

O224**Chilean population norms derived from the Health-related quality of life SF-6D**

Miguel A. García-Gordillo¹, Daniel Collado-Mateo¹, Pedro R. Olivares², José A. Parraça³, José A. Sala¹

¹University of Extremadura, Badajoz, 06071 Badajoz, España; ²Universidad Autónoma de Chile, Talca, 1670 Talca, Chile; ³Universidade de Évora, 7004-516 Évora, Portugal

Correspondence: Miguel A. García-Gordillo (miguelgarciagordillo@gmail.com) – University of Extremadura, Badajoz, 06071 Badajoz, España

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Background

The SF-6D classification provides utility values for health status. Utilities generated have a number of potentially valuable applications in economic evaluations and not only to ensure comparability between studies. Reference values can be useful to estimate the effect of interventions on patients' HRQoL in the absence of control groups. Thus, the purpose would be to provide the SF-6D normative values in the Chilean population.

Methods

A cross-sectional study was conducted. A total of 5,293 people agreed to participate in the study. SF-6D utilities were derived from SF-12 questions.

Results

Mean SF-6D utility index for the whole sample was 0.74. It was better for men (0.78) than for women (0.71). The ceiling effect was much higher for men (11.16 %) than for women (5.31 %). Women were more likely to show problems in any dimension than men.

Conclusions

Chilean population norms for the SF-6D are shown in this paper to help in decision-making in health policies. Men reported a higher state of health than women in all sub-categories analysed. Likewise, men also reported higher scores than women in all dimensions of SF-6D in overall.

Keywords

Reference values, HRQoL, Utility, Health

O225**Motivation of college students toward Entrepreneurship: The influence of social and economic instability**

Amélia Castilho, João Graveto, Pedro Parreira, Anabela Oliveira, José H. Gomes, Rosa Melo, Marina Vaquinhos
Escola Superior de Enfermagem de Coimbra, 3046-851 Coimbra, Portugal

Correspondence: Amélia Castilho (afilomena@esenfc.pt) – Escola Superior de Enfermagem de Coimbra, 3046-851 Coimbra, Portugal
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Background

The concept of entrepreneurship is subdivided into entrepreneurship of opportunity and entrepreneurship of necessity, evidencing that labour-market instability has an important role in the decision to pursue it (Global Entrepreneurship Monitor, 2013). The recent world financial crisis led to social and employment instability in Portugal, with potential influence on the motivation to partake in business ventures. Objectives: To analyse the relationship between the Perception of Social and Economic Instability (PSEI) and select contextual and socio-demographic variables in polytechnic college students.

Methods

A correlational quantitative study made with 1,604 students from 18 different Portuguese Superior-Polytechnic institutions (mainland Portugal). A survey on business motivation from Parreira, Pereira and Brito (2011) was applied. The sample consists of female students (65.2 %), married students (11.1 %) and worker-students (19.7 %). The data were analysed through SPSS.

Results

Students with entrepreneur aspirations felt able to start a business and contrast with worker-students, who have less PSEI, respectively

(Midea = 2.97, SD = 1.20; Mwithout_idea = 3.21, SD = 1.12, $t(1601) = 4.10$, $p < .000$); (Mable_create = 3.01, SD = 1.16; Mnot_able_create = 3.19, SD = 1.17, $t(1601) = 2.97$, $p < .003$); (Mstudent = 3.12, SD = 1.17; Mstudent_worker = 2.92, SD = 1.17, $t(1599) = 2.74$, $p < .006$), relation between aspiration to the international market and PSEI (Minternational = 2.95, SD = 1.24; Mnot_international = 3.11, SD = 1.15, $t(1601) = 2.31$, $p < .021$); women demonstrate more PSEI (Mmale = 2.93, SD = 1.13; Mfemale = 3.16, SD = 1.18, $t(1601) = 3.17$, $p < .000$); married students show less PSEI (Mmarried/joint = 2.91, SD = 1.17; Mother = 3.10, SD = 1.17, $t(1601) = 2.11$, $p < .035$).

Conclusions

Some sociodemographic variables are revealed to have influence on this process. Socioeconomic reality and the perception of instability in different contexts conditions the student's perception as an entrepreneur.

