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TECHNICAL FILE

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01

EDITORIAL

January is the month of hope for the year that begins!

The LQRC-CIEQV newsletter appears as a beacon for the 2nd LQRC-CIEQV International Congress, which will take place at the School of Education and Social Sciences – Polytechnic Institute of Leiria, on the 23rd and 24th of February, under the theme “Research Trends in Quality of Life”. The congress features 5 international speakers, specialists in the various scientific areas of the centre. There are more than ninety communications, oral and posters, which are presented, in the dynamics of sharing and transferring science knowledge, between researchers, teachers, students, companies and other organizations.

This edition of the newsletter is an example of the commitment of LQRC-CIEQV researchers, in particular, researchers in the scientific area “Individual and Community Health”. From the news of the degrees and titles achieved, passing through the detailed exposition of the research carried out, listening to researchers in the area and presenting the ongoing projects, which impact society.

The LQRC-CIEQV coordination can only express its satisfaction for the work carried out in this scientific area, and congratulates the authors of the published works and, above all, the excellent result, which is the achievement of the aggregation by Doctor José Amendoeira.

We wish you good readings and an active presence at the LQRC-CIEQV congress.



José Fernandes Rodrigues ^{1,2}

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We started 2023 with increased expectations regarding the development and consolidation of Research and Development by the work teams within the areas that are organized from the stages that characterize the life cycle of people, who are born, live, develop and experience transitions throughout life.

The Research Activity Plan of the Scientific Area Individual and Community Health (hereinafter referred to as the Plan), for 2023, was recently positively evaluated unanimously, in the Technical-Scientific Council (CTC) of ESSS. The objectives, activities and goals of the Plan are integrated into the Activity Plan of the Director of ESSS and the LQRC-CIEQV Activity Plan for this year.

It is important to discover that, as a result of this Plan, the integration plan of 1st cycle and 2nd cycle Students was recently approved in the CTC, promoting the learning of specific content to the Curricular Units and formalizing the participation of 1st cycle students as users in the research and selection of the most current evidence, mobilized from an evidence-based practice perspective. With regard to the students of the 2nd cycle, the learning of content and methodologies such as “research doers” is formalized in the first semester of the courses and, to be developed and deepened in the following semesters, particularly in the context of the clinic. We also share the most relevant news in the period to which Newsletter n^o 27 concerns.

In the interview, Professor Maria do Carmo Figueiredo, Integrated Researcher at LQRC-CIEQV and Retired Professor of ESSS, challenges us to deepen the status of those who, despite the situation of retiree, continue to integrate research projects; communication and dissemination of results, contributing to the objectives of the Scientific Area Individual and Community Health.

The article, under the responsibility of Professor Elizabete Lamy, deepens a very relevant dimension in the essence of Nursing as a profession and discipline of knowledge – The Person-Centered Care model and the Empowerment outcome.

Researchers responsible for Life-Cycle Areas, as a school research structure, share information about the development of projects under development in each of the areas, as well as the teams that make up them.

Finally, we can access the publications and dissemination of knowledge in various national and international contexts, by integrated doctoral members, integrated doctoral candidates and collaborators of LQRC (CIEQV).



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02

INFORMATION #1

— **Post PhD in Nursing – Simulation in Nursing**

This year takes place at the School of Health of Santarém, the first Post-Doctorate in Nursing, by Dr. Raíssa Souza Silva, under the theme of “Simulation and Skills development” in the teaching process learning with students of the 1st cycle – Nursing /3rd Year. The supervision is in charge of Professor Coordinator José Amendoeira.

03

INFORMATION #2

— Aggregation Examination in Health and Wellness Sciences and Technologies – Nursing Specialty

On January 19 and 20, 2023, took place the Aggregation Examination of Doctor José Joaquim dos Penedos da Amendoeira Martins, on Health and Wellness Sciences and Technologies – Nursing Specialty, at the University of Évora – Sala dos Atos do Colégio Espírito Santo.

In addition to the Curriculum Discussion, a “Report of Integrated Curricular Units – Advanced Clinical Nursing and Advanced Clinicnursing Adult & Geriatrics” was presented and discussed. On the second day of the Examination, a Lesson entitled “Born to Grow Old” was presented and discussed. The result was Unanimously Approved.



04

ARTICLE

— The Person-centered care model and the Empowerment outcome



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Abstract

Introduction: Person-centered care model is related to Empowerment in chronic diseases and their focus is on the person/family, community and decision-making processes related to self-care promotion in therapeutic regimes management. Person-centered care surpasses not only most nursing models, but also current health promotion and policies.

Theoretical Framework: The concept used in this study was mainly Empowerment as a process and result.

Method: Qualitative cross-sectional study with data analysis according to Grounded Theory (Charmaz, 2014). Nine semi-structured interviews were carried out.

Results: The Empowerment's process building was categorized through the theoretical explanation: "facilitating the decision according to each one's mind" and consisted of three processes/categories: awareness of the need for change; perceiving oneself as being capable of change; deciding to change. This process consists of phases that will have to be resolved for the person to move forward and are part of the nurse's intentionality when developing nursing interventions. Primary health care provides an excellent context for the application of person-centered care in chronic illness, due to its proximity

to the population (McCormack & McCance, 2017). Person-centered care and their needs seem to be part of a theoretical nursing discourse, but without clinical knowledge translation.

