

**Acknowledgements**

We thank all the students of the first year of the degree in Physiotherapy of ESS-Porto of the 2016/2017 school year for the readiness and willingness to collaborate in the present study.

**Keywords**

Physical Activity, Health Promotion, Stress, Academic Success.

**P140****Representations of dementia experienced in the first person: a hermeneutic analysis**

Carlos Laranjeira<sup>1</sup>, Helena Quaresma<sup>2</sup>

<sup>1</sup>Hospital Distrital da Figueira da Foz, 3094-001 Figueira da Foz, Portugal;

<sup>2</sup>Escola Superior de Enfermagem de Coimbra, 3046-051 Coimbra, Portugal

**Correspondence:** Carlos Laranjeira (calaranjeira@sapo.pt)

*BMC Health Services Research* 2018, **18(Suppl 2):P140**

**Background**

The global incidence of dementia has been growing exponentially in recent decades. As a chronic disease, it poses as a threat to physical and social existence, amputating or redefining the roles we assume as socially integrated individuals, leading to a heavy deconstruction on the everyday world.

**Objectives**

a) Describe the representations of the person with dementia on the disease, after the diagnosis; b) understand the process of adjustment of the person with dementia, from the lived experience.

**Methods**

The methodological option was an empirical research study of the qualitative type, of phenomenological-interpretative nature and inspired by the hermeneutic philosophy of Paul Ricoeur. Seven people with mild dementia were interviewed, most diagnosed with Alzheimer's disease, with a mean of 71 years old. For each participant, two interviews were conducted in a natural setting [residence], with data collection occurring between July and October 2017.

**Results**

The main focus of the present analysis focused on the identity of the person with dementia. Two main themes were created, taking into account the factors that may influence their (de)construction. The first theme "*life in suspense*" aims to describe knowledge and representations about dementia. Regarding the analysis of the lived experience, it was represented by the second theme "*map the transition process - living on the edge of the cliff*".

Findings from this study indicate that disease representations are useful frameworks for developing an understanding of how people with dementia try to manage the threats posed by disease as they negotiate the day-to-day process. The development of disease representations reflects an understanding that the progressive decline imposed by dementia is linked to a set of consequences that are circumscribed in the personal, relational, and transcendental dimensions.

**Conclusions**

In summary, the person with dementia faces several challenges, the first one stems from the need to manage the treatment; the second arises from the need to create and assign meaning to their social roles and finally the need to deal with the emotional consequences that arise from the process of disease by providing the person with adaptive strategies that promote their adjustment. In fact, this study, in addition to revealing the lived experience of the person with dementia, has the potential to contribute to the improvement of nursing care in mental health.

**Keywords**

Mild dementia, Lived-experience, Hermeneutic, Illness representation.

**P141****The institutionalized elderly person: representations of happiness and well-being**

Magda Guerra, Carlos Laranjeira, Zaida Azeredo

School of Health, Jean Piaget Institute, Research in Education and Community Intervention, 3515-776 Viseu, Portugal

**Correspondence:** Magda Guerra (magdasantosguerra@gmail.com)

*BMC Health Services Research* 2018, **18(Suppl 2):P141**

**Background**

Population aging in developed and developing countries is an unequivocal reality and poses multiple challenges to their communities and political entities. The societies aim at prolonging the lives of their citizens but also at an improvement of their quality of life; however, the constraints of the elderly population are diverse and it is sometimes necessary to institutionalize them. The elderly persons will have to become familiar with a set of new situations such as a new space, routines and unknown people with which they will share their life. The often-negative connotations associated with these institutions may not be appropriate to reality, because of the changes that have taken place in social policy in recent times.

**Objective**

We sought to know which representations the institutionalized elders have about their happiness and well-being.

**Methods**

The sample consisted of 13 elderly people institutionalized in a Nursing Home of Viseu, aged between 77 and 94, with 4 to 12 years of institutionalization, an option for some, due to their own volition; while for others, due to decision of another (children/nephews). It is a qualitative study, using the semi-structured interview. The results were analysed according to content analysis, with *a priori* categorization.

**Results**

Happiness for most of the elderly depends on a number of factors, such as being healthy, being well with oneself, being cherished at home, living with others, escaping from loneliness, not starving oneself, being loved and loving, possessing money for oneself and for others and fun. Most elderly people have confirmed that they feel good about themselves, yet two elderly people do not feel well because of sadness and illness. Their memories of the past relate to marriage, family constitution, strength to work and conviviality with friends; whereas, in the present, relate to happiness, a sense of general well-being, not being alone and living with other institutionalized elders.