Keywords

Entrepreneurship profile, Motivation of college students, Social and economic instability

O226**Use of aromatic and medicinal plants, drugs and herbal products in Bragança city**

Mónica Cheio¹, Agostinho Cruz¹, Olívia R. Pereira²

¹Escola Superior de Tecnologia da Saúde, Instituto Politécnico do Porto, 4400-330 Vila Nova de Gaia, Portugal; ²Escola Superior de Saúde, Instituto Politécnico de Bragança, Bragança, 5300-121 Bragança, Portugal

Correspondence: Olívia R. Pereira (oliviapereira@ipb.pt) – Escola Superior de Saúde, Instituto Politécnico de Bragança, Bragança, 5300-121 Bragança, Portugal

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Herbal therapy is characterized by the use of aromatic and medicinal plants (AMP) in different pharmaceutical forms for therapeutic purposes. The present study aims to characterize the use of AMP, drugs and herbal products in Bragança city.

A cross-sectional study was conducted through application of a questionnaire to 404 subjects of both gender and aged between 18 and 89 years.

AMP were therapeutically used by 53.7 % mainly due "to be natural" (43.9 %) while 33.8 % use drugs and/or herbal products mainly "because it is good for health" (53.5 %). The AMP most used were Cidreira (n = 149) and Camomila (n = 117) and concerning drugs and/or herbal products Valdispert® (n = 48) and Daflon® 500 (n = 41) were the most reported.

Overall, the reported uses of AMP, drugs and herbal products were correct, according to the reported in literature. The use of AMP is motivated by self-knowledge (55.4 %) while drugs and/or herbal products are used mostly by medical prescription (44.1 %). AMP were obtained by own cultivation (44.1 %) and drug and/or herbal products in pharmacies (89.0 %). Of all users, about 90 % did not combined these products with conventional drugs and it was identified just one potential occurrence of drug interactions related with the use of Hipericão. The occurrence of adverse effects was noted after the use of AMP Sene (11.8 %), Hipericão (9.1 %) and Ginkgo Biloba (8.3 %). The use of these products is a common practice among the residents of Bragança city, which use a wide diversity of AMP and plant-based products.

Keywords

Aromatic and medicinal plants, herbal drugs, herbal products

O227**Edible flowers as new novel foods concept for health promotion**

Sara Pinto¹, Adriana Oliveira¹, M. Conceição Manso^{1,2}, Carla Sousa¹, Ana F. Vinha^{1,2}

¹Unidade de Investigação UFP em Energia, Ambiente e Saúde & Centro de Estudos em Biomedicina, Fundação Fernando Pessoa, Porto, 4249-004 Porto, Portugal; ²REQUIMTE/LAQV, Departamento de Ciências Químicas, Faculdade de Farmácia, Universidade do Porto, 4050-313 Porto, Portugal

Correspondence: Ana F. Vinha (acvinha@ufp.edu.pt) – REQUIMTE/LAQV, Departamento de Ciências Químicas, Faculdade de Farmácia, Universidade do Porto, 4050-313 Porto, Portugal
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Edible flowers are commonly used in human nutrition and their consumption has increased in the last years. In Europe, the most common application of flower petals in human nutrition is in the preparation of hot beverages (tisane or infusion), providing wellness due to the medicinal properties already recognized. Thus, it is paramount to know their nutritional composition as well as other functional and beneficial properties often related to their bioactive compounds and antioxidant properties.

Rose (*Rosa canina* L.), marigold (*Calendula officinalis* L.) and camellia (*Camellia* L.) were compared for their contents in total phenolics, flavonoids and carotenoids. Moreover, their antioxidant capacity was assessed.

In what concerns bioactive compounds and antioxidant activity (DPPH•), promising levels were obtained, showing significant differences among samples ($p < 0.001$). *C. officinalis* presented the highest levels of total phenolics and carotenoids contents (35.4 mg GAE/g, 15.6 mg/g, respectively). Herein, the best results for flavonoids content were obtained in rose petals (~95 mg ECE/g) potentially indicating the presence of high percentage of glycosylated polyphenolics which are readily soluble in water. Since the antioxidant activity is often correlated with the contents in total bioactive compounds the correlation coefficients among bioactive compounds and antioxidant activity were also studied.

The antioxidant activity was found to be positively and significantly highly correlated with total phenolics ($r_s = 0.917$, $p = 0.001$) and carotenoids ($r_s = 0.900$, $p = 0.001$). These findings might have practical applications regarding the enhancement of edible flowers, either for prompt consumption as well as to develop food supplements or pharmaceuticals related products.