Conclusion: The model of care centered on the person with a chronic illness can give visibility to nursing care, mainly in obtaining health gains; having implications in terms of personal satisfaction, improvement of well-being, self-care, and prevention of complications, namely in the prevention of early deaths, reduction in the number of hospitalizations.

Keywords: Empowerment; Chronic Disease; Health Quality; Person Centred Care; Nursing.

1. Introduction

Person-centered care assumes a symmetrical relationship between the person and the nurse in the context in which professionals have knowledge and the person has experience with chronic illness. The theoretical framework of the study was anchored in the concept of a person with a chronic illness and therapeutic regime and in their Empowerment, highlighting the theory of transition by Meleis (2010), self-care theory by Orem (2001), Self-management theory by Rain, Savin (2009), as well as the concept of Empowerment, as process and outcome (Rappaport, 1984; Gibson, 1991; Labonte, 1994; Perkins, 1995; Aujoulat et al., 2006; Tengland, 2007). The research was carried out in 2015 as part of the doctorate in nursing. A cross-sectional study was carried out with 271 participants of both sexes, aged between 18 and 65 years and with chronic diseases, in which we characterized their level of Empowerment and identified factors related to this result. In the 2nd phase, 65 people with a high level of Empowerment were identified through the application of the individual Empowerment scale (Luz, Bastos, Vieira et al, 2017). Of the 65 people with chronic illness, we selected those with the highest level of Empowerment and conducted 9 interviews, which allowed us to deepen the identification of the personal and contextual factors of the participants that contribute to individual Empowerment.

1.1. Background

The World Health Organization, in its report in 2012, presented the main health strategies for 2020, one of the objectives is the empowerment of citizens in health. Referring to it as a key element to improve health, satisfaction with health care, communication between client and health professionals, increase adherence to the therapeutic regimen and efficient use of primary health care. The concept of empowerment is used in multiple contexts, such as teaching, management. In the management of chronic disease empowerment is a process aimed at increasing the ability to think critically and act

autonomously (Santis, Hervas, Weinman, & Bottarelli, 2018). On the other hand, it can be perceived as a complex goal that involves three central concepts: well-being, health, and quality of life. In this context, empowerment is an outcome (Santis, Hervas, Weinman, & Bottarelli, 2018).

2. Method

2.1. Study Type

Descriptive cross-sectional qualitative study.

2.2. Study Design

In the first part, it was decided to identify and develop the individual Empowerment scale and apply it in the CSP (Primary Health Care), in the functional units of the ACES. In this stage we created and validated the scale and from it we identified the people who had the highest values on the scale, that is, they would be the most qualified. Subsequently, we selected nine users with a higher level of Empowerment who agreed to carry out semi-structured interviews in a location of their choice (home or functional unit where the questionnaire was applied). We opted for the orientation of the Grounded Theory (Charmaz, 2014) for data analysis.

2.3. Theoretical Sample

Qualitative study participants were selected from the sample of 271 subjects according to their level of Empowerment. This level was assessed using the individual empowerment scale (Luz, Bastos, Vieira, et al 2017), which consists of 25 items with responses given on a four-point Likert-type scale ranging from “totally agree” to “totally disagree”. Positive and negative statements are mixed, and some items are reversed when calculating the total score so that a higher score represents greater perceived empowerment. We identified 68 people with a high level of Empowerment corresponding to 25% of the sample, above 3.58.

Participants were contacted considering, in descending order, the level of Empowerment; nine agreed to carry out the semi-structured interview. This was considered the theoretical sample because it guided the researcher in the way he needed to go to obtain explanatory data of the categories considering the conceptual and theoretical development of the theme.

2.4. Data collection

Data collection took place from July to October 2015 through semi-structured interviews, which were carried out in a place chosen by the participants and previously scheduled with the researcher. They were recorded and transcribed. Thus, six interviews take place at home, two at the health unit and one at the workplace.

2.5. Data analysis

The analysis of the nine interviews was carried out according to the Grounded Theory method proposed by Charmaz (2014).

3. Results

3.1. Facilitating the decision according to each one's head

The process of "Facilitating the decision according to each one's head" consists of phases and explains the decision process according to the individuality and what is understood during this process. The person can act in synergy with the world and the potential to manage and guide change. Awareness of the need for change will be the first step, characterized by the following indicators: Pre-awareness; Individual Factors; Attitudes (people and health professionals); Empowerment facilitating environment. Pre-awareness corresponds to a phase in which the person already manifests openness to initiate change; there may be a confrontation with the clinical diagnosis and the need to start the treatment, which will be for life. It could be a shock phase with reality, but also, and often, the first contact with health professionals. Individual factors correspond to indicators that reflect the person's perception of the severity of their illness and their reaction to the diagnosis; each one reacts and "responds" according to the meaning attributed to the severity of the disease, the same conditions the awareness of the disease and treatments. People's attitudes may be characterized by flexibility in managing the therapeutic regimen, taking responsibility for managing it, and need for time. It is important for nurses to give people time to integrate the complexity of their regimen and to be available to answer questions. Nurses' attitudes should promote and facilitate the person's internal dialogue, promoting different types of knowledge, namely knowing how to mobilize and know how to transfer, creating a relational environment that facilitates critical reflection and self-knowledge. Awareness is a decisive step for the integration of the therapeutic regime into the person's identity, and it is important for the nurse to facilitate the awareness of the need to change in the person with a chronic illness. Promoting reflection

on their beliefs and values about the disease, their fears, about decisions and, above all, understanding whether the person feels capable of changing and providing information considering their need.

