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June 2023



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01

EDITORIAL

This is the 1st edition of the new coordination of the LQRC-CIEQV, that started functions on the 1st July, resulting from the election that took place on the 27th June 2023. The current coordination is constituted by one element from the Polytechnic Institute of Santarém, Regina Ferreira (Coordinator), one from the Polytechnic Institute of Leiria, José Amoroso (Sub-coordinator), and, for the first time, it has also an element from the Polytechnic Institute of Setúbal, Fernando Santos (Sub-coordinator); result of the recent signing of an agreement between IPSantarém and IPSetúbal. The impact on the respective regions and on social development can be excellent, providing innovation in social and educational programs, within the citizens' quality of life.

It is important to thank and value the work done by the previous coordinators, researchers José Rodrigues (Coordinator) and Rui Matos (Sub-coordinator).

It is also worth highlighting the work carried out by the Coordinating Committee, which is made up by the coordinators of the different scientific areas that make up the LQRC-CIEQV: Education and Training; Food Production and Technology / Eating Behavior, Individual and Community Health, Organisational Dynamics and Physical Activity and Healthy Lifestyles, respectively researchers Fernando Santos, Paula Ruivo, José Amendoeira, Pedro Sobreiro and Carla Chicau Borrego.

This is the 32nd edition of the LQRC-CIEQV, the 1st of this new coordination, and it intends, as defined since the beginning of its implementation, to promote and disseminate the research carried out within the scope guaranteeing its members accessible and organized information for better structuring and continuity of research and development projects.

This newsletter reflects some of the research and development activities carried out within the scientific area of Community and Individual Health. In this issue, we can find Marta Rosa's research article about a very important theme nowadays – Quality of life of elderly people with home service support – and some news about Hélia Dias, Regina Ferreira, Mário Silva, and Marta Rosa's research projects. We point to researcher Regina Ferreira's interviews.

We wish you all good readings!



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The newsletter under the responsibility of the Scientific Area of Community and Individual Health is published on this date, although it refers to June 2023.

Last April 20th we completed three years of activity, which we intend to be developed by all, towards the strengthening of the LQRC-CIEQV that welcomed the group of professors (29), distributed according to its Internal Regulations, as Integrated Doctoral Researchers; Integrated Doctoral Students and Collaborating Researchers, these as Masters and PhD.

All of them, together and with objectives annually discussed and defined in the Activity Plan with the positive opinion of the Technical Scientific Council and tacitly approved by the Director and the Coordinator of Research in ESSS, competencies that are defined in the Regulations for Research in ESSS, assume the need to deepen the ability to submit winning research projects.

The dynamics that emerge from a culture of proximity among researchers, organized in Research domains throughout the life cycle and the centrality of 1st and 2nd cycle students in operation in ESSS, determines the ability to mobilize 1st cycle students to search for scientific evidence, Systematic Literature Review, identifying the process of definition, collection and analysis of the most current evidence, within the projects under development in ESSS.

As for 2nd cycle students, they deepen the Research process, starting with the learning and development of Systematic Literature Review, in the 1st semester of the Master's Degree courses in operation at the School. This strategy also promotes and deepens the professors' skills in Systematic Literature Review.

The School of Health of Santarém is pioneer in the development of a set of five (5) courses leading to Microcredit, in the scope of Evidence-Based Practice, with a group of 20 nurses, from Primary Health Care and Hospital Care, developing and deepening skills in the field of Research in the clinic.



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02

INFORMATION #1

— Evidence-Based Practice: Person and family throughout the Life Cycle

Considering the increasingly present relevance of Evidence-Based Practice as a strategic foundation for improving the quality of health care/nursing, in the context of the PRR (Orders 49 and 50 of 2022, of the President of IPSantarém), it was possible to design five (5) courses leading to microcredit in the domain “**Evidence-Based Practice: Person and family throughout the Life Cycle**”, of which three (3) have already taken place at the School of Health of Santarém, between February 18th and June 17th, 2023:

- Course leading to a Microcredit in “Evidence Based Practice – Conceptual Framework for Evidence Search” between February 18th and March 25th, with twenty-one (21) trainees (nurses) – **4 ECTS**
- Course leading to a Microcredit in “Evidence Based Practice – II – Systematic Review of Literature-Protocol” between April 15th and May 20th, with twenty-one (21) trainees (nurses) – **5 ECTS**
- Course leading to a Microcredit in “Evidence Based Practice – III – Project Elaboration” between May 27th and June 17th, with twenty (20) trainees (nurses) – **3 ECTS**



Between October and December 2023, the last two courses will take place, for a total of **8 ECTS**, totaling **20 ECTS** for the trainees who complete the entire training.

