

in the economic, social and cultural context. The growing competitiveness of organizations requires a search of health professionals every time with more qualified and enabled professionals. The need to increase assistance, management, research and teaching skills, is gradually incorporated in the professional competencies.

Objectives: To analyse competencies expressed by nurse managers. To identify areas of learning need in management.

Methods: This is a descriptive study of qualitative approach, analyzed 20 interviews with nurse managers. We followed the methodological orientations recognized by Bardin (2009).

Results: From the interviews analysis, the following main categories emerged: professional practices; management of human resources, skills development in nursing; material and equipment resources; formation and development of nursing practice and the improvement of the quality. The findings lend support to the body of knowledge that recognizes the wide range of financial, operational, clinical, and human resource responsibilities of the nurse manager.

Conclusions: The results enhance that today is demanded the nurse manager have a combination of knowledge, attitudes and behaviours that are fluid in its tonic in different types of organizations. We need to construct a plan of professional development for the nurse managers, which is adjusted in competencies and takes technical, ethical-politics, communicative and the development of the citizenship dimensions in consideration.

Keywords: Competences. Nurse manager. Management learning.

STUDY OF CORRELATES OF SOCIAL SUPPORT IN COMMUNITY-DWELLERS OLDER ADULTS

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Introduction: Social support has been widely studied as a major determinant resource of health and well-being, particularly important in older age and in Portugal. In a cross-sectional study that compared social support in older people in seven European countries, Portugal showed the lowest score. Evidence shows that social support is related with socio-demographic and psychosocial variables, therefore there is a need to study more deeply these correlates.

Objectives: The objective of this study is to explore the association between perceived social support and socio-demographic variables as age, gender and level of education as well as with self-rated health (SRH), adherence to medication and negative and positive affect.

Methods: This cross-sectional study used a non-probabilistic sample of community-dwellers older adults, aged between 65 and 99 years old ($M = 75.8$; $DP = 7.28$), 201 were male and 327 were female. The instruments used were: a Demographic and Clinical Questionnaire, and the Portuguese versions of the Reported Adherence to Medication Scale (RAM) and the Instrumental-Expressive Social-Support Scale (IESSS), and Positive and Negative Affect Schedule (PANAS).

Results: Younger age, being male, married or with a partner, higher level of education, a positive self-rated health, higher level of positive affect and lower levels of negative affect were positively associated with higher perceived social support. Medication adherence was also found to be positively associated with the different dimensions of social support.

Conclusions: The results of this study can assist health professionals to develop interventions aimed to promote social support in those older adults which seem to be more vulnerable to a lower social support, and therefore more prone to health and mental problems.

Keywords: Social support. Older adults. Correlates.

THE QUALITY AND SAFETY OF COMMERCIALLY AVAILABLE HERBAL DIETARY SUPPLEMENTS WITH MILK THISTLE (SILYBUM MARIANUM)

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Introduction: The use of dietary supplements in Portugal is increasing; however, these products are not subject to intervention from the National Authority of Medicines and Health Products (INFARMED), and can reach the market without proper information, as well as without adequate quality and safety. Milk thistle (*Silybum marianum*) has hepatoprotective and antioxidant activity and is commonly used in herbal dietary supplements for liver diseases.

Objectives: The aim of this study was to evaluate the quality and quantity of information available to consumers on dietary supplements, with milk thistle.

Methods: A descriptive study was conducted, with the collection of dietary supplements with milk thistle from 29 pharmacies of Oporto (Portugal). Products were scored using a standardized data extraction form. The contents of each product were analyzed for the presence of legal labeling requirements and compared against standard milk thistle information references. A qualitative assessment of posted drug interactions, contraindications, and adverse reaction warnings was also performed.

Results: A total of 25 products were evaluated in February 2016. In respect to legal requirements, 88% of the dietary supplements fulfilled all the requirements; however, omissions, errors, and potential false claims were detected in the supplements. *Cynara scolymus* and *Taraxacum officinale* were the main plants present in supplements with milk thistle.

Conclusions: Adequate use of dietary supplements is safe and might have benefits. However, in some cases, information present in the products is not enough to protect consumers. By providing reliable information to consumers, the herbal industry can promote safe dietary supplement use.

Keywords: Dietary supplements. Quality. *Silybum marianum*.