Perceiving oneself as being capable of change will be the next step, in which the person has a perception of his inner power. This perception depends on a set of conditions that translate into the following indicators:

- Personal attributes of management style of the therapeutic regimen of Responsible predominance;
- Support or help from family and health professionals.

Family, friends and neighbours are the main support in the management of the therapeutic regimen, especially in terms of the pharmacological regimen. Fun, humor, “forgetting the disease” and friends are strategies that correspond to emotion-focused coping mechanisms to find ways to deal well with the negative emotions they are confronted with, which may take longer to reach use of problem-centered coping strategies. Professional support is highly valued and the “continuity” of the same professionals over time acquires a meaning of “being known”, increasing the feeling of security. Being able to expose your anxieties and needs to professionals and feel confident in them is very important to promote self-knowledge and empowerment.

The person will have to become aware of the need for change, this will be the first step towards later perceiving themselves as capable of changing and then deciding to change. This stage consists of the integration of the therapeutic regime and the development of a fluid identity and mastery that is translated, in this study, by the following indicators:

- Doing everything so well that it’s already become routine;
- Make changes and achieve;
- Maintain balance;
- living with chronic illness as part of daily life.

These three sub-processes take place when the person with a chronic illness is confronted with the diagnosis, at which point the nurse assumes the role of facilitator of the decision, considering the individuality of the human being. Making people with chronic illnesses aware of their role is a very important step towards change, being the first without which it will not materialise.

However, not all people with chronic illness reach this awareness. When it happens, the person commits to himself and becomes increasingly involved, setting goals and objectives, feeling “empowered”. When

the person feels that he has the power to change, he is effectively prepared for it, but he may not have decided yet. It is then up to the nurse to establish a relationship of trust and mutual respect based on the meaning or sense that people give to the problems posed by their chronic illness and their goals. The guiding principle of the nurse's intention will depend on the nature of the help that the person with a chronic illness needs. When the person with a chronic illness decides to change, it is up to the nurse to look at the capabilities present so that this change takes place, (re) building identity and providing security; assuming the professional the role of facilitator of skills and competences that allow the person to manage their therapeutic regime. When a person really feels "empowered" and decides to change, he can achieve his goals and objectives.

This process is not easy, neither for the person with a chronic illness nor for the nurses, who were not recognized as having a significant role by the people who participated in the study. Seven participants even mentioned that there was no contact or relationship with the nurses. Only one of the participants, who is followed in the APDP, mentions the support and interventions of nurses, but in conjunction with medical clinical activities, based on monitoring of bodily processes, such as weight assessment, capillary blood glucose and teaching standard. It becomes relevant to understand why more "empowered" people do not perceive nurses as a resource.

4. Discussion

The theoretical explanation of the process "Facilitating the Decision" according to the "head of each one" means that the intentionality of therapeutic nursing interventions is to support and promote Empowerment, autonomy, and responsibility according to the individuality of each one. This process of "Facilitating the Decision" according to the "head of each one" is constituted by phases that correspond to steps that will have to be solved, by the person to move forward, are part of the intentionality of the nurses when they develop the therapies of nursing. Intentionality based exclusively on the acquisition of instrumental skills and adherence often fails in the face of the necessary decision-making in health matters (Bastos, 2015). The development of the competence of "feeling empowered" is a challenge for nursing, because creating environments that promote growth in a "Rogerian" perspective allows both to grow and the meeting, the presence and the therapeutic relationship acquire a meaning that, being a promoter of Empowerment adds to health gains for the person with a chronic illness.

We believe that primary health care provides a context of excellence for the application of a model centered on the person with a chronic illness due to its proximity to the population, as stated by McCormack, McCance (2017). However, in this study, we found that none of the participants mentioned

the nurse as a resource or support in the management of the therapeutic regime at the level of the CSP, they did not attribute a meaning to it. The model of care centered on the person and their needs seems to be part of a theoretical discourse of the nursing discipline, but without the translation of knowledge into the clinic.

5. Conclusion

The person-centered care model is characterized by the authors as being empowering; therefore, its application at the level of nursing interventions and the simultaneous evaluation of the Empowerment as an outcome could give visibility to nursing care, especially in obtaining health gains; having implications for the level of satisfaction of the person, improvement of well-being, self-care, quality of life, and prevention of complications: namely in the prevention of early deaths, reduction in the number of hospitalizations.

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05

INTERVIEW

— Interview with Maria do Carmo Figueiredo



Maria do Carmo Figueiredo ^{1,2}

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Brief curricular presentation