It is important to highlight and thank the collaboration of Professors Eduardo Santos and Andréa Marques, from the Nursing School of Coimbra, who, through a protocol of Interorganizational Cooperation, collaborated with the person responsible for the courses, with the expertise that we can appreciate in the respective Science CVs.

The 20 Systematic Review Protocols of: Effectiveness; of Outcomes; Qualitative and mostly ScR, will be registered in the PROSPERO and OSF platforms, respectively.

03

INFORMATION #2

— Spring Theoretical-Methodological Seminar

On June 26th, 2023, the **Theoretical-Methodological Seminar** took place, an activity that has been ongoing since the creation of the Health Indicator Monitoring Unit (UMIS) in 2012. In this year marking the 11th year of activity of the UMIS and the 3rd year of eUMISic, which marks the integration of ESSS teachers in LQRC-CIEQV, we resumed the biannual periodicity of this activity.

This Seminar was characterized by the demonstration of the integration of 1st and 2nd cycles students in the research being developed at the Health School, with the participation of 4 students (2 representatives of the 1st cycle Nursing; 1 representative of the Master's Degree in Maternal and Obstetric Health Nursing and 1 representative of the Master's Degree in Community Nursing – Community and Public Health Nursing).

The communications consisted of the dissemination of results within the scope of the Scoping Reviews, developed in group during the current academic year. The following themes were addressed by Research Domain: GrNn “Centrality of the Person/Family in the care process during labor, as a complex Nursing intervention”; PNnJ “Promoting and empowering health literacy in the young population”; AvA “Nursing in the promotion of therapeutic regimen management in adults with diabetes”, and PleES “The language barrier between nurses and migrants during childhood vaccination”, relevant considering the conceptualization of Healthy Aging (WHO), mobilized as a concept assumed by the School's research philosophy (eUMISic).

The activity ended with a conference on “Development and improvement of non-technical skills mediated by teaching based on clinical simulation for nurses: a scoping review”, held by post-doctoral student, Prof. Dra. Raíssa Souza Silva and kindly presented by Prof. Dr. Mário Silva, who made himself available to do it, in the impossibility of the author's presence.



04

INFORMATION #3

After the election of the LQRC-CIEQV's Coordinator Professora Regina Ferreira on June 27th, 2023, and according to the Article 13, point 3, of the Center's Internal Regulations, the Coordinator of the Scientific Area Community and Individual Health, Professor José Amendoeira, was elected unanimously by the 11 members present at the meeting, with only one of the integrated PhD members not being present.

05

INTERVIEW

— Interview with Regina Ferreira



Regina Ferreira ^{1,2}

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Brief curricular presentation

Professor Coordinator at the Higher School of Health at the Polytechnic Institute of Santarém. PhD in Nursing (2015), with a specialisation in Health Units and Nursing Services at Universidade Católica Portuguesa research line Health Outcomes – Quality of Care. Master in Social and Organisational Psychology (1996) by Institute University of Lisbon (ISCTE-IUL), Postgraduate degree in Health Management and Auditing by the Faculty of Medicine of Porto (2008), Degree in Pediatric and Child Health Nursing at Higher School of Health Maria Fernanda Resende.

What are your goals as a LQRC-CIEQV member?

As coordinator of the LQRC-CIEQV, and with my team, the main objective is the promotion, creation and dissemination of knowledge in a multidisciplinary and interdisciplinary perspective with the potential to produce international and high-quality research in order to be a valuable resource to the scientific community.

We intend to consolidate new members' integration, namely IP Setúbal, and develop multi and interdisciplinary collaborative work between the areas already identified by the center and eventually expand to other thematic areas, being the focus the quality of life, that is, "Physical health, psychological

state, sustainability, level of independence, social relations in the various contexts where the person is, home, school, work, community and its relationship with the environment and productive” (Rodrigues et al. 2020). The area of the dimension of dissemination and publicity of research is important and we propose: i) to organize two International Congresses, with biannual periodicity (2025 -2027); ii) continue to promote the LQRC-CIEQV through the website, social networks, databases and newsletter.

