



# Atención Primaria

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## PARALLEL SESSIONS: WORKSHOPS

### 1<sup>st</sup> World Congress of Children and Youth Health Behaviors / 4<sup>th</sup> National Congress on Health Education

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#### WORKSHOP 1: TO LIVE/EXPERIMENT YOGA SEARCHING FOR A HEALTHIER LIFE

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The participants, while taking part in several yoga exercises, will have the opportunity to experience some of the benefits associated to this kind of therapy and deeply think about the importance of them, in order to improve the quality of their physical and mental life. It will be also possible to understand how practicing yoga provides more health and joy to their everyday life.

**General objectives:** To present a holistic proposal of health, sustained in the foundation of yoga; expressing the benefits of yoga, in general, and some techniques (physical postures, respiratory and focusing techniques), in particular; to instigate the thought concerning the relevancy of practicing yoga and its applicability in the participant's every day, aiming a healthier, more accomplished and happier life.

#### WORKSHOP 2: AT THE TURN OF THE PAGE-WORKING SEXUAL EDUCATION THROUGH JUVENILE LITERATURE

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We aim to contribute so that the educators and teachers understand the importance and need to develop deliberate works concerning sexual education at school, since childhood. We aim to provide sensibility to the fact that, in this manner, they are contributing to the children's growth with a less prejudice perception, more positive and kind of this utterly important and beautiful human dimension which is sexuality.

**Objectives:** To clarify whatever it is the development of deliberate works of sexual education with children; to demystify the

deliberate work of sexual education in childhood; to offer some theoretical and practical subvention in order that the participants unfold this work in a safer, more effective and peaceful way.

#### WORKSHOP 3: SEXUAL EDUCATION AT SCHOOL: MANUAL FOR TEACHERS AND EDUCATORS-2ND CYCLE OF BASIC TEACHING-IMPLEMENTATION PROPOSAL

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School plays a leading part in the integral training of young people, and this is why it cannot grow apart the sexual education thematic-young people's need and right. Therefore, the concern of the educator will also regard compiling manuals, so that in this workshop the book "sexual education at school" will be processed and presented, with an essentially practical nature where it will be aimed to help and capacitate the participants to an efficient implementation of sexual education in school context.

**Objectives:** To understand the concept of sexual education and its importance in the school context; to develop skills to plan and implement activities in this area; to know new proposals concerning sexual education activities; and promote thought and sharing of doubts and concerns associated to the intervention in this area.

#### WORKSHOP 4: ALCOHOL BRIEF INTERVENTIONS: WHAT AND WHY?

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Excessive alcohol consumption is a major source of social, economic and health problems. An alcohol brief intervention (ABI) is a

short, structured conversation about alcohol consumption with an individual, in a non-confrontational way, to motivate and support the individual to think about and/or plan a change in their drinking behaviour in order to reduce their alcohol consumption and/or their risk of harm. Alcohol Brief interventions (BI) are low in cost and have proven to be effective across the spectrum of alcohol problems. There have been numerous randomized clinical trials of brief interventions in a variety of health settings, finding that BI were often as effective as more extensive treatments (Bien et al, 1993; Kahan et al, 1995; Wilk et al, 1997; Babor and Higgins-Biddle, 2001; Kaner et al, 2007). Despite the evidence for their usefulness, however, brief interventions for alcohol-related problems have not yet been widely implemented in Portugal primary care settings. The purpose of this course is to raise awareness for the prevention of alcohol problems, identify the difficulties in the clinical setting and provide intervention protocols with ABI.

**Objectives:** understanding what an ABI is, the evidence base; exploring barriers to delivering brief interventions; updating knowledge of drinking guidelines and how to calculate units of alcohol; updating knowledge of local and national services individuals can be referred; practicing techniques to develop confidence in delivering a brief intervention including how to: - open a conversation about alcohol with the individual and use appropriate screening tools to assess risk and feedback relevant information to individuals about the potential effects of drinking on their health and wellbeing, close the conversation and how to signpost or refer individuals on to other services, if appropriate.

