

Methods

We performed an exploratory, descriptive and cross-sectional study. This study included 186 students from the Faculty of Medical Sciences of the Nova Medical School, Universidade Nova de Lisboa, between the ages of 17 and 39. The information was acquired by self-administered questionnaires that collected information about sociodemographic and behaviour variables including sun exposition and the used methods to protect from sun exposition.

Results

High prevalence of solar exposure has been verified among the students. The association between sociodemographic variables and the use of sunscreen has not been proven, except when it comes to "age". There has been evidence of association between lower phototype and the anuse of Sun Protection Factor (SPF) 6-10. The practice more used was "to find a shadow" and the less used was "use of hat, cap or scarf on the head".

Conclusions

This study revealed a high prevalence of solar exposure in the summer, sunburns and low adherence to protective measures, except for the use of sunscreen. However, the pattern of use is unsatisfactory when compared to the recommended guidelines, foreshadowing a potential risk of development of associated complications. Hereupon, the necessity of change in the behaviour of solar exposure and protection of students stands out.

Keywords

Sun exposure, sun protection, sunscreen, students

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Spirituality in pregnant women

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Background

Spirituality is used by pregnant women as a coping strategy and includes: the need for respect; the individual's quest for individual fulfilment; and the meaning of life and the experiences to which they are subject. Objectives: To identify the sociodemographic characteristics of pregnant women; determine the level of spirituality of pregnant women and to assess the relation between the level of spirituality and some sociodemographic, obstetric and clinical variables.

Methods

A quantitative, correlational and cross-sectional study, with a sample of 143 pregnant women in prenatal consultation in the central region of Portugal. A questionnaire was applied on sociodemographic, obstetric and clinical data and the "Scale for the assessment of spirituality in the health settings" Pinto and Pais-Ribeiro (2007) was used.

Results

Participants/pregnant women had an average age of 32.13 years ($s = 4.93$), are married/have partners (74.1 %), Portuguese (95.8 %), catholic (86.0 %), with secondary education (42.7 %) and live with the father of the unborn child (93.0 %). The sample included women in their first pregnancy (31.5 %), who desired the pregnancy (98.6 %), with a diagnosed disease (18.2 %) and previous abortion (16.1 %). Their spirituality level is 14.94 ($s = 3.0$), above the average range value ($X_{med} = 12.5$). It was verified that there are significant differences between the level of spirituality and: nationality ($U = 203.0$; $p = 0.035$) and education ($X^2 = 7.89$; $p = 0.019$).

Conclusions

This study showed the need for spirituality as the focus of nursing care, the importance of this in the transition process, justifying the need to include assessment tools of spiritual well-being in clinical settings.

References

- Pinto C, Pais-Ribeiro J. Construção de uma escala de avaliação da espiritualidade em contextos de saúde. *ArquiMed*. 2007; 21 (2): 47-53.

Keywords

Pregnancy, Spirituality, Nursing

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Polypharmacy in older patients with cancer

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Background

Polypharmacy is associated with drug–drug interactions, adverse drug events, hospitalization, increased mortality and rising costs. Older cancer patients are potentially vulnerable to polypharmacy because cancer treatment often involves exposure to chemotherapy and other adjunctive or supportive medication. Furthermore, the majority of elderly patients with cancer have pre-existing medical conditions requiring pharmacotherapy. This study allowed us to characterize the drugs administered to elderly patients undergoing chemotherapy treatments and to investigate the prevalence of polypharmacy.

Method

This was an observational and transversal study of older cancer patients admitted to three different medical centres of both genders aged > 65 years old undergoing chemotherapy treatments. The medication review included patient self-report and medical records. This study included 559 elderly patients. Mean age was 71.9 years ($SD = 0.2$). 44 % were women. Mean number of medications reported was 5.

The total number of medications used for the 559 patients was 2699, 58 % of them corresponding to drugs administered out of cancer treatment contexts.

Results

When analysed individually, the most prescribed drugs were Proton Pump Inhibitors (261/559; 47 %); HMG CoA reductase inhibitors (161/559; 29 %); Anxiolytics, Benzodiazepine derivatives (149; 27 %); Drugs for Functional Gastrointestinal Disorders, Propulsives (106/559; 19 %) and Analgesics and Antipyretics, Anilides (96/559; 17 %). The prevalence of polypharmacy (> 5 medications) was 48 %.

Conclusions

Polypharmacy is prevalent in older people with cancer. A careful assessment of the medication used in older patients needs to be part of the routine evaluation to minimize risks associated with polypharmacy. However, more research is needed to identify strategies to simplify patients' medication regimens.

Keywords

Elderly patients, older patients, polypharmacy, cancer, chemotherapy

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Quality of life of caregivers of people with advanced chronic disease: Translation and validation of the quality of life in life threatening illness - family carer version (QOLTLI-C-PT)

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