Maria do Carmo Figueiredo. PhD in Nursing – Specialization in Nursing Education, with the thesis “Health Promotion in Nursing Curricula: Knowledge of teachers and meanings attributed by students, by University Cattolica Portuguesa – Lisbon (2017), Title of Specialist in the Teaching Career of the Polytechnic Higher Education (2012), Master’s Degree in School Health from the Faculty of Medicine of the University of Lisbon (2000), Specialization Course in Public Health Nursing (1988) at the Higher School of Nursing of Lisbon (Degree) and General Nursing Course (Bachelor’s Degree) at the Higher School of Nursing of Coimbra (1978). Integrated member of LQRC-CIEQV. Retired Adjunct Professor at the Polytechnic Institute of Santarém – Higher School of Health of Santarém. She conducted theoretical and internship curricular units related to Public Health Promotion and Community Health and Public Health Nursing, both in undergraduate courses and in specialization courses in Community Health and Public Health Nursing. Researcher in charge of the research project “Impact of the Covid *19 Pandemic on Students of Polytechnic Higher Education in Santarém and Leiria” UIDP/04748/2020. She participated in several research projects, of which the project Your Pel – Promoting and Empowering for Health Literacy in the young population POCI-01-0145-FEDER-023386/2016 SAICT-POL/23386/2016 and the TeenPower Project: e-Empowering adolescents to prevent obesity POCI-01-0145-FEDER-23557/2016 SAICT-POL/23557/2016. It is currently part of two unfunded projects: “ALLYOUNEEDKNOW” and “Community Interventions in Promoting Quality of Life for the Elderly –

Home Support Service”, focused on adults and the elderly. She has published several articles and abstracts in national and international journals, 5 chapters in books and 1 in press, made several oral communications and posters in national and international congresses, supervised 3 master’s theses and co-supervised 6, in Community Nursing. She conducted scientific refereeing at conferences and in scientific journals. Received the prize for 1st classified project in the LQRC-CIEQV Research Contest in 2020.

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CIÊNCIAVITAE: <https://www.cienciavitae.pt/portal/6514-DFCB-13CE>

What are your objectives as a member of the LQRC-CIEQV?

My main objective is to intensify the LQRC-CIEQV through the quality of research carried out at the area of individual and community health and, in this way, contribute to the scientific development of the curricular units taught at ESSS. The permanent development of teachers’ knowledge and practices are conducive to the training needs of students and to the organizational functions required by the educational system, which constitutes another objective. At the same time, we integrate theory and practice, we can involve students in research, which is also a process of pedagogical training. On the other hand, the multidisciplinary nature of the projects allows you to interact with other fellow researchers and build bridges and multidisciplinary approaches to the objects of study. The LQRC-CIEQV, as a multidisciplinary center, is an excellent platform for this interaction with other colleagues from other areas of knowledge. At LQRC-CIEQV it was possible to set up a research team with elements from other disciplinary areas that complemented each other and with a solid experience at the area of education and psychology.

Which are your main research projects?

For me all projects are important for knowledge and scientific development. I would like to coordinate one more project, as retired teachers are still carriers of a level of knowledge that must be preserved and valued, through a lifetime of experience, in the fields of teaching, research and community relations. I think it would be important to create a Regulation for the Activity of Retired, and Retired Professors and Researchers integrated in the LQRC-CIEQV, so that they have a clear status and due institutional recognition. It must be in line with what is established in the Statute for the Teaching Career of Polytechnic Higher Education (ECPDESP) and in the Statute for the Career in Scientific Research. The projects in which I collaborate are both of community intervention and any of them is aligned with my area of training and knowledge. The promotion of health, through regular physical activity, a diet richer

in fruit, vegetables, fiber, and fish, with little salt and little sugar, without abuse of alcoholic beverages or other harmful substances, and without tobacco, along with a balanced, fraternal, charitable and satisfying affective life and social relationships, and an adequate management of the stress of daily life, gain years of life and quality of life for the years that are gained. The **“ALLYOUNEEDKNOW”** project aims to enable active adults with Heart Failure and/or Diabetes II to make decisions and adopt healthy lifestyles. Identifying their needs enables them to be trained for health, taking in account the ever-increasing complexity at work, family, and community. The other project called **“Community Interventions in Promoting the Quality of Life of the Elderly – Home Support Service”**, which aims to assess the perception of the quality of life of elderly people with home support; identify the relationship between sociodemographic variables and the perception of the quality of life of elderly people; relate the functional capacity of daily life activities and the quality of life of elderly people. Both are aligned with the health 2020 strategies, with the National Strategy for Active and Healthy Aging 2017-2025 and with the 2015 Sustainable Development goals. Both projects are in the data collection phase.

Knowing that knowledge should be transferred to society, how can the area of scientific research and professional intervention in which you are involved contribute to the union of theory and practice?

Since intervention programs are designed in accordance with existing scientific knowledge, it is possible to test the relevance of that knowledge from a practical point of view and validate the type of intervention by validating its effectiveness. It fits the need to develop a more integrative and interdisciplinary approach, which promotes a greater understanding and knowledge about scientific principles and social problems. In fact, as the world becomes more competitive and global and technology expands, new and more complex challenges arise. To respond, it is necessary to train citizens who have greater knowledge about science and technology, so that they can participate actively and responsibly in informed decision-making about science and knowledge-based innovation. In this case, we work in partnership with District Hospital of Santarém and Santa Casa da Misericórdia of Santarém. On the other hand, it is important to understand the nature of science and practice oriented towards the promotion of scientific literacy, through the dissemination of knowledge in scientific journals, oral communications and posters, both nationally and internationally, which is what we have carried out in several cities in mainland Portugal (Coimbra, Aveiro, Porto, Lisbon, Leiria and Santarém), Madeira Island (Funchal), Brazil (Marília and Florianópolis), Angola (Benguela), Spain and Finland. With this expose, we also disclose the LQRC-CIEQV.

Considering that the LQRC-CIEQV promotes research on quality of life, what are the practical implications of the research it carries out?

