

populations, including relevance and implications on the societal level for access to care and quality outcomes as well as palliative care as a human right. Further, explications of person-centred care are recommended for the development of philosophical underpinnings in palliative care.

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Living Will: Do the Portuguese Know what it Is?

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Introduction: It has taken over three years since the law (25/2012) was passed and we still do not know about the Portuguese population's knowledge regarding the Living Will (LW), nor the law effects.

Aim: To identify the fraction of the full age Portuguese population that is aware of the meaning of Living Will; to classify and analyze the factors that might be related with this knowledge and, finally, recognize, among those who know what Living Will is, what was the information resource.

Methods: Stratified random sampling, in order to be representative of the Portuguese population over 18 years (n=1064); analytical, cross-sectional, observational study; It has been done through face-by-face interviews performed.

Results: Only 22% know what Living will is; this lack of knowledge is not influenced by gender, age or familiar conditions, but it appears to be influenced by the regional area along the country; the education seems to influence the knowledge about Living Will. The ones who have a high level education are those who know more: Degree course (48,8%); 12 years of school (27,7%); University students (26,2%); 7-11 years of school (17,8%); 4-6 years of school (11,3%); less than 4 years (3,1%). The salary income is related to the knowledge about the Living will. The ones who have a high salary know the Living will, especially those who earn between €3000 e €4999 (60,5%); those who earn between €1745 and €2999 (41,5%). Information resources: Social media-66,2%, family doctors-2,8%, Nurses-2,9%, others healthcare providers-4,3%, information

posted in the healthcare services-1%, other unidentified information resources-23,4%. From the 216 respondents who know what Living will is, only 194 answered to this question (do you know how to perform the LW?); From these 50,4% know how to do it or how to find someone to help.

Conclusions: More education strategies are needed to increase the knowledge about this citizen right.

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Living Will: Do the Portuguese Think Do it?

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Introduction: It has taken over three years since the law (25/2012) was passed and we still do not know about the Portuguese population's knowledge regarding the Living Will (LW), nor the law effects.

Aim: To identify the fraction of the full age Portuguese population has done the LW and those who think to do or not, and to identify the reasons for that decision..

Methods: Stratified random sampling, in order to be representative of the Portuguese population over 18 years (n=1064); analytical, cross-sectional, observational study; It has been done through face-by-face interviews performed.

Results: Only 1,4 % of the respondents have done the Living will. None of them is registered in RENTEV (national database do LW); All of them provided specific instructions to healthcare providers and 2/3 pointed an healthcare proxy; From the ones who did not do the living will (n=213), only 207 answered this question: 32,8% have the intention to do it and 41,1% not, at all; 26,1% do not know yet. The age, marital status, education level and the salary income influence the decision "to do or not to do". For those who not want to do, the main reasons for that are "Not thought properly about it" (63.5%), "accept the life at every moment" (22.4%), "lack of trust in the health professionals" (2.4%), "lack of trust in the health system" (2.4%).

Conclusions: More reflexion about these questions are needed to increase the quality of the care and the trust in the health system and professionals.