

intervention related to medication, disease management and secondary effects/complications.

Keywords: Hotlines. Nursing. Education. Rheumatology.

THE IMPORTANCE OF VIDEODEFECOGRAPHY IN DEFECATORY DISORDERS IN ORDER TO IMPROVE THE QUALITY OF LIFE OF PATIENTS

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Introduction: Defecatory disorders are a group of high-prevalence diseases, involving major morbidity with a strong impact on the life of patients. It is emphasized the importance of effective diagnosis.

Objectives: To assess a simple technique that can be extremely helpful in the diagnosis of defecatory disorders, as well as if there was any medico-surgical follow-up based on this exam.

Methods: This was a retrospective study (from July 2014 to June 2015) from a Portuguese University Hospital's Imagiology Department. It included a review of patients who made this exam in this period and analysed the medico-surgical follow-up available in the hospital digital system.

Results: Videodefecography is a dynamic contrast study, which uses a barium paste introduced into the rectum with subsequent evacuation in a sitting position. It is a simple technique, painless and with great cost-effectiveness, that allows the assessment of morphological and functional disorders of the anorectal area and pelvic floor. We found that in a one-year period, 149 videodefecographies were made by conventional radiography, which resulted in 26% of the patients having medical-surgical treatment on this context, 38% of them did not present any disorders on their exams and were excluded from this study, and we did not had clinical access to the records of the remaining patients.

Conclusions: The results demonstrate that many patients were treated based on the findings of this examination, reinforcing the importance of videodefecography in the study of defecatory disorders. In fact, a correct diagnosis is crucial for an effective medico-surgical approach.

Keywords: videodefecography. Defecatory disorders.

THE INTERVENTION OF REHABILITATION NURSES IN ELDERLY PATIENTS WITH PROXIMAL FEMUR FRACTURE

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Introduction: The rehabilitation nurse plays a key role in promoting and maintaining the health of the elderly, guided by direct assistance at various levels of complexity, complexity, where the elderly/family/community has its role preserved, and the main goal is that the elderly regain their functional independence as early as possible.

Objectives: The aim of this study is to evaluate the functional independence of the elderly with proximal femur fracture with the intervention of rehabilitation nurse.

Methods: The study carried out is of the "Quasi experimental" taking a quantitative approach was made. For this study we used the Barthel Index, complemented with a sociodemographic questionnaire. Data collection took place between May and July 2013.

Results: The study sample consisted of 80 participants with proximal femur fracture, of which 40 had intervention of rehabilita-

tion nurse and 40 had no intervention of rehabilitation nurse. The results of the study showed that the intervention of rehabilitation nurse contributed to a greater functional independence ($p = 0.001$) as well as in power dimensions ($p = 0.022$), body care ($p = 0.041$), use the bathroom ($p = 0.001$), climb stairs ($p = 0.001$), transfer chair/bed ($p = 0.001$) and ambulation ($p = 0.001$) for the elderly without the intervention of rehabilitation nurse.

Conclusions: In the group of elderly people with femoral neck fracture, which was targeted for intervention specialist nurses/specialized in rehabilitation, there was an increase in functional independence it helps thus for effective management of care and services provided to these people.

Keywords: Proximal femur fracture. Nurse rehabilitation. Functional independence. Barthel index.

EFFECTIVENESS OF COMPRESSION THERAPY OF SHORT TRACTION ON VENOUS LEG ULCERS TREATMENT

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Introduction: Leg ulcers are a major health problem that affects the users' quality of life. Despite being consensus in the literature that the use of compression therapy is the best treatment there is still discussion about the efficacy of different types of compression (O'Meara, Cullum, & Nelson, 2009).

Objectives: To describe the effectiveness of compression therapy of short traction on venous leg ulcers treatment.

Methods: We perform a retrospective descriptive correlational study from a non-probabilistic convenience sample (with strict inclusion criteria) with 30 users of a primary care clinic and the medical records were collected from January 2013 to May 2016. A local treatment protocol to the wound was established and applied a sociodemographic and clinical questionnaire, the Pressure Ulcer Scale for Healing (PUSH) and the Visual Analogue Scale (VAS) of pain. Descriptive and inferential statistics were performed with SPSS 21.0.0.

Results: Users had a mean age of 73.7 ± 10.6 years, 56.7% were female and 43.3% male. It was found that prior to treatment only 40% of users had been treated with compression therapy and 50% with the principles of 'wet environment'. After initiating compression therapy the 6 weeks healing rates are 56.7% and at 12 weeks 86.7%. It was also found that there is a highly significant reduction in pain after 4 weeks of treatment with compression therapy ($MR = 65.50$; $z = -2.55$; $p = 0.01$); and that only occurred 7 recurrences (23.3%).

Conclusions: Compression therapy is assumed as the gold standard treatment of venous leg ulcers, reducing the healing time, recurrence rates and pain. Some of the indicators found are worrying because they indicate a reduced application of compression therapy and of the basic principles of wound treatment.

Keywords: Leg ulcer. Compression bandages.

COMMUNITY ACQUIRED PNEUMONIA IN A HEALTH CARE CENTER IN VISEU - CASUISTRY OF 3 YEARS

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Introduction: Community Acquired Pneumonia (CAP) is a major cause of morbidity, mortality and resource consumption worldwide. Its early detection can prevent a potentially fatal outcome.