The research I develop aims to extrapolate to practice and validate the recommendations made by the main national and international health organizations and others. Given that in the context of individual and community health we are working with people, we need to invest in their health throughout the life cycle, empowering citizens; strengthen people-centered health systems; build resilient communities and protective environments. The interventions of health professionals are centered on adequate knowledge of people's needs, with a view to promoting health literacy, and whose result will be their training for self-management in the health/disease process, which proves to be of crucial importance. People with the knowledge, skills, and confidence to manage their health have better health outcomes, thus giving equally growing importance to empowerment as a process of building that same knowledge, skills, and confidence. Boosting the aging of the population with integrated planned interventions aimed at addressing social and health determinants, which can be modified throughout the life cycle, constitutes a challenge today. The commitment to the salutogenic aspect, promoting health to the detriment of focusing on their disabilities and illnesses, enhances the empowerment of elderly people, allowing them to participate and decide freely and consciously in the face of the daily stimuli to which they are subject. A key action to enable the autonomy of older people will be to maximize their intrinsic capacity, and autonomy can be reinforced, regardless of the person's level of capacity. Actions that can help achieve this goal include providing services that facilitate functioning, such as assistive technologies and community or home-based services. Technological changes accompany the aging of the population and create opportunities never before available: the Internet can allow a continuous connection with the family, distant, as well as access to information that can guide self-care or provide support to caregivers. Supportive resources such as wearable devices provide new opportunities for personalized monitoring and care. The typology of responses with the greatest national representation are Residential Structures, Day Care Centers and Home Support Services for the elderly, with a trend towards growth. Thus, the investigation that I am developing allows me to identify some implications for professional intervention applied to different Portuguese national health programs. Through the management of available resources, it is possible to improve the quality of life of the adult and elderly population.

06

NEWS – PROJECTS UNDER DEVELOPMENT

– Project 1



Hélia Dias ^{1,2,3}

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³ Domain Coordinator – Pregnancy and Neonatal Domain

1. **Project “Tobacco consumption in pregnancy: The uniqueness of women in nursing intervention” (Mum2You) – In development**
2. **Project “Educando en Sexualidad: Avance para la Salud Europea” (EdSex)**, Reference: 2021-1-ES01-KA220-HED-000023306. Instituto Politécnico de Santarém participates as a partner, together with the University of Castilla-La Mancha (Spain) which coordinates, University of Évora (Portugal).
 - Atividades desenvolvidas:
 - **October** 12 to 14, 2022: Learning/Teaching/Training Activity at the University of Degli Studi Di Modena and Reggio Emilia (Italy) with the presence of IPSantarém researchers.
 - **November** 29, 2022: Workshop “Covert Sexual Violence: Behind Informed Consent” directed to 1st cycle nursing students.
 - **December** 12, 2022: Workshop “Sexual diversity: Validating emotions related to sexuality” directed to 1st cycle nursing students.

— Project 2



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Understanding the potential factors present in each family, school, community and health context that may impact on the lifestyles of the child, youth and family, will be an effective strategy to identify and minimize the inherent risks and their consequences regarding the growth and development of children and their families.

It is fundamental to have a life cycle approach to health, maximising the potential for growth and development with quality of life, with the perspective of a healthy future. Involving/skilling parents, family, educators in the construction of the child's and young person's life project in a model of care partnership (ferreira et al, 2019; ferreira et al, 2022) will be the strategy.

In this sense, and within the scope of the post neonatal and youth scientific domain, we have been developing scoping reviews (JBI) that have allowed us to identify determinants of the quality of life of children, young people, and their families, as well as measurement instruments.

The factors identified as influencing the quality of life of children and young people are, namely, nutrition, physical activity, alcohol, tobacco, and sleep.

It is then urgent to implement training programmes with the different intervening parties in the life of the child, namely the parents, as they are the main role models in the life of a child.

I send below the paragraph concerning the doctoral student Maria Helena Martins, who I think is already registered at LQRC (CIEQV).

The curricular year of the Doctoral Course in Nursing was concluded, with the public discussion of the doctoral project and its approval, last December. Still awaiting the registration process, the provisional title proposed is: “The Child with Complex Chronic Illness and Family: intervention in Transition Care from Hospital to Community”. In Portugal, there are no studies dedicated to the process of transition of the child with complex chronic illness and family from the hospital to the community. The development of an intervention promoting transition care, focused on the specific needs of these children and families, based on continuity and coordination of care, is of particular interest for the Nursing disciplinary area, due to the innovation that it may introduce in the national scientific panorama. The purpose of this project is for the intervention developed to contribute to improving the quality and safety of the transition care provided to children with CHD and their families from hospital to the community. For the implementation of this research proposal, the Medical Research Council’s framework was adopted, considering Phases 1 and 2 of Development or Identification of the Intervention and Feasibility/Piloting.

— Project 3



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³ Domain Coordinator – Adults in Active Life

ALLYOUNEEDKNOW

Considering the Health Indicators approach throughout the life cycle, the central idea of this project is to train the adult person in active life for informed decision-making and the adoption of healthy lifestyles throughout life. Public policies aim to improve health and well-being, promote social justice, and contribute to sustainable development, inclusive growth, and wealth in all Member States.

In adult life, transition periods may become vulnerable. People are more open to change and can be mobilized as an entry vehicle for many sectors to become involved in health. This would enable people to cope, thrive and recover from the consequences of the financial crisis, unemployment, displacement, and insecurity. Regarding the project to be developed, we focused the study on people with Heart Failure and Type II Diabetes.