We will work to apply to the Foundation for Science and Technology (2025-2028 or 2029) to obtain a classification for the LQRC-CIEQV of Very Good so that we can contribute to the development of advanced training and doctoral programs.

We propose to hire researchers and/or fellows and to allocate teaching services to achieve high objectives of scientific production, promoting cohesion through applications with multidisciplinary projects to research competitions.

In continuity with the previous application, we consider it is essential to increase the active relationship with the advanced training programs of IPs (masters and doctorates in agreements).

We value the integration and participation of all in a relationship of responsibility and coherence in the continuity of the development of the LQRC-CIEQV for a climate of cohesion and proficiency.

What are your most important research projects? Develop one of the indicated projects.

My main area of research has been the area of Quality of life in children and young people, but I have also worked in other areas. Currently, I coordinate the project “The child-family. From the centrality of care to the partnership relationship”, as well as “Eating and moving for health. Prevention of childhood obesity in the 1st cycle”; I also collaborate on the following projects: “Health status indicators along life”, “Perceived Sustainability and Physical Activity”, “STEAM outdoor education” and “Spreadable healthy creams protein+”.

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?

I believe that theory can guide practice and that the integration of theory into practice serves as a guide to achieve the objectives of the “discipline” in the sense, namely of promoting good practices, and “guidelines”, as well as identifying or minimizing situations that are considered to be avoidable and that may lead to harmful aspects to health, well-being or quality of life.

On the other hand, I consider that practice influences theory, identifies priorities, adapts to reality, becomes pertinent and sustains theory, as Amendoeira (2006) says, theory comes from practice to practice. That is, theory and practice have to go hand in hand. They are synergistic systems.

Knowledge provides a cumulative, organized, and dynamic body of information that can be used to answer questions, solve problems, explore and explain phenomena, and generate new theories.

The development of knowledge also arises from research and it is processed cognitively through the interaction of information in a “holarchy” way, that is, a dynamic process (not only a hierarchical one), where integrated information is multidirectional contributing to a whole. Fawcett (2011a, 2011b) adopted this concept to explain that the acquisition of knowledge arises through different levels of abstraction, from the most abstract to the most concrete and vice versa, which allows us to better understand the importance of the development of knowledge in theory, in practice, as well as in research.

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

Researchers, regardless of their discipline, follow common principles to conduct their work: the use of ideas, theories and hypotheses; the use of evidence; the use of logic and reasoning and the communication of results, often through a scientific article, communication, or poster.

A published scientific paper allows other researchers to review and question the evidence, the methods of collection and analysis and the scientific results.

Science is inherently progressive, seeking to uncover unknown phenomena, increase understanding of the world and answer new questions. As new knowledge is found, previous ideas and theories may need to be revised. The fundamental principles and assumptions of scientific inquiry embrace this tension, allowing science to progress while constantly testing, verifying, and updating existing knowledge.

Another aspect to highlight is the fact that we work in groups with stakeholders/researchers from different realities of design, methodology and practices which allows a greater reflection, analysis of processes and future implications, possibly with different impacts. Thus, the results can be more comprehensive and, at the same time, more specific. Consequently, their divulgation and dissemination are facilitated through moments that may exist in a greater number and greater diversity of contexts, exploring future directions.

06

ARTICLE

— Quality of life of elderly people with home service support – case study



Marta Rosa ^{1,2}

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Short summary – preliminary results

Introduction

The phenomenon of growing aging shows us the need to create or strengthen the existing structures to support older people so that they can remain at home when, due to the aging process itself, there are physical or other conditions that condition it.

Living with family members is essential to maintain the quality of life of the elderly, as it provides them with greater security and feelings of love and recognition (Simeão et al., 2018). The concept of healthy aging has been undergoing changes over the years, and the WHO (2015) currently recommends focusing on aging not only in the last phase of life, but throughout the life cycle of each person. Thus, aging begins at conception, and younger segments of the population can become familiar with the reality of what aging actually means. The vision that aging meant being older than 65 has been put aside, and an attempt is being made to broaden this integrated vision. Thus, the biopsychosocial aspects associated with aging may be seen as natural and expected in the life path of each person,

valuing the intrinsic potential of each person throughout the different stages of their life path.

In this constructive approach to the aging process and in the vision of the importance of keeping the elderly person at home, whenever possible, there are different organized social responses that provide it. The home support service is one of them. The Home Support service ensures the provision of various services, adapted to the needs of each elderly person, aiming at maintaining and promoting their autonomy and independence (Gabinete de Estratégia e Planeamento, 2021).