#### **WORKSHOP 5: REFINING WEIGHTS AND MEASURES-ANTHROPOMETRY IN CHILDREN AND TEENAGERS**

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The growth pattern and the nutritional status are considered to be important children's and teenagers' health indicators, being anthropometry the best method to evaluate its process of body growth and of characterization of its nutritional status, being used in clinical practice and epidemiologic studies, even of great dimension. A correct anthropometric evaluation and interpretation of the values implicates the use of methodologies, equipments and measuring techniques with very high strictness and internationally accepted, and a proper preparation of healthcare professionals or others who claim to be evaluators. Taking this into consideration, the growth patterns of the child from 0-18 years old will be approached based on the biological determinants and environmental factors; methodologies, human techniques and requirements, national and internationally recommended anthropometric evaluation environmental and materials will be discussed; the interpretation of the measuring values based on the three reference models made public nowadays will be discussed; the perception of the nutritional status of the child through active methodologies of participation will be critically analyzed.

**Objectives:** To deeply think about children's and teenagers' growth pattern and about the importance of anthropometry in the evaluation of growth, nutritional status and diagnostics of children's and teenagers' over weight; debate correct methodologies and techniques of evaluation of the anthropometric measures (weight, height, perimeters); analyze the reference criteria (IOTF, OMS, CDC) classify the nutritional status; and train

skills concerning evaluation and classification of the nutritional status.

#### **WORKSHOP 6: THE NEURO-BEHAVIOUR OF THE NEWBORN-TO EVALUATE AND POTENTIATE**

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This workshop aims to familiarize the healthcare professionals, especially nurses, in using the neuro-behavioural evaluation of the newborn as a tool in the excellence care, integrated in a relational model of cares, touch points. The demonstration of the evaluation, the identification of development potentiating areas in process will be developed along with the parents.

**Objectives:** To describe the neuro-behaviour of the newborn; demonstrate the form of evaluation; and identify the potentiating areas.

#### **WORKSHOP 7: PROMOTION OF CHILDREN'S AND JUVENILE ORAL HEALTH**

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It is aimed to develop basic prevention concepts in Oral Health in individuals and in school areas and develop experiences about education and promotion of health in the context of oral health. Taking into consideration that the oral pathology highly prevails throughout life, is highly chronic and may have a significant impact in the quality of life related to health, the acknowledgment of the distinct clinical characteristics and respective methods of primary prevention may be translated in a positive community aspect that rarely is available in terms outside the scope of dental medicine.

**Objectives:** To identify the main risk factors, develop intervention strategies individually and of the community in prevention of oral health; and train other agents of promotion in oral health in a multi-disciplinary and holistic perspective.

#### **WORKSHOP 8: FAMILY HEALTH NURSING IN PORTUGAL - WHAT CHALLENGES?**

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The Workshop intend to contribute for the development of Family Health Nursing in Portugal, promoting the debate about implementation and consolidation strategies of the specialized care provided in family health nursing and will be supported by presentations on creation process and development of this new nursing speciality: From concepts to family health nursing framework in Primary Health Care; From publication of the Regulation of Specific Skills of the Nursing Specialist in Family Health to the adoption of the Dynamic Model of Family Assessment and Intervention as a theoretical and operative reference in family health nursing; Implementation of the research project: Dynamic Model of Family Assessment and Intervention (MDAIF): an transformative action in primary health

care-new practices in family health nursing; Family nurse care model: what challenges?

**Objectives:** To frame family health nursing on the theoretical developments, on research nursing care practice directed to families as care units; To describe national and international policies that sustained the development of Primary Health Care and family health nursing in particular; To systematize the regulation about the Nursing Specialist in Family Health career, regarding: Skills profile; Training program; Quality standards; To present MDAIF' main components as a reference in family health nursing and to present implementation experiences; To critically think about development strategies in family health nursing, considering MDAIF care model.

