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LEVEL OF PHYSICAL ACTIVITY OF HYPERTENSIVE ELDERLY PEOPLE AT TWO BASIC HEALTH UNITS IN MARINGÁ-PR

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Background: Physical activity is a crucial factor in maintaining health and well-being in the elderly. Hypertension is a chronic condition that affects a considerable proportion of individuals in this population, and physical activity has been recognized as a fundamental component of disease management, as it helps to reduce blood pressure and improve cardiovascular health.

Objectives: To investigate the level of physical activity in hypertensive elderly people who attend two Basic Health Units in Maringá-PR.

Methods: This research was a quantitative, cross-sectional, exploratory study, which included elderly men and women. Data were collected in 2 Basic Health Units (UBS) between March and July 2019. Sociodemographic information and physical activity level were evaluated using the short version of the International Physical Activity Questionnaire (IPAQ), which estimates the time spent by week, in different dimensions of physical activity and inactivity. Participants with disabling neurological diseases or comprehension difficulties were excluded from the study. The significance level adopted in the tests was 5%.

Results: The 200 respondents had a mean age of 71.2 ± 7.8 years (minimum 60 and maximum 102 years), 98 (49.0%) were female, 127 (63.5%) were white, 84 (42.0%) were between 60 and 69 years old, 112 (56.0%) were married, 171 (85.5%) reported having children. Almost all individuals (195 or 97.5%) used anti-hypertensive drugs continuously, with 108 (54%) being overweight and obese and, in the IPAQ classification, 153 (82.5%) were classified as irregularly active or sedentary. When correlating the IPAQ with the sociodemographic characteristics, a significant association was observed, where individuals with a lower age group ($p < 0.05$), with a higher income ($p = 0.01$), and married ($p = 0.02$), showed a higher level of physical activity and a better health-related condition. Despite practicing physical activity, hypertensive individuals did not meet the recommendations of the World Health Organization regarding the frequency and duration of physical activity.

Conclusion: Most hypertensive elderly had a low level of physical activity and were classified as irregularly active or sedentary. It was also observed that changes in lifestyle and lack of education influenced the non-adherence of these individuals to non-drug treatment and the usual practice of physical activity, which was the greatest difficulty observed in the study.

Implications: Health education and promotion strategies should be carried out to increase the level of physical activity and improve adherence to non-pharmacological treatment in this population, aiming to reduce the costs of health services that systemic arterial hypertension causes.

Keywords: Hypertension, Physical exercise, Aging

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MATERNAL SATISFACTION ASSESSMENT IN A NEONATAL INTENSIVE CARE UNIT

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Background: The satisfaction survey contributes to the knowledge about the positive and negative points of each service to have subsidies to favor a more appropriate environment and a better structuring of public policies focused on the health field. Especially in the Neonatal Intensive Care Unit (NICU), parental satisfaction is an essential parameter to assess the quality of service, with the ability to provide improvement in health care, as one of the main indicators of quality of care.

Objectives: This study sought to assess maternal satisfaction regarding the care provided by the multiprofessional team at a NICU.

Methods: This is a field research, quantitative approach, with 50 mothers who had children admitted to the NICU of the Maternidade de Alta Complexidade do Maranhão (MACMA). The instrument used was the questionnaire Empowerment of Parents in the Intensive Care-Neonatology (EMPATHIC-N), which assesses the satisfaction of parents of newborns admitted to the NICU, covering six evaluative domains: information; care and treatment; organization; participation of the mother; professional attitude and overall experience, in addition to two questions on overall satisfaction. The analysis occurred through Excel 2016, performing the average of the domains and overall satisfaction.

Results: When comparing the domains, the means indicated differences ranging from 5.23 - 5.64, with the minimum corresponding to the information domain and the maximum in global experience. The best-evaluated domains were global experience (5.64), care and treatment (5.44), and organization (5.52). Other domains, such as mother's participation (5.29), professional attitude (5.26), and information (5.23), had lower averages. In overall satisfaction, the medical team was better evaluated (9.08) than the nursing team (8.76).

Conclusion: Mothers showed high levels of satisfaction regarding the care provided by the multiprofessional team, with averages close to six, especially in global experience, organization, and care and treatment, however, in the domains of information, professional attitude and participation of the mother showed the lowest averages, and the medical team was better evaluated in overall satisfaction. Moreover, the need for instruments that include all the professionals of the multiprofessional team is noted studies on the subject necessary and the development of a more comprehensive instrument is noted.

Implications: The research has proved to be of great relevance since it provides a better understanding of the knowledge regarding humanized practices within a NICU, contributing to effective and quality care.

Keywords: Patient Satisfaction, Patient Care Team, Neonatal Intensive Care Unit

Conflict of interest: The authors declare no conflict of interest.

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