**Keywords**

Elderly, Institutionalization, Happiness, Well-being.

**P142****Prevention of ventilator associated pneumonia- evidence in oral care**

Ana Sousa<sup>1,2,3</sup>, Cândida Ferrito<sup>4</sup>

<sup>1</sup>Universidade Católica Portuguesa, 4169 005 Porto, Portugal; <sup>2</sup>Centro

Hospitalar S. João, 4200-319 Porto, Portugal; <sup>3</sup>Escola Superior de

Enfermagem do Porto, 4200-072 Porto, Portugal; <sup>4</sup>Escola Superior de

Saúde, Instituto Politécnico de Setúbal, 2914-503 Setúbal, Portugal

**Correspondence:** Ana Sousa (sabrasousa72@hotmail.com)

*BMC Health Services Research* 2018, **18(Suppl 2):P142**

**Background**

Ventilator-associated pneumonia (VAP) is the most important nosocomial infection in intensive care units (ICUs), with an estimated incidence rate of 50% and the major cause of mortality and morbidity in ICUs [1,2]. Inadequate oral care develops an important role in this setting allowing various organisms to flourish in oral cavity and cause

infections [1]. Many VAP prevention guidelines include oral care, but they don't specify its demandings.

#### Objective

The aim of this study is to describe evidence-based VAP prevention oral care in ICU, in terms of products, frequency and technique.

#### Methods

Integrative review. Research was conducted on B-on, PUBMED, and RCAAAP between 24 and 28 December 2015, including guidelines and original articles from the last 5 years. We found 256 documents and after analysing their abstract and methodological quality, nine documents were selected. Data were compiled in a chart in terms of grade of evidence, acceptance and applicability.

#### Results

We found inconsistent results regarding the use of an antiseptic solution in oral care, though there were meta-analysis which indicated the benefit of chlorhexidine mostly in cardio-thoracic surgical patients [2-4]. We also found evidence that tooth brushing reduces oral bacterial colonization and may reduce VAP when used with chlorhexidine [5,6]. There is no consensus regarding the adequate concentration of chlorhexidine. Some studies, thought, find an association with the use of chlorhexidine 2% and the incidence of Acute Respiratory Distress Syndrome [7]. Because of this potential risk, we do not recommend the use of this type of concentration, as more randomized controlled trials are needed. We found evidence in VAP prevention oral care comprising suctioning, tooth and gums wash and rising with 15 mL chlorhexidine 0.12%. This procedure should be performed at least 2 times a day. Secretions removal and moisturization should occur between 2 to 4 times a day [1-9].

#### Conclusions

This review allowed us to describe the adequate oral care in ICUs in order to potentially reduce VAP. As limitation of this study, we can find the lack of high grade of evidence concerning most recommendations. More randomized controlled trials are needed to support the impact of each intervention separately.

#### References

- Munro CL, Grap MJ. Oral health and care in the intensive care unit: state of the science. *Am J Crit Care*. 2004;13(1):25-33.
- Eom JS, Lee MS, Chun HK, Choi HJ, Jung SY, Kim YS, et al. The impact of a ventilator bundle on preventing ventilator-associated pneumonia: a multicenter study. *Am J Infect Control*. 2014;42(1):34-37.
- Labeau SO, Van de Vyver K, Brusselaers N, Vogelaers D, Blot SI. Prevention of ventilator-associated pneumonia with oral antiseptics: a systematic review and meta-analysis. *Lancet Infect Dis*. 2011;11(11):845-854.
- Shi Z, Xie H, Wang P, Zhang Q, Wu Y, Chen E, et al. Oral hygiene care for critically ill patients to prevent ventilator-associated pneumonia. *Cochrane Database Syst Rev*. 2013;8:Cd008367.
- Munro, C. L., Grap, M. J., Jones, D. J., McClish, D. K., & Sessler, C. N. Chlorhexidine, toothbrushing, and preventing ventilator-associated pneumonia in critically ill adults. *American Journal of Critical Care : An Official Publication, American Association of Critical-Care Nurses*. 2009; 18(5), 428–438.
- Roberts N, Moule P. Chlorhexidine and tooth-brushing as prevention strategies in reducing ventilator-associated pneumonia rates. *Nursing in Critical Care*. 2011;16(6):295-302.
- Klompas M, Speck K, Howell MD, Greene LR, Berenholtz SM. Reappraisal of routine oral care with chlorhexidine gluconate for patients receiving mechanical ventilation: systematic review and meta-analysis. *JAMA Intern Med*. 2014;174(5):751-761.
- Kornusky J, Schub E. Oral Hygiene: Performing for an Intubated Patient. *CINAHL*. 2015; Nursing Guide.
- Pileggi C, Bianco A, Flotta D, Nobile CG, Pavia M. Prevention of ventilator-associated pneumonia, mortality and all intensive care unit acquired infections by topically applied antimicrobial or antiseptic agents: a meta-analysis of randomized controlled trials in intensive care units. *Critical Care*. 2011;15(3) :R155.