WHO works with Member States at European level to promote health throughout the life course as an essential step towards achieving the goals and targets of the United Nations 2030 Agenda for Sustainable Development. The active participation of citizens in their health projects implies that they can assume this responsibility, they need information that enables them to consciously make choices, as well as to be able to act as agents of change.

The interventions of health professionals, centered on adequate knowledge of people's needs, with a view to promoting health literacy, and whose result will be their training for self-management in the health/disease process, and therefore, an improvement your quality of life and well-being.

The importance of identifying the unique needs of the adult person in active life allows health professionals to be able, in a congruent and individualized way, to train them for health. Considering

this stage of the life cycle and the increasing complexity experienced, whether in the context of work, family, or community, and also the emergence of new technologies associated with health care, we intend to develop two digital solutions “APP” centered on the ways of life of adults with Heart Failure and Diabetes, that constitutes a useful tool to promote “Empowerment” in decision-making for the adoption of healthy lifestyles.

The development of tools that enable citizens to make decisions, based on their health needs, is reflected in greater value in health, in better effectiveness of health care, promoting citizenship through the triad: Healthy policies; accessibility and quality.

Talking about promoting self-care for adults in active life raises the following question: How can we train those who are trained? In a dimension as complex as people’s lives are, we consider it extremely important to know their needs, according to their knowledge, conception of health and the environment that surrounds them.

The development of algorithms and guidelines that enable citizens to make decisions, based on self-care needs, has repercussions on greater health value, greater effectiveness of health care, promoting citizenship through the triad: Healthy policies; accessibility and quality.

We consider the following objectives:

- Diagnose self-care needs in the study population.
- Develop algorithms and guidelines centered on the population’s self-care needs.
- Analyze outcomes related to self-care interventions.

Despite the project having been submitted to a call, and not having been funded, we are continuing it. Since October 2022, data collection has been carried out in a partner health care institution, and a time frame of 6 months is expected. The data collection instruments are validated for the Portuguese population: SCHFI V 6.2 – Self-Care Scale for People with Heart Failure and Self-Care of Diabetes Inventory (SCODI) – Diabetes Self-Care Questionnaire.

This stage of the project is being developed in partnership with the nurses responsible for nursing care for people with heart failure and diabetes, at the hospital of the partner health institution in the project. We intend to present the preliminary results, at the II International Congress of the Center for Research in Quality of Life, as researchers integrated in the scientific area of Individual and Community Health, coordinated by Professor José Amendoeira from the Health School of IPSantarém.

— Project 4



Marta Rosa ^{1,2,3}

¹ School of Health – Polytechnic Institute of Santarém

² Life Quality Research Centre

³ Domain Coordinator – Elderly – Healthy Aging

e-Stay@Home

This project finality is to contextualize the results obtained that promote and facilitate the planning of community interventions to improve the quality of life of elderly people with home care support, a Private Institution of Social Solidarity – Santa Casa da Misericórdia.

The project is organized in 4 phases, and we are in the 2nd phase – Data Collection (Preparation of the questionnaire with integration of the Mini Mental State Examination; Barthel Index; WHOQOL-Bref and WHOQOL-Old scales, all validated for the Portuguese reality, with the authorization of the respective authors). The project obtained a favorable opinion (01-2022) from the Ethics Committee of the Research Unit of IPSantarém.

Elderly people have already been identified using the Mini Mental, and data collection will continue with the integration of students in the application of the questionnaire with the remaining scales.

Within the domain, two doctoral theses are in progress, of which the stages are specified.

Gina Marques (Doctoral Student) – Within the scope of a doctoral degree in nursing, we developed research by conducting a phenomenological study, entitled “Feeling abandoned – People over 80 years old”, with the aim of contributing to the development of knowledge and satisfaction of the subjective health/disease needs of people over 80 years old. Study finalized; public examination appointment awaited.

Helena Caseiro (Doctoral Student) – The project presented for registration of the PhD thesis in Nursing with the title “The Dignity experienced by the elderly person in poverty in the search for health care”.

07

PUBLICATIONS

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08

R&D ACTIVITIES

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. João Brito with researcher Prof. Dr. Rafael Oliveira are the guest editors of a special issue with the topic: *Improve Athletes' Performance and Avoid Health Issues*. Deadline for manuscript submissions: 28 February 2023. More information [SEE MORE](#).

- **Invitation for publication in International Journal of Environmental Research and Public Health (IJERPH)**

The researcher Prof. Dr. Nuno Loureiro, Prof. Dr. Rafael Oliveira and Prof. Dr. Fernando Santos are the guest editors of a special issue with the topic: *Football Related Injury and Health Problems*. Deadline for manuscript submissions: 20 April 2023. More information [SEE MORE](#).

- **Invitation for publication in International Journal of Environmental Research and Public Health (IJERPH)**

The researcher Prof. Dr. João Brito with researcher Prof. Dr. Rafael Oliveira are the guest editors of a special issue with the topic: *Wellness, Fitness, Body Composition, Training and Performance Monitoring to Improve Athletes Life Quality*. Deadline for manuscript submissions: 23 April 2023. More information [SEE MORE](#).

