic. To proceed with the analytical collection of the evaluated parameters, portable equipment of real-time reading was used, namely the Q-TrakTM Plus – IAQ Monitor gauge, label TSI, model 8552/8554, the Phocheck + gauge, ion science (to measure total VOCs), the Lightouse gauge, model Handheld 3016 IAQ to collect the quantitative values of PM2.5 e PM10 and the PPM Formaldemeter TM htV – IAQ Monitor gauge to evaluate the concentration of CH₂O. The results led to the assessment that in all APLs situations of exposure above the protection threshold were verified. It was concluded it