Keywords
Elderly, Bone, Gait, Multicomponent, Training.

O95
Perception of virginity among Portuguese and Cape Verdeans university students – crossborder study
Sónia Ramalho1,2, Carolina Henriques1,2, Cacêro Elisa1, Maria L Santos1  
1School of Health Sciences, Polytechnic Institute of Leiria, 2411-901 Leiria, Portugal; 2Center for Innovative Care and Health Technology, Polytechnic Institute of Leiria, 2411-901 Leiria, Portugal

Correspondence: Sónia Ramalho (sonia.ramalho@ipleiria.pt)  
BMC Health Services Research 2018, 18(Suppl 2):O95

Background
Virginity can be defined as the attribute of a person who has never been subjected to any type of sexual intercourse. To be aware of the sexual behaviour and virginity of young people is fundamental that nurses construct health education intervention programs in this specific area.

Objective
To know the perception of Portuguese and Cape Verdean university students about virginity.

Methods
A descriptive, cross-sectional study using a questionnaire consisting of sociodemographic data and the perception scale on the loss of virginity by Gouveia, Leal, Maroco and Cardoso (2010) [1]. A sample composed by 108 young people from the Republic of Cape Verde and 141 young Portuguese participated in the study. All formal and ethical procedures were taken into account.

Results
Young Portuguese university students presented a mean age of 20 years and 73% of the young people reported having started their sexual life at 17.00 years old, on average. The majority of the young people (66.7%) started their sexual activity with their boyfriends, using protection/contraception (70.9%). Young college students from Cape Verde had a mean age of 21.26 years, 69.4% reported having started their sexual life, on average, at 17.37 years. The majority (63.0%) started their sexual activity with their boyfriend, using protection/contraception (62.0%). Portuguese young people showed high levels of agreement with the ideal associated with the genital vision of loss of virginity (Md = 18.95, Xmax = 25.00, Xmin = 11.00), while Cape Verdean students had lower levels of agreement (Md = 12.34, Xmax = 24.00, Xmin = 5.00), showing in 41.7% of the cases, disagreement that ‘a lesbian woman, who has never had sex with a man, is virgin and a 38.0% disagreement with the statement that men who only practice oral sex, or anal sex or other forms of sex, do not lose their virginity’.

Conclusions
The study shows that there is still considerable lack of knowledge in young people about the conceptualization of virginity and a very genitalized view of it in the Portuguese young people, in lower agreement with the perception of young Cape Verdeans.

Reference

Keywords
Young, Sexuality, Virginity, Portugal, Cape Verde

O96
Influence of a specific exercise program in the institutionalized elderly balance
Cátia Guimarães1, Margarida Ferreira1, Paula C Santos3, Mariana Saavedra2  
1Institute of Research and Advanced Training in Health, Sciences and Technologies, Cooperativa de Ensino Superior Politécnico e Universitário, 4585-116 Gandia, Portugal; 2Hospital da Senhora da Oliveira, 4835-044 Guimarães, Portugal; 3Department of Physical Therapy, School of Health, Polytechnic Institute of Porto, 4400-330 Vila Nova de Gaia, Portugal

Correspondence: Margarida Ferreira (margasufer@gmail.com)  
BMC Health Services Research 2018, 18(Suppl 2):O96

Objective
To determine the effectiveness of a specific exercise program on balance and functional capacity of the daily activities of institutionalized elderly.

Methods
A randomized controlled trial. A total of 21 elderly were selected from the Santa Casa da Misericórdia de Santo Tirso and randomly distributed into experimental (n = 11) and control groups (n=10). The experimental group performed a specific program of exercises (resistance training, balance, coordination and flexibility) during 4 weeks, while the control group was not subjected to any intervention. The primary outcome was balance, as measured with a Performance Oriented Mobility Assessment scale (POMA), and the secondary outcome was the TUG score. Evaluations were carried out at the beginning and end of the exercise program, for both groups. The data were analysed with Statistical Package for Social Sciences, version 22.0, for all test procedures, a probability of p<0.05 was considered to be statistically significant. Statistical analyses of POMA and TUG were performed with use of independent and paired t-test. POMA and TUG score association were analysed via the Pearson correlation, after the intervention.

