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### EXPLORING THE HEALTHCARE NEEDS OF PATIENTS WITH MILD CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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**Introduction:** Pulmonary rehabilitation is a core component of the management of patients with chronic obstructive pulmonary disease (COPD), however, patients are not referred until they have advanced COPD. Nevertheless, it is unknown if patients with mild COPD are also symptomatic and experience restrictions in their daily life.

**Objective:** This study assessed symptoms, exercise tolerance and health-related quality of life (HRQL) in patients with mild COPD.

**Methods:** Outpatients diagnosed with mild COPD according to the Global initiative for chronic Obstructive Lung Disease were recruited from two primary care centers. Activities limitation resulting from dyspnea was assessed with the Modified British Medical Research Council questionnaire (score 0-4) and exercise tolerance with the 6-minute walking test. HRQL was measured with the St. George's Respiratory Questionnaire (SGRQ). The SGRQ assesses three domains: symptoms, activities and impact. For each domain/total questionnaire, score ranges from 0 (no impairment) to 100 (maximum impairment).

**Results:** Twenty-six patients (67.8 ± 10.3yrs; forced expiratory volume in 1 second 86.2±7.9% predicted) participated. Participants experienced limitations in their daily life activities due to dyspnea (median 1, interquartile range 1-2). The mean 6-minute walking distance was 432±75.9 meters, representing 72.5±9.7% of the predicted value for older adults (Troosters, Gosselink & Decramer, 1999). Regarding HRQL, participants had a mean of 46.3±20.2 in SGRQ symptoms score, 44±25.2 in activities score, 19.4±18 in impact score and 31.3±18.5 in total score.

**Conclusions:** Patients with mild COPD are already experiencing dyspnea during daily life activities, exercise intolerance and impaired HRQL. Future studies should explore the potential of pulmonary rehabilitation in this group of patients.

**Descriptors:** Chronic obstructive pulmonary disease. Mild disease. Healthcare needs. Health-related quality of life. Pulmonary rehabilitation.

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### STUDENT SUPPORT SERVICE: PROMOTING WELL-BEING OF STUDENTS OF POLYTECHNIC INSTITUTE OF LEIRIA

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**Introduction:** The promotion of health, well-being and academic success of the Polytechnic Institute of Leiria's (PIL's) students as well as the development of competences that help them to deal with the challenges associated with the transition and adaptation to higher education and integration in working life are the main objectives of the Student Support Service (SSS).

**Objective:** Since 2007/2008, the SSS has been operating in the 5 Schools of PIL, in three principal axes: personal orientation, psychopedagogical, psychological and vocational support.

**Methods:** Apart from the initiatives aimed at students, training for teacher and other school staff has been taking place, in a perspective of promotion of well-being among the different people that compose the PIL community, having results in a better organizational climate. Besides the investigation developed, the Student Support Service has been organizing materials and support guides not only for students, but also for teachers.

**Results:** With this proposal of communication, we aim to summarize the main results accomplished in the context of the activities that have been being developed, not only when it comes to programs of competences development (that counted with the involvement of 1,000 students in the academic year of 12/13) and psychological support (with around 1800 appointments in 12/13), but also in the field of teachers' training (around 90 in 12/13).

**Conclusions:** Overall, our intention is to systematize SSS's most relevant results in its main intervention lines, having as goal a positive and successful adaptation of PIL's students and their well-being in general.

**Descriptors:** Higher Education; Transition; Well-being promotion; Academic Success; Personal Development.

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