

9. National Guideline C. Prevention of ventilator-associated pneumonia. Health care protocol. 2011.

Keywords

ADAPTE, Clinical Practice Guideline, Health Care Associated Infection, Intubation-associated pneumonia, ICU.

P172

The factorial analysis of a quality of life scale for people addicted to drugs in methadone programs

Paulo Seabra¹, José Amendoeira², Luís Sá¹, Olga Valentim³, Manuel Capelas¹

¹Interdisciplinary Research Health Center, Portuguese Catholic University, Health Sciences Institute, 1649-023 Lisbon, Portugal; ²Interdisciplinary Research Health Center, Polytechnic Institute of Santarém, Health School, 2005-075 Santarém, Portugal; ³Portuguese Catholic University, Health Sciences Institute, 1649-023 Lisbon, Portugal

Correspondence: Paulo Seabra (pauloseabra@ics.lisboa.ucp.pt)
BMC Health Services Research 2018, 18(Suppl 2):P172

Background

The evaluation scale of drug users Quality of life (QoL) in a substitution program with methadone, was developed with 21 items, two subscales, “family and economic situation” (11 items) and “personal satisfaction” (10 items) [1]. Concerning their reliability, in the validation study for the Portuguese population in 2005 (n=236) was obtained an Alfa of Cronbach of 0.88 and in a recent study in 2011(n=308) of 0.93 [1].

Objective

To determine a scale factorial structure and its psychometric properties.

Methods

Methodological study. Participants – 180 drug users participated, aging an average of 41 years (SD=7.58 [24-69]), mostly men (73.3%), single (55.6%) and with children (52.8%), from 3 outpatients drug units. Data analyses - The correlation matrix of the items was evaluated through exploratory and confirmatory factorial analysis. The factorial load as well as the internal consistency estimated the dimensionality.

Results

In the reliability analysis with 21 items was found an Alfa of Cronbach of 0.89, all communalities >0.40, KMO=0.88 (p<0.001) and 58.42% of explained variance by 5 factors. When extracted item 18 (item-total correlation 0.16), all items assumed an item-total correlation > 0.20; alpha increased (α=0.90) and KMO increased to 0.88 maintaining the stability of the Bartlett test; communalities maintained above 0.40; total variance explained by the 5 factors increased to 60.4%, but 5 factors diverged from theoretical matrix and 10 items weighed in more than one factor. Through confirmatory analysis (excluding item 18) forcing for the 2 original scale factors, we verified that 4 items had communalities <0.30. The total variance explained after the spin fell to 43.11% and 4 items weighed in more than one factor. We explored with 3 factors, KMO maintained in 0.88, Bartlett test remained within criteria, total variance explained after de rotation stayed 49.6%. Although this structure presents 3 items weigh in more than one factor, justifies its maintenance by underlying the theoretical model. Alpha is higher to initial (α=0.90). The extraction of any item will weaken scale consistency. The most stable structure was with 3 renamed factors: 1- Personal satisfaction and self-care (8 items) (38.5% explained variance); Social Family situation (8 items) (7.4%); 3- Socio professional and economic situation (4 items) (6.5%). The fidelity of the scale is reinforced by the internal consistency of its subscales, factor 1 α=0.85; factor 2 α=0.79; factor 3 α=0.72 and by the correlation between them (0.51-0.67; p<0.01).

Conclusions

Good internal consistency. Factorial analysis supported by the theoretical matrix. Good discriminant capacity by differences pointed out in some variables.

References

- Murcho N, Pereira P. A qualidade de vida dos doentes toxicodependentes em programas de substituição com metadona no Algarve: Um estudo comparativo da sua situação em 2003 e 2008. Rev Investig em Enferm. 2011;(23):57–64.

Keywords

Quality of Life, Substance related disorders, Assessment, Nursing, Methadone.

P173

Occupational sedentary lifestyle and overweight among workers of a higher education institution – Coimbra

Sónia Fialho¹, Anabela Martins², João Almeida³

¹Dietetics and Nutrition Department, Coimbra Health School, 3046-854 Coimbra, Portugal; ²Physiotherapy Department, Coimbra Health School, 3046-854 Coimbra, Portugal; ³Environmental Health Department, Coimbra Health School, 3046-854 Coimbra, Portugal

Correspondence: Sónia Fialho (sonia.fialho@estescoimbra.pt)
BMC Health Services Research 2018, 18(Suppl 2):P173

Background

In the last decades, with the introduction of changes in the work processes and with the innovation inherent to new technologies, there has been an increase of the sedentary labour lifestyle, where the worker remains sitting for long periods of time in a working day. Sedentary behaviour is associated with an increased risk of developing chronic diseases such as obesity, type II diabetes, cardiovascular diseases, and these diseases are the main cause of mortality and morbidity in Portugal.

Objective

This study aims to evaluate the relationship between sedentary work and overweight in teaching and non-teaching workers.

Methods

The Occupational Sitting and Physical Activity Questionnaire (OSPAQ) was applied and then calculated the percentage of the activity for each domain (sitting, standing, walking) by the number of hours worked per day. Data on age, gender and body mass index, between December 2017 and January 2018, were collected from a sample of 58 adult men and women in full-time employment at the time of the study. To study the correlation between the percentage of the occupational sitting by the number of working hours per day and overweight, authors analysed the information with SPSS Statistics.

Results

In the present study, 39 of the individuals were females and 19 males, aged between 31 and 62 years. In the analysis done to the OSPAQ, 44 (75.8%) individuals spend more than 50% of their working day in the sitting position. In relation to the BMI, considering the purpose of the study and according to the classification of the World Health Organization, 32 (55.2%) of the individuals presented a BMI ≥ 25. Pearson correlation revealed that there is no association between the sitting time and the BMI ≥ 25 (p> 0.05).

Conclusions

With this study it was possible to verify that there are individuals with a sedentary lifestyle associated to their work day. Although in this study there is no association between occupational sitting and BMI ≥ 25, despite there are studies that demonstrate a significant association between these two parameters. A further study, including other criteria, is in progress, involving the anthropometric level, such as body fat, waist circumference and physical activity assessments.

References

- Yang L, Hipp JA, Lee JA, Tabak RG, Dodson EA, Marx CM, Brownson RC. Work-related correlates of occupational sitting in a diverse sample of employees in Midwest metropolitan cities. Preventive Medicine Reports. 2017;6:197-202.