Results
In the pre-intervention, groups were homogeneous (p < 0.05). After intervention, there were no statistically significant differences between groups in terms of the total balance and dynamic balance subscale, except static balance subscale (p < 0.048). In the functional capacity test, the experimental group reduced significantly the functional activity time into intragroup (p < 0.001), however there were no significant differences between groups (p < 0.063). After intervention, the experimental group had a significantly strong negative association (p < 0.001).

Conclusions
The results of this study demonstrated that this specific exercise program was not effective in terms of the total balance and functional ability of institutionalized elderly.

Trial Registration
NCT03521752

Keywords
Balance, Institutionalized elderly people, Therapeutic exercise, Functional capacity.

O97
Assessment of pain and effectiveness of analgesia in patient undergoing haemodialysis
Luís Sousa1,2, Cristina Marques-Vieira1, Sandra Severino2,4, Cristina Firmino2, Ana V Antunes2, Helena José5  
1Hospital Curry Cabral, Centro Hospitalar Lisboa Central, 1069-166 Lisboa, Portugal; 2Escola Superior de Saúde Atlântica, 2730-036 Barcarena, Portugal; 3Escola de Enfermagem de Lisboa, Instituto de Ciências da Saúde, Universidade Católica Portuguesa, 1649-023 Lisboa, Portugal; 4Agrupamento de Centros de Saúde Loures-Odivelas, Administração Regional de Saúde de Lisboa e Vale do Tejo, 2685-101 Sacavém, Portugal; 5Instituto Superior de Saúde Multiperfil, Clínica Multiperfil, Luanda, Angola

Correspondence: Luís Sousa (luisrmsousa@gmail.com)  
BMC Health Services Research 2018, 18(Suppl 2):O97

Background
Pain is the most common symptom in patient undergoing haemodialysis, due to comorbidity, although it is frequently underdiagnosed [1-2]. Pain in these patients is not valued in its entirety and does not consider the limitations resulting in their quality of life [3]. The Brief Pain Inventory short form (SF-BPI) is the most widely used instrument and has the most number of foreign language translations [4].
Objective
To evaluate the prevalence of chronic pain, and intradialytic pain in patient undergoing haemodialysis, as well as the effectiveness of analgesic therapy.

Methods
Cross-sectional, descriptive and observational study. A random sample consisting of 172 patients undergoing haemodialysis in two clinics in the region of Lisbon, Portugal. The Brief Pain Inventory, which analyses the influence of pain in a patient’s life, was only applied to evaluate chronic pain [5]. The Visual Analogue Scale was used to assess the intradialytic pain. Tests were administered during dialysis sessions from May to June 2015. Categorical variables were expressed as percentages and continuous variables were expressed as mean standard deviations or medians. This study was approved by the Ethics Committee of Deaver (N 1/2015).

Results
The sample consisted mostly of men (61.6%) of Portuguese nationality (80.7%), the mean age was 60 years (± 14.4), and patients were under haemodialysis treatment for 72.6 months (± 54.4). Chronic pain occurs in 54.1% of patients and intradialytic pain in 75%. The causes of pain were musculoskeletal (69.3%), associated to vascular access (19.3%) and other causes (11.4%). Chronic pain was most commonly located in the legs (43.2%), followed by back (21.6%) and vascular access (19.3%), head (8%), arms (4.5%), abdomen (2.3%) and, lastly, chest (1.1%). The percentage of patients that took analgesics for chronic pain was much higher (62.6%), of these 87.8% are non-opiates, 10.2% weak opiates and 2% strong opiates. The other therapeutic interventions referred were: rest (24.1%), massage and relaxation (6.3%), cryotherapy (1.3%), exercise (1.3%), while 5.1% reported doing nothing. The effectiveness of the treatment was successful for chronic pain, in 62.6% of the patients, there was a relief felt of over 50%.

Conclusions
Pain of musculoskeletal origin is a frequent symptom in our sample. The pharmacological management of chronic pain is the most applied intervention.

References
5. Sousa LM, Marques-Vieira CM, Severino SS, Pozo-Rosado JL, José HM. Vali-

Keywords
Renal Insufficiency, Chronic, Renal Dialysis, Quality of life, Pain.