To analyze this phenomenon, in addition to the concept of quality of life, we believe that, taking into account the integrative perspective that the person has the ability to self-care, the theoretical perspective of Orem (2001) is important. The transition processes presented by Meleis (2011) will also be significant, since it is considered that transition emerges as a significant change in the person when he/she undergoes external influences such as the acquisition of new knowledge, which allow him/her to adopt new behaviors in relation to the social context where he/she is inserted for the sake of his/her health.

The development of the theme of the quality of life of older people living in a community setting, with the support of home care services, is essential, based on the vision of quality of life rooted in the well-being and satisfaction of people in relation to the various areas of their lives. Quality of life can be defined as a very comprehensive concept, which includes not only the person's physical health, but also their psychological state, motor development, level of independence, social relationships in different contexts and their relationship with the environment (Rodrigues et al., 2020).

Purpose / Objective

The purpose of this study is centered on the possibility of sharing the results obtained that promote and facilitate the planning of community interventions to improve the quality of life of elderly people who remain at home, even though they show some disability in terms of self-care. In this short summary, we intend to demonstrate the assessment of the perception of quality of life of people with home care support.

Methodology

This is an exploratory, cross-sectional, and descriptive-correlational study, since it aims at describing phenomena and subsequently identifying and analyzing possible relationships between variables (Grove, Burns, & Gray, 2013).

The sample is intentional and is constituted according to the elderly people, with maintained cognitive abilities, who agree to participate.

The following scales are being used: Mini Mental State Examination, adapted and translated for the Portuguese population by Guerreiro et al. (1994), with the purpose of screening the cognitive ability of the elderly to participate in the study; Barthel Index, adapted and translated for the Portuguese population by Araújo et al. (2007), where the level of independence of the subject to perform basic activities of daily living is assessed; WHOQOL Bref, adapted and translated for the Portuguese population by Canavarro et al. (2006), where quality of life is assessed according to four domains: Physical, Psychological, Social Relationships and Environment; WHOQOL – OLD, adapted and translated into the Portuguese population by Vilar et al. (2010), as an additional module, to be used with older adults, complementary to the WHOQOL Bref, in assessing the quality of life of older adults. Authorizations were requested to the authors who validated it for the Portuguese population. The access to the field was based on the establishment of reference person(s) for the development of the research in the institution, through contact/data collection with older people in home care settings, mainly through the reference person(s), for whom training was organized to standardize data collection.

Data treatment and analysis

The Statistical Package for Social Sciences (SPSS – Version 28) software will be used for data treatment. It is expected that the data treatment will be carried out using descriptive and inferential statistics, whose parametric and non-parametric tests will be defined in adequate time to the development of the study.

Presentation of preliminary results

As data collection is still in progress, we present preliminary results concerning the data already collected. So far, there are 86 people benefiting from home help in the institution. 43% are men and 49% are women, with an average age of 76.63 ± 13.7 . Regarding marital status 38.4% are widowed,

30.2% married and 22.1% single. Most of them have basic and preparatory education (78.1%), living mostly alone (54.7%) or with their spouse (30.2%), and 13.9% live with children or relatives. 67.4% of them use the services provided by the home help service 7 days a week.

Of these 86 people, 9 refused to participate in the study, 3 were excluded for being under 65 years of age, 19 did not have health conditions that would allow them to respond and after applying the Mini Mental State Examination scale (Guerreiro et al., 1994), we concluded that 15 elderly people did not maintain cognitive capacity to participate in the study. To date, and after seriation according to the inclusion criteria, the sample is composed of 40 older people.

In relation to the results of the analysis of the Barthel Index (Araújo et al., 2007) regarding the assessment of the level of independence to perform basic activities of daily living, it was concluded that most elderly people maintained full independence (fi - 24; 60%), with 13 (32.5%) presenting moderate dependence and 3 (7.5%) severe or total dependence. It is also mentioned that in terms of activities of daily living, the dependence of these elderly people focuses mainly on bathing (fi - 13; 32.5%), dressing (fi - 12; 30%), urinary control (fi - 7; 15%) and climbing up and down stairs (fi - 8; 12.5%).

