

Results: A total of 25 partnerships were established (including City Councils, Health Centers, a Hospital, Social Solidarity Private Institutions, Volunteer's Institutions, a Research Unit), and near 50 professionals with diverse social and health backgrounds were enrolled in the project. Although the coordination of community resources was well-established, geographic, economic and mostly human resources constraints constituted the major challenges for the project's further self-sustainability. Caregivers recruitment was also a major issue.

Conclusions: Integrative health-social interventions are perceived as crucial by professionals and caregivers but a strong network of motivated partners is essential. A social marketing approach to caregiver recruitment, socio-cultural specificities and greater public awareness are important issues to consider.

RATIONAL MEDICATION USE: A PORTUGUESE-ANGOLAN COMPARATIVE STUDY

Sara Fernandes^a, Daniela Monteiro^a, Patrick Pais^a, Cristina Serra^a, Ricardo J. Teixeira^a, Cristina Prudêncio^a, Nsévolo Samba^b

^a*Escola Superior de Tecnologia da Saúde do Porto (ESTSP). Instituto Politécnico do Porto (IPP). Vila Nova de Gaia. Portugal.*

^b*Escola Superior Politécnica de Kwanza Norte do Kimpa Vita. ESPKN. Angola.*

Contact details: ricardojft@gmail.com

Introduction: Despite the information available about medication use, some risk behaviours persist, such as self-medication, poly-

medication, non-adherence, and the disrespect for the health professional recommendations. Literature supports that informing people, through health education strategies alerting to risk behaviors, could promote a better use of medication.

Aims: Compare the knowledge and medication use between scholar communities from the Faculdade de Ciências da Universidade do Porto (FCUP), in Portugal, and from the Escola Superior Politécnica de Kwanza Norte do Kimpa Vita (ESPKN), in Angola.

Methods: This is a cross-sectional comparative study, encompassing two samples from the scholar community (students, teachers and non-teaching personnel) of FCUP and ESPKN. A validated questionnaire was used, based on the following parameters: medication appropriateness, adherence to therapy, and medication regimen complexity.

Results: 110 participants from FCUP and 40 from ESPKN participated in this study. Despite the Portuguese sample showed a greater degree of knowledge and positive attitudes regarding proper medication use, some behaviours requiring intervention were detected. On the other hand, the Angolan sample showed worrying behaviours concerning medication use, requiring urgent health education interventions.

Conclusions: For both countries, medication use related behaviours were found to be inappropriate. Thus, conducting health education activities, at this level, is essential in order to contribute to a better use of drugs and to promote health care. This work presents a health education activity specially designed to address those issues.