

**Keywords**

Elderly, Bone, Gait, Multicomponent, Training.

**O95****Perception of virginity among Portuguese and Cape Verdeans university students – crossborder study**Sónia Ramalho<sup>1,2</sup>, Carolina Henriques<sup>1,2</sup>, Ceaceiro Elisa<sup>1</sup>, Maria L Santos<sup>1</sup><sup>1</sup>School of Health Sciences, Polytechnic Institute of Leiria, 2411-901Leiria, Portugal; <sup>2</sup>Center for Innovative Care and Health Technology, Polytechnic Institute of Leiria, 2411-901 Leiria, Portugal**Correspondence:** Sónia Ramalho (sonia.ramalho@ipleiria.pt)

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**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 the 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 ( $Md = 18.95$ ,  $X_{max} = 25.00$ ,  $X_{min} = 11.00$ ), while Cape Verdean students had lower levels of agreement ( $Md = 12.34$ ,  $X_{max} = 24.00$ ,  $X_{min} = 5.00$ ), 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**

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**Keywords**

Young, Sexuality, Virginity, Portugal, Cape Verde

**O96****Influence of a specific exercise program in the institutionalized elderly balance**Cátia Guimarães<sup>1</sup>, Margarida Ferreira<sup>1</sup>, Paula C Santos<sup>3</sup>, Mariana Saavedra<sup>2</sup><sup>1</sup>Institute of Research and Advanced Training in Health, Sciences and Technologies, Cooperativa de Ensino Superior Politécnico e Universitário, 4585-116 Gandra, Portugal; <sup>2</sup>Hospital da Senhora da Oliveira, 4835-044Guimarães, Portugal; <sup>3</sup>Department of Physical Therapy, School of Health, Polytechnic Institute of Porto, 4400-330 Vila Nova de Gaia, Portugal**Correspondence:** Margarida Ferreira (margasufer@gmail.com)

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**Objective**

To determinate 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 wasn't subjected to any intervention. The primary outcome was balance, as measured with a Performance Oriented Mobility Assessment scale (POMA), and the secondary outcome measure included functional capacity by the Timed Up & Go test. 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 ( $p < 0.633$ ). 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 Sousa<sup>1,2</sup>, Cristina Marques-Vieira<sup>3</sup>, Sandy Severino<sup>2,4</sup>, Cristiana Firmino<sup>2</sup>, Ana V Antunes<sup>2</sup>, Helena José<sup>5</sup><sup>1</sup>Hospital Curry Cabral, Centro Hospitalar Lisboa Central, 1069-166 Lisboa, Portugal;<sup>2</sup>Escola Superior de Saúde Atlântica, 2730-036 Barcarena, Portugal;<sup>3</sup>Escola de Enfermagem de Lisboa, Instituto de Ciências da Saúde, Universidade Católica Portuguesa, 1649-023 Lisboa, Portugal;<sup>4</sup>Agrupamento de Centros de Saúde Loures-Odivelas, Administração Regional de Saúde de Lisboa e Vale do Tejo, 2685-101 Sacavém, Portugal;<sup>5</sup>Instituto Superior de Saúde Multiperfil, Clínica Multiperfil, Luanda, Angola**Correspondence:** Luís Sousa (luismmsousa@gmail.com)

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**Background**

Pain is the most common symptom in patient's 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 Diaverum (N 1/2015).

**Results**

The sample consisted mostly of men (61.6%) of Portuguese nationality (80.7%), the mean age was 60 years ( $\pm$  14.4), and patients were under haemodialysis treatment for 72.6 months ( $\pm$  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 (62.0%), 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.

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**Keywords**

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

**O98****Prevalence of musculoskeletal symptoms in nursing students**

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**Background**

Musculoskeletal symptoms are the most common conditions in society, being indicated as one of the main factors of disability during the life cycle of an individual [1-2]. Students are exposed to the factors that can trigger these musculoskeletal symptoms [3], both during class periods and clinical teaching. Prevalence of musculoskeletal pain is higher in the cervical region among nursing students of 1st year and 2nd year, and lower back in nursing students of the 3rd and 4th years [4].

**Objective**

To determine the prevalence of musculoskeletal symptoms in nursing students.

**Methods**

Cross-sectional and descriptive study. One hundred and fifty-five (155) nursing students from two nursing schools in Lisbon participated in this study. The data collection instrument consisted on sociodemographic and health behaviour variables and the Nordic musculoskeletal questionnaire (NMQ). The NMQ consists of 27 binary choice questions (yes or no) [5]. The variables were expressed as percentages. This study was approved by the Ethics Committee of two nursing's schools.

**Results**

83.23% of the sample are females, single (88.38%) and 32.26% are working students. 81.94% are non-smoking; 87.1% do not usually ingest alcoholic drinks; 65.81% use a backpack and 23.23% carry objects on their way to school. 49.03% spend between 2 and 4 hours on the computer and electronic devices and 42.58% spend more than 4 hours. 71% spend more than 4 hours seated during classes. 85.8% had no training prevention of musculoskeletal injuries. The prevalence of musculoskeletal symptoms by location of the aches, pain, discomfort and numbness were as following: 66.23% in the neck; 52.29% shoulders; 7.24% elbows; 39.47% wrists/hands; 20.53% upper back; 69.33% lower back; 15.33% hips/thighs, 32% knees and 22.82% ankles/feet.

**Conclusions**

The most frequent aches, pain, discomfort, numbness location are located on the neck, shoulders and lower back. The main causes related to musculoskeletal injuries are the transportation of weights, use of computer and electronic devices and to be seated for long periods of time. It is recommended the implementation of prevention strategies in order to reduce the occurrence of musculoskeletal injuries.

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**Keywords**

Nursing Students, Musculoskeletal Pain, Prevalence, Cross-Sectional Studies.

**O99****Eating habits: determinants of Portuguese adolescents' choices**

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