

P114**The importance of prenatal consultation: Information to pregnant women given on a unit of primary care**

Ana S. Maia¹, Michelle T. Oliveira¹, Anderson R. Sousa¹, Paulo P. Ferreira², Géssica M. Souza¹, Livia F. Almada¹, Milena A. Conceição¹, Eujcely C. Santiago³

¹Faculdade Nobre, Feira de Santana - Bahia, 44001-008, Brasil; ²Secretaria de Saúde do Estado da Bahia, Salvador - Bahia, 41745-900, Brasil; ³Hospital Estadual da Criança, Vila Valqueire, Rio de Janeiro, Brasil

Correspondence: Ana S. Maia (anamargarette@yahoo.com.br) –

Faculdade Nobre, Feira de Santana - Bahia, 44001-008, Brasil

BMC Health Services Research 2016, **16(Suppl 3):P114**

Background

The development of prenatal care requires multi-disciplinary actions focused on women's health. Humanization and quality care are crucial for the health of the mother-infant pair. The study aimed to analyse the knowledge of pregnant women about the importance of prenatal consultation

Methods

It is a field study, descriptive with a qualitative approach. It was held at the Family Health Unit of Jussara neighbourhood in the city of Feira de Santana, Bahia, Brazil. The research subjects were 18 pregnant women undergoing prenatal follow up in the unit. Semi-structured interviews were used for this study. Interviews were subjected to thematic content analysis.

Results

Most women reported that the importance of completing the prenatal follow up was mainly based on the detection of some diseases and also to care for the health of the child. The first prenatal consultation should take place in the first twelve weeks of pregnancy, as recommended by the Ministry of Health, and this period was respected by most of the pregnant women.

Conclusions

Prenatal influences directly the gestational process, and such assistance should be carried out properly, by professionals who have the knowledge that must be transmitted to pregnant women. The positive role of prenatal care during pregnancy was recognized by all respondents. However, it is important to stress out the need to carry out a quality prenatal care, because when conducted improperly, it can bring numerous health losses to both mother and child.

Keywords

Prenatal, pregnant women, query

P115**Influence of different backpack loading conditions on neck and lumbar muscles activity of elementary school children**

Sandra Rodrigues, Gabriela Domingues, Irina Ferreira, Luís Faria, Adérito Seixas

Universidade Fernando Pessoa, Porto, 4249-004 Porto, Portugal

Correspondence: Sandra Rodrigues (sandrarr@ufp.edu.pt) –

Universidade Fernando Pessoa, Porto, 4249-004 Porto, Portugal

BMC Health Services Research 2016, **16(Suppl 3):P115**

Background

The purpose of the present study is to analyse the influence of four backpack loading conditions (0, 10, 15 and 20 % of body weight) on the electromyographic activity of the neck and lumbar muscles of elementary school children.

Methods

Fourteen (14) school children participated in the present study, 5 males and 9 females, between the ages of 8 and 10. Bilateral sternocleidomastoid, rectus abdominis and erector spinae muscles were recorded using surface electromyography (SEMG), while tested for the effect of four randomized backpack loading conditions.

Results

The results showed an increase in the activity of the cervical erector spinae muscle, while erector lumbar spinae decreased in the presence of heavy loading. Rectus abdominis activity also increased and esternocleidomastoid muscle did not change its activity in the presence of

loading. There seems to be an asymmetrical activation of the axial muscles, with preference towards the right side of the body, in a loading condition. A 20 % body weight backpack causes the most significant muscular changes; however, statistically significant differences were also found at 15 % body weight conditions.

Conclusions

Analysis of the present findings suggests the choice of 10 % body weight as the upper limit recommended for backpack load for schoolchildren.

ClinicalTrials.gov Identifier: NCT02725645.

Keywords

Surface electromyography, children, backpack

P116**Efficacy and safety of dry extract Hedera helix in the treatment of productive cough**

Ana R. Costa¹, Ângelo Jesus¹, Américo Cardoso^{1,2}, Alexandra Meireles^{1,3}, Arminda Colaço^{1,4}, Agostinho Cruz¹

¹Escola Superior de Tecnologia da Saúde, Instituto Politécnico do Porto, Vila Nova de Gaia, 4400-330 Vila Nova de Gaia, Portugal; ²Instituto

Português de Oncologia do Porto FG, EPE, Porto, 4200-072 Porto, Portugal; ³Centro Hospitalar do Porto, Porto, 4099-001 Porto, Portugal;

⁴Centro Hospitalar São João, Porto, 4200-319 Porto, Portugal

Correspondence: Ângelo Jesus (acj@estsp.ipp.pt) – Escola Superior de Tecnologia da Saúde, Instituto Politécnico do Porto, Vila Nova de Gaia, 4400-330 Vila Nova de Gaia, Portugal

BMC Health Services Research 2016, **16(Suppl 3):P116**

Background

One of the most frequent symptoms in medical practice is cough. Consequently, there is a wide range of products available for its treatment, not only drugs but also some herbal products. This work focuses on the dry extract of Hedera helix, which increasingly gains popularity. Objective: Systematize the scientific evidence on the efficacy and safety of Hedera helix extract in the treatment of productive cough.

Methods

Systematic review, using databases Pubmed, EBSCO and Science Direct. Articles were selected in English, Spanish and Portuguese and with no more than twenty years since publication.

Results

Ten studies were selected, consisting of 69310 individuals with varying ages. One study was placebo controlled. Four studies compared different formulations with extract. One study analysed differences between the treatment with the dry extract of Hedera helix compared with the conventional therapy. Three open non-comparative multi-centre trials were also included as well as a retrospective study.

Results

All studies show evidence of the efficacy and tolerability of Hedera helix extract in the treatment of productive cough. Due to the minimal incidence of adverse effects, the authors were able to admit a good tolerability of ivy extract.

Conclusions

The studies included in this review indicate that Hedera helix dry extract preparations have positive effects in productive cough, showing improvement in terms of respiratory function in patients with diseases of the respiratory tract. However, more robust studies are required for a structured evaluation of the safety and tolerability of this extract in productive cough.

Keywords

Hedera helix, cough, ivy, alpha-hederin

P117**A portrait of the evaluation processes of education groups in primary health care**

Viviane L. Vieira, Kellem R. Vincha, Ana M^a Cervato-Mancuso

Universidade de São Paulo, São Paulo, 05403-000, Brasil

Correspondence: Viviane L. Vieira (vivianevieira26@gmail.com) –

Universidade de São Paulo, São Paulo, 05403-000, Brasil

BMC Health Services Research 2016, **16(Suppl 3):P117**