#### Keywords

ICU, Oral care, Chlorhexidine, Tooth brushing, Ventilator-associated pneumonia.

#### P143

#### Assessing preferences and features for a mobile app to promote healthy behaviors in adolescence: an exploratory study

Pedro Sousa<sup>1,2</sup>, Roberta Frontini<sup>1</sup>, Maria A Dixe<sup>1,2</sup>, Regina Ferreira<sup>3,4</sup>, Maria C Figueiredo<sup>3,4</sup>

<sup>1</sup>Center for Innovative Care and Health Technology, Polytechnic Institute of Leiria, 2411 901 Leiria, Portugal; <sup>2</sup>School of Health Sciences, Polytechnic Institute of Leiria, 2411-901 Leiria, Portugal; <sup>3</sup>School of Health Sciences, Polytechnic Institute of Santarém, 2005-075 Santarém, Portugal; <sup>4</sup>Indicators Monitoring Unit in Health, Polytechnic Institute of Santarém, 2005 075 Santarém, Portugal

**Correspondence:** Pedro Sousa (pedro.sousa@ipleiria.pt)

*BMC Health Services Research* 2018, **18(Suppl 2)**:P143

#### Background

A mobile application (TeenPower) to promote healthy behaviours in adolescents is being created. To better tailor the features and digital content of the mobile app, it was important to understand some of the characteristics of the devices more frequently used by the adolescents. Moreover, it was important to understand which contents are essential for health-professionals who frequently work with these adolescents. This data is extremely important during the conception and planning phase of the creation of the mobile app.

#### Objective

This study has two main aims. Firstly, to characterize and assess the devices frequently used by adolescents, as well as the preferences of adolescents for the mobile app. Secondly, to understand what features are more important for health-professionals who work closely with adolescents to promote healthy behaviours.

#### Methods

Two samples were recruited. A sample of 15 adolescents (M = 15.20; SD = 0.68) with the characteristics of the future users of the mobile app was recruited. A sample of 11 health-professionals who work closely with adolescents was also recruited. Both samples answered 2 questionnaires specifically created for the purpose. Five-point Likert scales and open questions were used. The instruments comprised questions regarding the type of devices frequently used by adolescents, the content that both, adolescents and health-professionals, consider more important regarding the promotion of healthy behaviours, and the reasons adolescents consider to use mobile apps.

#### Results

All adolescents use smartphones, but only 20% of the sample frequently use lifestyle and health apps, with the majority (93.3%) using social networks. The majority of the sample referred that food suggestions (93.3%) and physical activity suggestions (93.3%) should be included in the app. Adolescents also referred what reasons and features would influence them to use a health mobile app. Health-professionals (90.9% nurses and 9.1% psychologists) referred that the app should have food suggestions (90.9%) and physical activity suggestions (90.9%). They all referred that they would advise an adolescent to use a health-related app, with 81.8% referring that they would feel comfortable giving advices through a mobile app.

#### Conclusions

The results of our study help us tailor and choose the most important features present in the TeenPower app. Understanding what content may be more appealing for adolescents may also help the creation of future content for prevention programs.

#### Acknowledgements

The current abstract is being presented on behalf of the research group of the project TeenPower: e-Empowering teenagers to prevent obesity, co-funded by the FEDER (European Regional Development Fund), under the Portugal 2020 Program, through COMPETE 2020 (Competitiveness and Internationalization Operational Program). We acknowledge the Polytechnic Institutes of Leiria, Santarém and Castelo Branco, the Municipality of Leiria (City Hall), and also other members, institutions and students involved in the project.

#### Keywords

Adolescents, e-Health, Preferences, Prevention, TeenPower.