- **Invitation for publication in International Journal of Environmental Research and Public Health (IJERPH)**

The researcher Prof. Dr. João Brito with researcher Prof. Dr. Rafael Oliveira are the guest editors of a special issue with the topic: *Exercise Monitoring, Testing and Prescription Strategies to Improve Quality of Life in Athletes and Non-athletes*. Deadline for manuscript submissions: 31 May 2023. More information [SEE MORE](#).

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. João Brito with researcher Prof. Dr. Rafael Oliveira are the guest editors of a special issue with the topic: *Exercise Testing and Prescription Strategies to Improve Quality of Life*. Deadline for manuscript submissions: 23 October 2023. More information [**SEE MORE**](#).

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. Rafael Oliveira is the guest editor of a special issue with the topic: *Supporting Athlete Development: The Role of Supporting Structures*. Deadline for manuscript submissions: 31 December 2023. More information [**SEE MORE**](#).

- **I&D Projects in the scientific areas of LQRC-CIEQV**

More information [**SEE MORE**](#).

09

CALLS AND FUNDING

- Calls for support to *Turismo*, START-PME. Status: open. More information [**SEE MORE**](#).
- Calls for support to *Programa de Desenvolvimento Rural*, START-PME. Status: in preparation. More information [**SEE MORE**](#).
- Calls for support to *Plano de Recuperação e Resiliência*, START-PME. Status: open. More information [**SEE MORE**](#).
- Calls for support to *Programa ATIVAR.PT*, START-PME. Status: open. More information [**SEE MORE**](#).
- Calls for support to *Apoio à Produção Nacional*, START-PME. Status: open. Deadline: to be defined. More information [**SEE MORE**](#).
- Calls for support to *Programa de Incentivo para os Açores*, START-PME. Status: in preparation. More information [**SEE MORE**](#).
- Calls for support to *Apoios à contratação – IEFP*, START-PME. Status: open. More information [**SEE MORE**](#).
- FCT contest schedule 2021-2023. FCT provides the calendar of competitions scheduled for the years 2021 to 2023. More information [**SEE MORE**](#).
- Founders Program Indico, Powered by Google for Startups (5 000 000€). Call continuously open. More information [**SEE MORE**](#).
- Calls for innovative projects in various areas of social and exact sciences, funded by EEA Grants Portugal. Deadline: 4 December 2020 to 30 June 2023. More information [**SEE MORE**](#).
- Future of Food, Bioeconomy Ventures. Deadline: December 2022 and March 2023. More information [**SEE MORE**](#).
- “La Caixa” Foundation – Call for 80 scholarships for post-graduate studies. Deadline: 1 February 2023. More information [**SEE MORE**](#).
- Horizonte Europa – ERC Consolidator Grants. Funding: 2 000 000€. Deadline: 2 February 2023. More information [**SEE MORE**](#).
- “Prémio CEI-HTInvestigacao, Inovação e Território”. Deadline: 3 February 2023. More information [**SEE MORE**](#).
- EIT Digital Master School. The admissions portal for the EIT Digital Master School is now open for all students who want to learn how to turn technology into business. Deadline: 3 February 2023. More information [**SEE MORE**](#).

- Preannounce of call for proposals – Joint Transnational Call on cardiovascular diseases. Deadline: 7 February 2023. More information [**SEE MORE**](#).
- ERA4Health – “Research targeting development of innovative therapeutic strategies in cardiovascular disease” (CARDINNOV). Deadline: 7 February 2023. More information [**SEE MORE**](#).
- The “La Caixa” and FCT launches the fifth contest of the “*Promove o future do interior*” program. Deadline: 7 February 2023. More information [**SEE MORE**](#).
- Postdoctoral Research Grant ESE/inED/BIPD/2023-01, scientific area: Education Science, Psychology. Deadline: 9 February 2023. More information [**SEE MORE**](#).
- Spencer Foundation – Research Grants on Education: Large. Deadline: 12 January 2023 (1st phase) and 22 February 2023 (2nd phase). Budgets from \$125,000 to \$500,000, with duration between one and five years. More information [**SEE MORE**](#).
- Science for Peace and Security (SPS) Programme. Open now: Call for Proposals 2023-1. Deadline: 17 February 2023. More information [**SEE MORE**](#).
- PhD Scholarship FCT – ECIU. Deadline: 19 February 2023. More information [**SEE MORE**](#).
- Public consultation on the past, present and future of the European Research & Innovation Framework programmes 2014-2027. Deadline: 23 February 2023. More information [**SEE MORE**](#).
- 3^a EIT HEI Initiative Call. Deadline 28 February 2023. More information [**SEE MORE**](#).
- Award Sports Science – Comité Olímpico de Portugal. Deadline 28 February 2023. More information [**SEE MORE**](#).
- ERA4Health Call for transnational research proposals “Increasing health equity through promoting healthy diets and physical activity (HealthEquity)”. Deadline: 14 March 2023. More information [**SEE MORE**](#).
- UEFA Research Grant Programme 2023 edition. Deadline: 15 March 2023. More information [**SEE MORE**](#).
- Water4All 2022 Joint Transnational Call. Deadline 20 March 2023. More information [**SEE MORE**](#).
- BioeconomyVentures – Open calls – Future of Food. Deadline: March 2023. More information [**SEE MORE**](#).
- LIFE Calls for proposals 2022. Deadline (full proposals): 30 March 2023. More information [**SEE MORE**](#).
- Call for RESTART program (FCT). Deadline: 30 March 2023. More information [**SEE MORE**](#).
- Biodiversa+ Transnational Calls. Deadline: 5 April 2023. More information [**SEE MORE**](#).

