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Keywords

People with HIV/AIDS, Theory of transitions, Everyday life, Stigma, Nursing.

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Validation of the nursing diagnosis of impaired walking in elderly, Cristina Marques-Vieira^{1,2}, Luís Sousa^{3,4}, Débora Costa⁵, Cláudia Mendes⁵, Lisete Sousa^{5,6}, Sílvia Caldeira^{1,2}

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Background

The increase in longevity causes restriction of activity in the elderly, causing changes on the execution of daily activities and consequently on the quality of life [1]. Walk is an activity that requires using a variety of skills and can be highly complex particularly for the elderly people [2]. The nursing diagnosis impaired walking is part of NANDA International since 1998 and requires further validation to improve the clinical evidence [3].

Objective

To validate the nursing diagnosis impaired walking in a sample composed of elderly.

Methods

Observational, cross-sectional and quantitative study. After the first research phase of systematic literature review several defining characteristics and related factors of the diagnosis impaired walking have been listed. Then, the translation, linguistic and cultural adaptation of the nursing diagnosis was conducted, and finally, the clinical validation of the diagnosis using the clinical validation model of Richard Fehring [4], in a sample of elderly and counting on the collaboration of registered nurses and rehabilitation nurses to collect the data and fill the questionnaires, which comprised demographic data, the defining characteristics, related factors and falls efficacy scale international [5]. The study was approved by the ethical committee of SESARAM. E.P.E (Madeira Island Healthcare System).

Results

In the systematic literature review 17 defining characteristics and 34 etiological factors of impaired walking have been identified. A European Portuguese version was obtained to validate in a sample of 126 elderly, whose average age was 73.86 years, mostly female, with the primary school, in a situation of retirement, widowed and with history of falls. The prevalence of "impaired walk" was 64.3% according to the expert's opinion and 67.5% according to the elderly. All defining characteristics and related factors have been validated. The most sensitive defining characteristic was nine (e.g. impaired ability of gait speed) and also four related factors (fear of falling, physical deconditioning, medication and feminine gender).

Conclusions

This study justifies the need to review the defining characteristics and related factors of impaired walking. The identification of the

most sensitive defining characteristics facilitates nurses' clinical reasoning and interventions towards effective nursing outcomes.

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Keywords

Nursing, Nursing Diagnosis, Walking, Gait, Validation studies.

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Validation of the nursing diagnosis risk for falls in elderly

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Background

Falls and their consequences are critical for elderly well-being quality of life, for caregivers, and for health care providers [1]. The nursing diagnosis risk for falls is listed in NANDA International since 2000 [2]. This diagnosis seems particularly important in planning effective nursing care for the community-dwelling elderly.

Objective

To validate the nursing diagnosis risk for falls in a sample of elderly.

Methods

Observational, cross-sectional and quantitative study conducted in three phases. The first phase, corresponded to a systematic literature review to identify the risk factors of risk for falls [3]. The second phase consisted of the translation, linguistic and cultural adaptation of the nursing diagnosis for European Portuguese language. The third, was the clinical validation of the diagnosis using the clinical validation model of Richard Fehring [4], in a sample of elderly and counting on the collaboration of registered nurses and rehabilitation nurses to collect the data and fill the questionnaires, which comprised demographic data, the risk factors and falls efficacy scale international [5]. The study was approved by the ethical committee of SESARAM. E.P.E (Madeira Island Healthcare System).

Results

A total of 50 risk factors of risk for falls have been identified in the systematic literature review. A European Portuguese version was obtained and submitted to the clinical validation in a sample of 126 elderly, whose average age was 73.86 years, mostly female, with the primary school, in a situation of retirement, widowed and with history of falls. The prevalence of risk for falls was 68.3% in the expert's opinion and 63.5% in the opinion of the elderly. All risk factors have been validated. The most sensitive risk factor was history of falls, comorbidities, feminine gender, polymedication, difficulty with gait, and drugs.

Conclusions

This study found the main risk factors for falls in a sample of community-dwelling elderly. The identification of the most sensitive risk factors may support nurses' clinical reasoning and interventions for effective fall prevention.

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Keywords

Nursing, Nursing Diagnosis, Risk for falls, Fear of falling, Validation studies.

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Teachers and professors' mental health: prevalence of self-reported psychological symptoms

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Background

The work of teaching professionals is recognized to be demanding, involving dynamic interactions with students, parents, colleagues and school authorities [1]. Teaching has been ranked as one of the most stressful profession and its nature is applicable to all professional teaching roles. Several research reports have consistently documented physical and psychological symptoms experienced by teaching professionals. Several physical complaints and psychosomatic symptoms such as lower back pain, headache, voice disorders and anxiety are frequently faced by teaching professionals, both in secondary and higher education, especially in women [1-5]. Presence of psychopathology symptoms in teachers are related to their rating of children mental health behaviors [6], as well as determinants to professional burnout. Therefore, identification of psychological symptoms among teachers is relevant in secondary and higher education.

Objective

To identify the prevalence of self-reported psychological symptoms; Characterize the symptoms by its dimension and determine the differences in psychological symptoms between high school teachers and higher education professors.

Methods

Cross-sectional correlational study, with a non-probabilistic sample of 96 Portuguese teaching professionals. Data were collected using an on-line questionnaire composed by sociodemographic questions and the Portuguese version of Brief Symptom Inventory (BSI) - 53 items covering nine symptom dimensions: Somatization, Obsession-Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Phobic anxiety, Paranoid ideation and Psychoticism; and three indices of distress: Global Severity Index (GSI), Positive Symptom Distress Index (PSDI), and Positive Symptom Total (PST). Ethical procedures were taken into account.

Results

Teaching professionals were mostly women (70.8%), aged between 30 and 62 years old (Mean=44.8; SD=7.86), 43.8% with a bachelor degree, 27.1% diagnosed with a mental disease, and 41.1% acquainted with mental health patients. Professors (37.5%) were from different fields, including health, engineering, arts, communication, social sciences, marketing and sports. High school teachers (62.5%) were mainly from sociology, philosophy and mathematics. The most scored dimension was Obsession-Compulsion in high school teachers (Mean=1.03; SD=0.75). Globally high school teachers revealed more symptoms of distress than higher education professors. Significant differences between groups were found in Somatization, Obsession-Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Phobic Anxiety, Psychoticism, GSI and PST ($p < 0.05$). In the 53 BSI items, the PST was low (Mean=19.09; SD=12.70).

Conclusions

Prevalence of symptoms were high in the samples of teaching professionals, although they experienced psychological distress in low intensity. Differences between high school teachers and higher education professors were highlighted in this study. Therefore, there is a need for intervention among high school teachers to minimize the impact of detecting mental disorders in students, as well as preventing professional absents and burn-out.

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Keywords

Mental health, Psychological symptoms, Teachers, Teaching professionals.

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Generating high vegetable liking among young children to promote healthy eating: results from an intervention at a kindergarten school

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Background

Fruit and vegetables have always played a prominent role in dietary recommendations because of their high concentration of vitamins, minerals, phytochemicals and because they are a great source of fibre [1,2]. Recent data show that in general, the population should