Keywords

Rose (*Rosa canina* L.), Marigold (*Calendula officinalis* L.), Camellia (*Camellia* L.), bioactive compounds, antioxidant activity (DPPH), health promotion

O228

The influence of leisure activities on the health and welfare of older people living in nursing homes

M^a Manuela Machado¹, Margarida Vieira²

¹Escola Superior de Enfermagem, Universidade do Minho, Braga, 4710-057 Braga, Portugal; ²Universidade Católica Portuguesa – Porto, 4202-401 Porto, Portugal

Correspondence: M^a Manuela Machado (mmachado@ese.uminho.pt) – Escola Superior de Enfermagem, Universidade do Minho, Braga, 4710-057 Braga, Portugal

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Background

Leisure activities, often left in the background throughout life, play an important role for older persons. They are activities that they like to accomplish, according to individual preferences that make it easier to maintain an active life, on a physical, mental and social level, improving their health. Objectives: I) Identify the leisure habits of older people living in nursing homes; II) Describe the nursing homes' offer of leisure activities; III) Identify relationships between leisure activities and the seniors' health condition.

Methods

A cross-sectional descriptive correlational study, in 12 nursing homes in the north of Portugal with a sample of 1,131 seniors. We performed a descriptive and inferential statistical data analysis using SPSS/PC for Windows, version 22.

Results

Participants were mostly female, widows, with an average age of 84 years. The most common leisure activity is watching TV. Impaired sight and illiteracy are the most frequent causes of elderly people's

non-adherence to leisure activities. Leisure activities: card/board games, crafts and reading are associated with better cognitive performance; sightseeing and reading are associated with greater independence in self-care; watching television is associated with greater compromise of bodily processes and greater dependence on self-care; performing manual work is associated with less depression; walking is associated with a lower compromise of bodily processes and lower risk of falling.

Conclusions

Leisure habits are important in maintaining the health of older people living in nursing homes.

Keywords

Elderly, Leisure habits, Nursing homes, Health status

O229

Risk of falling, fear of falling and functionality in community-dwelling older adults

Beatriz Fernandes, Teresa Tomás, Diogo Quirino

Escola Superior de Tecnologia da Saúde de Lisboa, Instituto Politécnico de Lisboa, 1549-020 Lisboa, Portugal

Correspondence: Beatriz Fernandes (beatriz.fernandes@estes.lipl.pt) – Escola Superior de Tecnologia da Saúde de Lisboa, Instituto Politécnico de Lisboa, 1549-020 Lisboa, Portugal

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Background

Ageing among Portuguese population is leading to an increase in the proportion of elderly people. Age-related changes are responsible for high levels of disability, balance problems and high risk of falls. Physiotherapy can identify elderly in risk of falling and provide strategies to prevent falls in this population contributing to maintain functionality. The purpose of this study was to characterise the risk of falling in a sample of community-dwelling older adults and investigate the associations between functionality and balance. Objective: To identify the risk of failing in community-dwelling older adults and its relations with fear of falling and functional capacity.

Methods

Cross-sectional study. Sixty-one (61) subjects participated in the study, 40 (65.6 %) females and 21 (34.4 %) males, aged 74 ± 7.5 years. Outcome measures were balance assessed with Berg Balance Scale (BBS); fear of falling with Falls Efficacy Scale (FES); functionality with Composite Physical Function (CPF).

Results

The results of our study showed that for BBS the median was 54, for FES was 96 and for CPF was 20 points. The risk of falling for this sample was 11 %. Positive associations were found between BBS and FES ($R = 0.589$; $p = 0.00$), CPF and BBS ($R = 0.723$; $p = 0.00$) and CPF and FES ($R = 0.613$; $p = 0.00$).

Conclusions

Risk of falling is present among the participants in our study. The positive associations between balance, confidence and functionality indicate that balance and confidence in performing activities of daily living are important for having high levels of function, suggesting that physiotherapy focused on balance training can contribute to enhance independence.

Keywords

Ageing, balance, risk of falling, function, physiotherapy

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Musculoskeletal pain and postural habits in children and teenage students

Gustavo Desouzart¹, Rui Matos², Magali Bordini¹, Pedro Mouroço³

¹School of Health Sciences, Polytechnic Institute of Leiria, 2411-901 Leiria, Portugal; ²Life Quality Research Centre, Polytechnic Institute of Santarém, 2001-904 Santarém, Portugal & Polytechnic Institute of Leiria, 2411-901 Leiria, Portugal; ³Centre for Rapid and Sustainable Product Development, Polytechnic Institute of Leiria, 2430-028 – Marinha Grande, Portugal