

of dietary supplements and other complementary and/or alternative medicines.

#### Objective

This study aims to evaluate the counselling practices by pharmacy professionals, working in Barcelos (Portugal), related to the use of botanical dietary supplements, in the prevention and/or treatment of urinary infections.

#### Methods

A descriptive, cross-sectional study was performed through an anonymous, confidential and voluntary questionnaire to a convenience sample of 108 pharmacy professionals from Barcelos (Portugal). Data were analysed using SPSS version 24.0.

#### Results

Of the 108 participants, 67.6% were females and 32.4% were males. The results showed that 96.3% of the professionals usually advise the use of dietary supplements for the prevention and/or treatment of lower urinary tract infections. The common reasons to recommend supplements include the efficacy and safety of these products, and the lower price. It was also observed that 64.8% of pharmacy professionals consider their knowledge sufficient to recommend dietary supplements for the prevention and/or treatment of urinary infections. Regarding the recommendations by professionals for the prevention of urinary tract infections, the products containing *Vaccinium macrocarpon* L. were the most recommended. On the other hand, products containing *Arctostaphylos uva ursi* L. were the most recommended for the treatment of urinary tract infections. In general, the main plants sold by pharmacy professionals for the control of urinary tract infections included *Vaccinium macrocarpon* L., *Arctostaphylos uva ursi* L., *Vaccinium myrtillus* L., *Equisetum arvense* L. and *Hibiscus sabdariffa* L.

#### Conclusions

The findings of this study revealed that pharmacy professionals recommend dietary supplements for control of urinary tract infections and consider their knowledge sufficient to properly advise these products. Because evidence on the efficacy of dietary supplements is often scarce or controversial, providing consistent recommendations about these products to their patients can be challenging for healthcare professionals.

#### References

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#### Keywords

Urinary Tract Infections, Botanical Dietary supplements, Counseling, Pharmacy Professionals.

## P82

### Nurse's intervention – end of life nutrition approach protocol

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#### Background

To know that nutrition in the present society is increasingly associated with life maintenance and comfort, helps us to understand the complexity of this subject when approached the end of life. Artificial nutrition remains controversial in a palliative context, given the questioning

about the quality of life that offers [1]. Protocols help nurses in the decision-making process and increasing their competences.

#### Objective

To present an end-of-life nutrition approach protocol for palliative care.

#### Methods

This study is the result of three integrative literature reviews that intended to measure: *which nursing interventions promote end of life nutrition in people without artificial nutrition criteria?; what are the evaluation criteria for the end-of-life person for the nurse's decision-making of start, don't start or suspending artificial nutrition?; does the nurse's interventions towards the end-of-life reduce the risk of therapeutic obstinacy associated with artificial nutrition?* Based in Buckman & Spikes Communication Protocol [2], the results were integrated in a protocol form and submitted to the opinion of 13 experts, from 18th October to 6th November 2017, and the respective changes were made. Inclusion criteria of experts were: being health professionals; palliative care experience and/or work development in nutrition subjects.

#### Results

Our experts have on average 37 years old; 10 carry out their activity in Palliative settings, 8 of these have advanced training in Palliative Care. Our protocol considers: I) setting - preparing the environment; II) perception - prior knowledge of the person/family information about nutrition, preferences and considerations regarding the future commitment of feeding and active listening, understanding what the person/family wants to know, especially as to the meaning of nutrition, what that moment represents and invite them to address the subject; III) knowledge - provide adequate information in phases, contextualizing the present symptoms in the disease process (prognosis) and discuss the evaluation criteria before starting artificial nutrition; IV) emotions – attend to the emotions and provide realistic hope; V) strategy – interventions from the patient's needs are presented in an algorithm form, promoting oral feeding as long as possible. In all process, the person and family autonomy in decision making is preserved. At each step, we identified an element to avoid in the communication process [1,2].

#### Conclusions

The set of nurse's interventions in end-of-life nutrition approach systematizes the elements to be considered in decision-making and guarantees the importance of nurses' contribution in risk reduction of therapeutic obstinacy.

#### References

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2. Baile W [et al.]. SPIKES — A Six-Step Protocol for Delivering Bad News: Application to the Patient with Cancer. *Oncologist*. 2000, 5(4):302-311.

#### Keywords

Nursing, Nutrition, Spikes protocol, Communication, Palliative care.

## P83

### Associated factors with poly medication in elderly accompanied in the health strategy of the family of the city of Palhoça, Santa Catarina, Brazil

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