

MUSCULOSKELETAL INJURY PREVALENCE OF MUSICAL ARTS PROFESSIONALS

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Introduction: Musculoskeletal injuries related to the labour it is currently presented as a growing scourge and the music profession is a predisposing activity for harm to occur, requiring special attention of health professionals to identify and control risk factors. **Objectives:** This study aimed to identify the prevalence of musculoskeletal disorders in professional practitioners chordophones pinched musicians and analyze their relationship with sociodemographic variables, health status and characteristics of instrumental practice.

Methods: This is a non-experimental, cross-sectional, descriptive and correlational and quantitative character study, which involved 70 Portuguese musicians practicing string instruments pinched, residents at Viseu, Oporto and Lisbon, aged between 18 and 55 years. It was conducted using a questionnaire assessing sociodemographic variables, clinical and related musical practice and evaluation of musculoskeletal disorders for which we used the “Nordic Musculoskeletal Questionnaire”.

Results: Of the musicians studied 70.0% reported feeling musculoskeletal disorders such as pain/tingling/numbness in the last 12 months and they occurred mainly in the wrists/hands (68.6%), shoulders (54.3%), neck and lower back (44.3%). We observed that there are several risk factors for musculoskeletal disorders such as older age, higher body mass index, consumption of alcoholic beverages, no physical activity, numerous shows, the adopted posture, heavier instruments and play without breaks.

Conclusions: Musculoskeletal disorders are present in many Portuguese musicians and that contribute individual characteristics, health status and the requirements of instrumental practice. So must create preventive action programs which encourage artistic life with quality.

Keywords: Musicians. Musculoskeletal injuries. Risk factors..

HEALTH GAINS WITH THE INTERVENTION OF REHABILITATION NURSES IN PATIENTS WITH COPD

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Introduction: COPD is a disease with high chronic morbidity rate, loss of quality of life and mortality. It is thought that by 2030 COPD will be the third cause of mortality worldwide. The rehabilitation nursing plays a key role in maintaining the functional capacity of the patient with COPD, for its impact on their quality of life.

Objectives: The aim of this study is to evaluate the gains in QOL in patients with COPD who had intervention of rehabilitation nurse, compared to patients who did not have intervention of rehabilitation nurse.

Methods: To meet the objective set we have decided to conduct a study “Quasi experimental” with a quantitative approach. a sociodemographic questionnaire, to knowledge of the characteristics of the sample and the health quality assessment tool SF-36vs2 was applied. Data collection took place from May to July 2013.

Results: The sample consisted of 80 patients with COPD, of which 40 had intervention of rehabilitation nurse and 40 have no interven-

tion. The results of the study demonstrated that the group rehabilitation nurse intervention gains obtained in the two major components of the SF-36vs2, physical component ($p = 0.002$) and mental ($p = 0.003$). It was also found that with the rehabilitation nursing interventions, there were gains in physical function dimensions ($p = 0.001$), bodily pain ($p = 0.002$), general health ($p = 0.001$), vitality ($p = 0.001$), social function ($p = 0.005$) and mental health ($p = 0.002$).

Conclusions: The intervention of rehabilitation nurse improves the quality of life in patients with COPD, recording better perceptions of their health status, contributing to a more effective management of health care of these patients.

Keywords: Quality of life. COPD. Nurse rehabilitation.

QUALITY OF LIFE IN HIGHER EDUCATION GRADUATES: THE EFFECTS OF ANEMPLOYMENT

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Introduction: Quality of life (QOL) is a well-developed conceptual construct (Drobnic, Beham & Prag, 2010). Anemployment is defined as the experience of work, throughout one’s career, alternating precarious work and unemployment (Araújo, Castro e Jordão, 2014).

Objectives: Using EUROFOUND’s view on QOL, which embodies the experience of European citizens, in this paper, which is part of a larger study, we present the anemployment effects in QOL of higher education (HE) Portuguese graduates.

Methods: Twenty HE graduates from different scientific areas participated in semi-structured interviews which aimed to collect anemployment experiences and its effects. Overall, participants are predominantly female (70%) and childless (70%), 10 are married/cohabiting and 10 are single and with an average age of 32.06 (± 5.57). Participants had in average of 8.51 (± 4.96) years of experience after graduation. Interviews were audiotaped, transcribed and coded in Nvivo Software, using qualitative data analysis.

Results: Anemployment affects QOL on three levels: Family, Well-Being and Work-Life Balance. The most coded category was Effects on Well-being [197 coding references (CR)], followed by Effects on family (91CR) and Work-life balance (7CR). Effects on well-being comprise 8 sub-categories, from which the most coded were: Worsening of mental health (106CR), Loss of Professional identity and feeling unuseful (38CR), Repentance of attending a degree (15CR), Stigma of being unemployed or a precarious worker (12CR) and Worsening of physical health (10CR).

Conclusions: Anemployment is affecting the QOL of HE graduates-whom have studied hard and expected to find stable employment. Therefore, is it imperative to rethink approaches to help graduates cope with anemployment effects on quality of life.

Keywords: Anemployment. Quality of life. Graduates. Career.

FACTORS PREDICTING QUALITY OF LIFE OF PORTUGUESE PEOPLE WITH AND WITHOUT INTELLECTUAL DISABILITY

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Introduction: Improved knowledge of quality of life (QOL) construct can contribute to an enhanced understanding of people with