- ACADEMIA GRACE – *Concurso sobre Sustentabilidade e Responsabilidade Social*. Deadline: 28 April 2023. More information **SEE MORE**.
- *Programa Cidadãos Ativ@s* – Bilateral Cooperation Initiatives of the *Fundação Bissaya Barreto* and *Fundação Calouste Gulbenkian*. Deadline 30 June 2023. More information **SEE MORE**.
- European Commission – Competitive calls and calls for third parties. Areas of interest: Food; Energy Transition; Climate; Mobility; Digitization. Deadline: 22 July 2023. More information **SEE MORE**.

10

AGENDA

- **Book presentation “Sistema político Desportivo e o modelo de financiamento em Portugal”**, 1 February 2023, National Institute Library. More information [SEE MORE](#).
- **1ª Conferência Internacional sobre Formação Contínua de Professores (ICTCE 22)**, 2-3 February 2023, University of Aveiro. More information [SEE MORE](#).
- **Internacional Conference EDULOG 2023**, 2-3 February 2023, Academia das Ciências de Lisboa. More information [SEE MORE](#).
- **VII ENJIE – Encontro Nacional de Jovens Investigadores em Educação – Desafios Atuais na Investigação em Educação: Agendas Emergentes**, 3-4 February 2023, School of Education of the Polytechnic Institute of Porto (ESE/IPP) and FPCEUP. More information [SEE MORE](#).
- **ICES2023**, 6-8 February 2023. More information [SEE MORE](#).
- **VII Congresso Ibero-Americano de Política e Administração da Educação/X Congresso Luso-Brasileiro de Política e Administração da Educação – “Política e Gestão da Educação. Temas críticos no Espaço Ibero-Americano”**, 6-8 February 2023, Institute of Education, University of Lisbon. More information [SEE MORE](#).
- **Webinar: Teacher Education Special Interest Group: New research**, 8 February 2023 (2 p.m.). More information [SEE MORE](#).
- **A tradução em Cândido Lusitano**, 9 February 2023, CIJVS/Casa de Portugal e Camões.
- **9th Meeting on Research Practices in Art Education**, 16-18 February 2023, 9th Meeting on Research Practices in Art Education, Institute of Education – University of Lisbon. More information [SEE MORE](#).
- **II International Congress LQRC-CIEQV**, 23-24 February 2023. More information [SEE MORE](#).
- **AIIESEP International Conference**, 24 February 2023. More information [SEE MORE](#).
- **VII Conferência Internacional para a Inclusão – Conferência de Tecnologias de Apoio e Acessibilidade**, 18 March 2023, Escola Superior de Educação e Ciências Sociais & Mercado de Santana, Leiria. More information [SEE MORE](#).
- **Congresso Internacional de Gerontologia**, Porto, 23 March 2023. More information [SEE MORE](#).
- **Encontro Nacional de Estudantes de Gerontologia e Gerontólogos**, Porto, 23-24 March 2023. More information [SEE MORE](#).

- **Young L2 learners and Games Conference**, 31 March – 1 April 2023, online. More information [SEE MORE](#).
- **XII Congresso Português de Sociologia – Sociedades polarizadas? Desafios para a Sociologia**, 4-6 April 2023, *Convento de São Francisco*, Faculty of Economics, University of Coimbra. More information [SEE MORE](#).
- **3rd International Conference on Water, Energy, Food and Sustainability – ICoWEFS 2023**, 13-12 May 2023, Leiria, Portugal. More information [SEE MORE](#).
- **9th International Conference of the Immersive Learning Research Network**, 18-20 May 2023, online (iLRN Virtual Campus & Across the Metaverse), 26-29 June 2023, San Luis Obispo, California, EUA. More information [SEE MORE](#).
- **V Congresso Nacional de Educação para a Saúde**, 31 May, 1-2 June 2023, Évora. More information [SEE MORE](#).
- **9th International Conference on Higher Education Advances**, 19-22 June 2023, Valencia, Spain. More information [SEE MORE](#).
- **International Conference “The Lusophone World and its Diasporas”**, 28 June – 1 July 2023. York University Toronto, Canada. More information [SEE MORE](#).
- **EERA Summer School 2023 – Participatory approaches in educational research**, 26-30 June 2023, Faculty of Psychology and Education Sciences of the University of Porto. More information [SEE MORE](#).
- **6^o Colóquio Internacional de L’ARCD**, 27-30 June 2023, Switzerland. More information [SEE MORE](#).
- **10th International Conference of EDiLiC – From Early Childhood to Adulthood: Transitions, Continuity and Disruptions in Plurilingual Education**, 28-30 June 2023 University of Copenhagen, Denmark. More information [SEE MORE](#).
- **ISATT Conference 2023 – Living and Leading in the Next Era: Connecting Teaching, Research, Citizenship and Equity**, 3-7 July 2023, Bari, Italy. More information [SEE MORE](#).
- **AIESEP International Conference**, 4-7 July 2023, Santiago, Chile. More information [SEE MORE](#).
- **14^a Conferência Lusófona de Ciência Aberta (ConfOA)**, 18-21 September 2023, Federal University of Rio Grande do Norte, in Natal, Brazil. More information [SEE MORE](#).
- **ICCE Global Coach Conference**, 29 November – 3 December 2023, Singapore, Singapore. More information [SEE MORE](#).