

Proceedings of the
2nd International Congress of Health and Well-being Intervention

Health and Well-being in the Life cycle (ICHWBI 2021)

1st international conference on human kinesiology (ICOHK)



**International Conference
on Human Kinesiology**

Kinesi X Lab



28th & 29th MAY 2021

**INSTITUTO PIAGET UNIVERSITY
CAMPUS OF VISEU**

Coordination by:
Gustavo Desouzart



**INSTITUTO
PIAGET**

VISEU



RECI

Research in Education and
Community Intervention

**Proceedings of the
2nd International Congress of Health and
Well-being Intervention - ICHWBI 2021
and 1st international conference on human kinesiology - 1st
ICOHK**

**Coordination by
GUSTAVO DESOUZART**

Instituto Piaget

Proceedings of the 2nd International Congress of Health and Well-Being Intervention - ICHWBI2021 and the 1st International Conference on Human Kinesiology – 1st ICOHK

Author by

Instituto Piaget

Coordination by

Gustavo Desouzart

Graphic Design: Luís Batista and Gustavo Desouzart | **Images:** Luís Batista | **Pagination:** Daniela Marins

Edition: Instituto Piaget

Lote 544, 2.º, Av. João Paulo II, 1950-157 Lisboa

T. 21 831 6500

Email: info@viseu.ipiaget.pt ♦ web: <https://ipiaget.org/>

ISBN (e-book): 978-989-759-154-9

Edition - November 2021

Editorial board

Gustavo Desouzart

Experts panel

Zaida Azeredo | Adriana Lourenço | Ágata Vieira | Amândio Dias | Ana Margarida Varela | Beatriz Minghelli | Cândida Alves | Carlos Laranjeira | Carlos Tavares | Cidália Freitas | Denise Soares | Ernesto Filgueiras | Fábio Flores | Fernando Vieira | Isabel Silva | José Sousa | Joaquim Antunes | Luís Silva | Magda Guerra | Manuel Brás | Maria Correia | Maria Graça Pereira | Maria Helena Chéu | Marília Flora | Marta Leyton Roman | Miguel Fernandes | Neide Feijó | Nuno Cordeiro | Paula Rodrigues | Pedro Sá Leite | Poliana Lima | Providência Marinheiro | Rogério Rodrigues | Rosa Martins | Rui Gonçalves | Sabina Valente | Sandra Gagulic | Silvia Silva | Simone Rembold | Sónia Lopes | Valdemar Salselas | Vitor Martinho

This book contains information obtained from authentic and highly regarded sources. This is an edition made for publication of the works resulting from the ICHWBI2021 which are available on Congress website, where the reader will find a significant heterogeneity. Abstracts are ongoing or completed project-based research papers submitted by researchers from various academic degrees. This diversity is also found in the authors' scientific areas, reflecting on the variety of research themes presented at the Congress itself.

Reasonable effort has been made to publish reliable data and information, but the author and publisher cannot assume responsibility for the validity of all materials or the consequences of their use. The authors and publishers have attempted to trace the copyright holder of all material reproduced in this publication and apologize to copyright holder if permission to publish in this form has not been obtained. If any copyright material has not been acknowledged please write and let us know so we may rectify in any future reprint.

Based on ICHWBI2021 abstracts that are available at

<https://healthwellbeingcongress.ipiaget.org/pt-pt/abstracts>

References:

- Abreu, M. C. A. (2014). Dia Internacional da Família 2014. Retrieved from <https://www.ordemenfermeiros.pt/arquivo-de-paginas-antigas/dia-internacional-da-familia-2014/>
- Conselho Internacional de Enfermeiros (ICN) (2008). Servir a comunidade e garantir a qualidade: os enfermeiros na vanguarda dos cuidados de saúde primários. Genebra, Suíça: ICN.
- Figueiredo, M. H. (2012). Modelo Dinâmico de Avaliação e Intervenção Familiar. Uma Abordagem Colaborativa em Enfermagem de Família. Loures, Portugal: Lusociência.
- Figueiredo, M. H., & Martins, M. M. (Julho/Setembro de 2010). Avaliação Familiar: Do Modelo Calgary de Avaliação da Família aos Focos da Prática de Enfermagem. *Ciência, Cuidados e Saúde*, pp. 552 - 559.
- Luís, V. C. A. (2012). *De Enfermeira a Enfermeira de Família: Abordagem dinâmica de famílias com idoso dependente* (Master's thesis, Instituto Politécnico de Santarém, Escola Superior de Saúde de Santarém). Retrieved from <https://repositorio.ipsantarem.pt/bitstream/10400.15/1228/1/De%20enfermeira%20a%20enfermeira%20de%20familia....pdf>

P210

Agri-food wastes: Valorization of Lychee (*Litchi chinensis*) peels

Clemence Ferchal⁽¹⁾, **Carla Sousa**^(1,2), **Ana F. Vinha**^(1,2,3)

¹ Pharmaceutical Sciences, Faculty of Health Sciences, University Fernando Pessoa, Portugal. Email: 39962@ufp.edu.pt

² FP-ENAS (UFP Research Unit in Energy, Environment and Health), CEBIMED (Center for Studies in Biomedicine), University Fernando Pessoa, Porto, Portugal.

³ REQUIMTE / LAQV, Department of Chemical Sciences, Faculty of Pharmacy, University of Porto, Porto, Portugal.