#### **WORKSHOP 9: CAN YOUR COUNTRY MAKE YOU SICK? USING MULTI-LEVEL METHODS TO COMPLETE NATURAL EXPERIMENTS TO HELP UNDERSTAND THE INFLUENCE OF SOCIAL POLICIES ON POPULATION HEALTH FROM A HEALTH AND HUMAN RIGHTS PERSPECTIVE**

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The determinants of health are multiple, interactive, layered, personal, collective and complex. In addition, these determinants are not restricted to national borders. There is, however, a glaring paucity of research into the collective or macro-determinants of health, in particular, the political and policy context of health and disease. In this workshop we will review the current literature in this field from a health and human rights perspective. A discussion will take place that addresses: 1. the available datasets that can be used to carry out such research, 2. the appropriate methodological approach that researchers should take and 3. explicit examples of current research will be given and discussed including a step-by-step instruction of how to complete multi-level analysis. In closing we will address important issues where policy makers should place their attention and speak about challenges in the field and suggestions for future research. The main goals of the workshop are to ensure that participants: Gain insight with the extent to which country characteristics can influence population health; Identify how health and human rights are empirically connected; Become familiar with multi-level modeling; Identify the value of natural policy experiments; Provide awareness to policy makers on current global health concerns relating to the impact of place on health.

#### **WORKSHOP 10: SUICIDAL BEHAVIOR PREVENTION IN SCHOOL**

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On the Workshop it will be use diverse methodologies and group dynamics promoters of knowledge integration and sharing of experiences. The various dynamics will focus on the myths about suicide, suicidal behavior differentiation, viewing of selected scenes from the movie (The Bridge) followed by debate, discussion of cases and presentation of the School-Based Suicidal Behavior Prevention Project+Contigo.

**Objectives:** Contribute to increasing literacy about depression and suicidal behavior; Raise awareness about suicidal behaviors in

adolescents among health providers and school staff; and Reflect on prevention and intervention strategies in school context.

#### **WORKSHOP 11: SOCIAL ADVENTURE AND HEALTH-DISCLOSURE OF STUDIES**

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The Social Adventure and Health project began in 1987 and since then has been developing several investigations in the scope of the promotion of health and social behavior. Amongst the several projects developed by the team, it is presented in this workshop the results of the most recent studies, namely the Health Behaviour in School-aged Children (HBSC/OMS) study, which intends to understand the health behaviours of adolescents in school age, their life styles and the social contexts; the KIDSCREEN study developed in 2006 and 2012 through the Social Adventure project team; - The HBSC/SSREU study which is an extension to the HBSC/OMS study and was developed for the first time in Portugal through the Social Adventure team; - The Online Study of Young People's Sexuality (OSYS) which is an extension of the HBSC/OMS study and was developed for the first time in Portugal through the Social Adventure team; - The Social Adventure study in CED, developed in the Educational Centre Nossa Senhora da Conceição of Lisbon's Casa Pia, with students from 3-18 years old, teachers, educators and families; - The TEMPEST- Temptations to Eat Moderated by Personal and Environmental Self-regulatory Tools study is an international project of which Portugal is a part through the Social Adventure team; - The RICHE - Research into Child Health in Europe study, in which about 20 European countries participated, amongst them Portugal, through the Social Adventure team.

**Objectives:** This Workshop aims the disclosure and dissemination of the main investigations and projects developed by the Social Adventure team, allowing to share experiences and practical knowledge in the developing of national and international projects in the area of health behaviours, allowing the access to materials of scientific support in the development of empiric and monitoring studies available on the link: <http://aventurasocial.com/publicacoes.php>

#### **WORKSHOP 12: EXERCISE PRESCRIPTION: GUIDELINES FOR HEALTH PROMOTION AND TREATMENT OF MAJOR CHRONIC NON-COMMUNICABLE DISEASES**

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The importance of practicing sports leads us to centre the intervention in this workshop on the approach to the parameters of the prescription of physical exercise: type, way, frequency, duration, intensity and progression; Analysis of the recommendations to physical exercise to the promotion of public health in children, young people, adults and elderly people; Analysis of the recommendations to physical exercise to the treatment and control of overweight/obesity, type 2 diabetes, hypertension; cardiovascular atherosclerotic disease,

osteoporosis and cancer; Critical analysis of the international recommendations and their suitability to the Portuguese reality; Discussions of Clinical Cases in the scope of the prescription of physical exercise.

**Objectives:** To allow the participants to master the parameters and basic concepts in the prescription of physical exercise; To know how to use the recommendations of the prescription of

physical exercise to the promotion of public health throughout the whole life cycle; To know how to adapt the recommendations of physical exercise to the treatment of the main chronic non-transmitted diseases: overweight/obesity, type 2 diabetes, hypertension; cardiovascular atherosclerotic disease, osteoporosis and cancer; To acknowledge and control risks associated to physical exercise.