

## HEALTH LITERACY WITHIN AND FOR THE ELDERLY PEOPLE: RESULTS FROM QUANTITATIVE STUDY IN THE OPORTO DISTRICT

Sofia Veiga<sup>a</sup>, Carla Serrão<sup>a</sup>, Isabel Vieira<sup>a</sup>, Vera Pereira<sup>b</sup>, Sara Ribeiro<sup>c</sup>

<sup>a</sup>Unidade Técnico-Científica de Psicologia da Escola Superior de Educação do Instituto Politécnico do Porto, Porto, Portugal; <sup>b</sup>Lar Juvenil dos Carvalhos, Porto, Portugal; <sup>c</sup>Escola Superior de Educação do Instituto Politécnico do Porto, Porto, Portugal.

Contact details: [sofiaveiga@ese.ipp.pt](mailto:sofiaveiga@ese.ipp.pt)

The concept of health literacy has caught the attention and interest of many scientific fields, such as Medicine, Nursing, Psychology, Sociology, Social Work, and Economics. Research in the field of Health has shown that individuals that are literated in health are more able to develop behaviors that effectively promote their health, because they easily understand the information provided by professionals regarding preventive care and treatment options. In contrast, people with a lower level of literacy tend to show a greater difficulty in prevention and management of health problems, adopting various risk behaviors. Elderly people are among the most vulnerable population groups in terms of health literacy degree, and are also those with lower academic qualifications. This study aimed to assess the level of health literacy among elderly people, through a quantitative method. The sample consisted of 456 elderly people, from the Oporto district, with an average age of 75 years old, mostly female, and with heterogeneous levels of education. The instrument used was a battery of tests in order to assess the degree of health literacy (Newest Vital Sign), and the quality of life (WHOQOL). The results have shown inadequate health literacy, although the male and the married participants had higher average levels compared to females and widowers. These results depend also on age and on the educational level. This research concludes that it is urgent to enhance health literacy within the elderly population in general, and among the most vulnerable groups in particular, by changing both elderly people's attitudes and professional practices.

## NURSING DIAGNOSTICS MORE FREQUENT IN NURSING HOMES

Maria Manuela Machado<sup>a</sup>, Margarida Vieira<sup>b</sup>

<sup>a</sup>ESE- UM; <sup>b</sup>ICS-UCP, Portugal.

Contact details: [mmachado@ese.uminho.pt](mailto:mmachado@ese.uminho.pt)

**Introduction:** According to the National Statistics Institute (NSI), the aging of the population has been worsening over the last decade. It is expected that in 2050 Portugal will be the fourth EU country with the highest percentage of elderly, 31.9%. In the mainland, more than 78 000 older people live in nursing homes. In the northern region there are 562 nursing homes, with 18300 residents.

**Objectives:** 1) Identify the prevalence of nursing diagnoses in the domain of bodily processes; 2) characterize the psychological health status; 3) identify relationships between sociodemographic variables, nursing diagnoses and the psychological process.

**Methods:** Quantitative cross-sectional descriptive correlational study, conducted between January and April 2014, in a nursing home in North of Portugal with 150 residents. Performed, descriptive and inferential statistical data analysis using the SPSS / PC for Windows, version 22.

**Results:** Participants (n = 142) are mostly female (76%), widows (54%), with an age average of 84 years. The most frequent nursing diagnoses in the domain of bodily processes are: obstipation risk, 45.8%; pressure ulcer risk, 35.9%; dehydration risk, 25.4%;

compromised deglutition, 21.1%; obstipation, 20.4%; aspiration risk, 17.6%; ineffectual expectorate, 11.3%; articular rigidity, 10.6%; dehydration, 4.9%; and pressure ulcer 2.8%. In the domain of psychological process, 28.9% had depression and 27.4% have cognitive impairment. Performed association tests, of inferential analysis, statistically significant between the study main variables.

**Conclusions:** Under this scenario, nursing homes, where nurses are still a very small number, constitute themselves an increasingly important context of nursing care provision.

**Keywords:** Nursing homes. Nursing diagnoses.

## QUALITY OF LIFE OF ELDERLY HIPERTENSIVE / DIABETES IN A CITY OF THE BRAZILIAN AMAZON

Tatiane Quaresma, Suzana Ferreira, Horácio Medeiros, Franciane Fernandes, Sheyla Oliveira, Tatiane Araújo

State University of Pará-Campus XII, Brasil.

Contact details: [tatiane-quaresma@hotmail.com](mailto:tatiane-quaresma@hotmail.com)

**Introduction:** Quality of life is an important evaluator to measure the impact on health. Thus, it becomes necessary to know the quality of life in old age, to contribute to the education act-cuidativo nursing.

**Objectives:** To conduct a comparative evaluation between the quality of life of hypertensive/diabetic patients seen by a team from the Family Health Strategy in a rural area and one urban elderly in the municipality of Santarém, Pará, Brazil.

**Methods:** A field study with a quantitative approach descriptive, conducted with 50 elderly attended FHS in rural and 50 in urban FHS attended this council, registered in HIPERDIA system these units. Data were collected through the questionnaire WHOQOL-OLD WHO, systematized tables from Excel 2013 software.

**Results:** The two groups of elderly people have a quality of life considered high, and the areas which had the highest values in the FHS from rural and urban areas, respectively, were Intimacy and Death and Dying, and then, with values lower in both groups, the standby. It was possible to notice a slightly higher total score on, however, insignificant rural area, showing that both locations have satisfactory indicators of quality of life.

**Conclusions:** The independence and autonomy of older people to perform their daily activities in this study were evident, integration in social life, the support of family and friends corroborate to feel useful in their midst hindering dependency that prevent them having a old age with quality.

**Keywords:** Quality of life. Senior citizens. Hypertensive. Diabetics.

## 9. HEALTH AND NUTRITION

### SOCIODEMOGRAPHIC VARIABLES AND EMOTIONAL DIMENSIONS OF EATING BEHAVIOR IN YOUTH

Beatriz Antunes, Ana Pinho, Cristina Peralta, Daniela Rodrigues, Rosina Fernandes, Emília Martins

Escola Superior de Educação, Instituto Politécnico de Viseu, Portugal.

Contact details: [beatriz.f24@hotmail.com](mailto:beatriz.f24@hotmail.com)

**Introduction:** Eating behavior includes not only nutrients intake but also food attitudes (Natacci, 2011). In fact, emotional dimensions (specially restraint) are crucial in weight loss programs (McGee et al, 2012) increasingly needed in Portuguese youth attending the