BACKGROUND: Tropical fruits represent one of the most important crops in the world. Moreover, currently, food security is a growing problem due to the depletion of natural resources and increasing population, which has led to a gap between production and consumption (1). Nowadays, medicine has started to pay great attention to functional food, which displays an additional function related to health promotion or disease prevention. In fact, phytochemicals present in fruit byproducts (peel and seeds) are generally significantly higher than in their respective edible tissues (pulp), suggesting these wastes to be potential sources for isolating bioactive compounds or as nutraceuticals ingredients for new food products (2). **Methods:** Lychee (*Litchi chinensis*) is an extremely popular fruit, currently consumed worldwide. The peel and seed represent ~50% of the fruit, which is considered high. However, when processed properly, such waste can generate other products as extracts and flours, contributing to its use in food, pharmaceutical and cosmetic industries. Selected fruits were washed, weighed and separated into peel, pulp and seed. The peel was lyophilized, ground, and stored protected from light until the time of analysis. Proximate composition of lychee peel flour was performed according to the methods AOAC (3), and dietary fiber, determined using enzymatic kit Sigma®, followed the technique proposed by AOAC (3). The total energy value (TEV) was also calculated. **Results:** Total carbohydrates and TEV were high (60 g/100 g and 318 kcal/100 g, respectively), presenting low content of proteins and lipids. Lychee peel flour presented 20 g/100 g dietary fiber. The Reference Daily Intake (RDI) is 25 g fiber (4); thus, this flour obtained from a food waste may be considered as a natural ingredient, with potential fiber source, to be integrated in new products. **Conclusions:** It is desirable to find proper food applications for fruits peel for helping the environment through sustainability and creating new value-added food products.

Keywords: waste valorization, sustainability, lychee peel flour, nutraceuticals.

References:

1. Ben-Othman, S., Jõudu, I., Bhat, R. (2020). Bioactives from agri-food wastes: present insights and future challenges. *Molecules*, 25, 510.
2. Emanuele, S., Lauricella, M., Calvaruso, G., D'Anneo, A., Giuliano, M. (2017). *Litchi chinensis* as a functional food and a source of antitumor compounds: An overview and a description of biochemical pathways. *Nutrients*, 9, 992.
3. AOAC – Association of official analytical chemistry. 2019. Official methods of analysis, 21st ed., Gaithersburg.
4. Food and Drug Administration. (2015). Guidance for industry: a food labeling guide. Available in: <http://www.fda.gov/food/guidanceregulation/guidancedocument/sregulatoryinformation>.

P211

Planeamento da Gravidez...sem stress!

Ana Carvalho⁽¹⁾

¹ Centro Hospitalar Tondela-Viseu, EPE, Escola Superior de Saúde de Viseu, Portugal;

BACKGROUND: O seguimento da gravidez de baixo risco na consulta de Saúde Materna (SM) dos Cuidados de Saúde Primários (CSP), é regulado por datas-chave, definidas pela Direção Geral de Saúde (DGS)⁽¹⁾ e também pelos indicadores de SM da Contratualização dos CSP^(2,3,4). O ótimo cumprimento dessas datas é essencial não só para o desempenho da Unidade de Saúde Familiar (USF), mas sobretudo para o bem-estar da grávida e da criança. De notar que o sistema informático SCLínico ainda não mostra a calendarização completa dessas datas. **Objectives:** Para melhorar a planificação das consultas de SM na USF, procedeu-se à criação de um instrumento para cálculo dos intervalos temporais corretos com vista à realização dos diversos procedimentos a realizar ao longo da gravidez. **Methods:** Criação de ficheiro em Excel, para determinação automática dos períodos ótimos de realização de Análises, Ecografias, Imunizações, Referenciações, calculados a partir da Data da Última Menstruação ou da Data Provável do Parto, de acordo com as datas preconizadas pela DGS e cumprindo os indicadores contratualizados. **Results:** A partilha deste ficheiro, em cada posto de trabalho da USF e o seu fornecimento à grávida, ajuda a que esta fique mais calma e confiante nesta fase do seu ciclo vital e auxilia a equipa de saúde no cumprimento dos vários procedimentos a realizar nas datas corretas. **Conclusions:** A determinação das datas-chave da gravidez de baixo risco, ajuda a grávida a vivenciar uma gravidez mais tranquila ao agrupar os procedimentos aconselhados num só documento, permitindo uma melhor gestão do tempo e das emoções numa fase tão sensível para ela, reduzindo desta forma o stress associado à gestão destes procedimentos a realizar ao longo da gravidez.

Keywords: Cuidados de Saúde Primários, Excel, Gravidez, Saúde Materna, USF

References:

1. Portugal, Ministério da Saúde, Direção Geral da Saúde. (2015). Programa Nacional para a Vigilância da Gravidez de Baixo Risco. Lisboa: DGS. acessado em <https://www.dgs.pt/em-destaque/programa-nacional-para-a-vigilancia-da-gravidez-de-baixo-risco-pdf/1.aspx>
2. República Portuguesa, Administração Central dos Sistemas de Saúde. (2021). Bilhete de Identidade de Indicadores de Monitorização e Contratualização. ACSS. acessado em <https://sdm.min-saude.pt/bi.aspx?id=308>
3. República Portuguesa, Administração Central dos Sistemas de Saúde. (2021). Bilhete de Identidade de Indicadores de Monitorização e Contratualização. ACSS. acessado em <https://sdm.min-saude.pt/bi.aspx?id=310>