Through the application of the WHOQOL Bref (Canavarro et al., 2006) to the 40 older people already surveyed, we found that the mean of the questions “How do you rate your quality of life” and “How satisfied are you with your health”, assessed through a Likert scale with 5 hypotheses, was 3.2 and 2.98, respectively. Comparing the four domains obtained through the analysis of the scale, the domain with the highest value was the social relationships domain with (73.75), followed by the environment domain with (72) and the Psychological (62.25), being the domain with the lowest score the physiological domain (62.75).

The preliminary results demonstrate the importance of developing this theme, showing the areas of greater dependence of older people, as well as their perspective on their quality of life. The most valued domain is the one related to social relationships, which includes, for example, the satisfaction about the support from friends and relatives. The domain with the lowest score, the physiological domain, shows the quality of life of these elderly people regarding, for example, physical pain, energy for day-to-day activities, as well as the evaluation of their own ability to mobilize.

Future Projections

The study will continue to be developed by collecting data from more older people who receive services from the home care service. Upon completion of the data collection, we will move on to the detailed and in-depth analysis of all the data collected.

The sharing of the analysis regarding the quality of the elderly people staying at home will provide data that will facilitate the understanding of the importance of adjusted planning of articulated interventions between the health sector and the social sector.

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07

NEWS – PROJECTS UNDER DEVELOPMENT

— Project 1:

ESSS participa na 9.^a Reunião Transnacional do Projeto EdSex – “Educando en Sexualidade: Avance para la Salud Europea”



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The ESSS – Instituto Politécnico de Santarém participated in the 9th Transnational Meeting of the EdSex Project, a project funded under the ERASMUS+ (K2) Program, which took place in Évora, on 27th and 28th June, at the S. João de Deus School of Nursing, University of Évora (Portugal). Other partners are the University of Castilla-La Mancha (Spain) which coordinates, the University of Degli Studi Di Modena e Reggio Emilia (Italy) and Seattle Pacific University (USA) as an invited institution.

This project has sexuality as its central object of study and is based on the premise that since it is a polysemic concept, there is a clear need for the acquisition and training of skills that promote a holistic vision. It intends to carry out a cross-cultural and multidisciplinary training with the introduction of a comprehensive sexuality education model in higher education. Moreover, it contributes to its strengthening in other social spheres (young people, women, and migrants), providing new visions in different cultures in the social and health fields.





On June 29th, the meeting ended in Santarém, continuing the discussion of Outcome 4, the responsibility of ESSS, the production of a Formative Guide in this area. The project activities will run until June 2024 and Santarém will host the 2nd International Seminar in the scope of the project.

— Project 2



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

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. The strategy will be involving/skilling parents, family, educators in the construction of the child and young person's life project in a model of care partnership (Ferreira et al, 2019; Ferreira et al, 2022). 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 children, young people and their families' quality of life 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 parts in the child's life, namely the parents, as they are the main role models in the life of a child. The school is also a context with an impact on the development of children. Research findings suggest that the school environment can allow children to make healthy choices and, therefore, should be also considered in the scope of the intervention.

Helena Martins (Doctoral Student) – 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 and family with complex chronic illness, 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: **ALLYOUNEEDKNOW**



Mário Silva ^{1,2}

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The “ALLYOUNEEDKNOW” project under development, in partnership with the Hospital de Santarém, whose objectives are to identify the self-care needs of adults in active life with heart failure or type II diabetes mellitus, after data collection between November 2022 and March 2023, is in the phase of statistical data analysis. The perspective of the group of researchers in the field will be the publication of two articles in indexed journals, 1 SJR and 1 JCR.

After this stage, we hope to find other partners at a national level that can apply the scales to the target population. The goal is to create a consolidated and significant database, so that we can, at a later stage, continue with another objective of the project, i.e. to develop algorithms and guidelines that constitute nursing interventions that can empower the target population, in order to ensure and promote their empowerment towards self-management of the pharmacological and non-pharmacological therapeutic regimen, with the purpose of promoting their quality of life and well-being.

— Project 4: *e-Stay@Home*



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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 living @ home, with home care support, in a Private Institution of Social Solidarity – Santa Casa da Misericórdia.

The project is organized in 4 phases, and we are in the 2nd to 3rd 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. The article in this Newsletter is a preliminar interpretation of results (start of 3rd phase).

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 sheduled for next september.

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”.

08

PUBLICATIONS

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Publication of abstracts in INDEXED JOURNAL

- Figueiredo, M.C., Rosa, M., Silva, M., Matos, R., Gonzaga, L. & Amendoeira, J. (2022). The Mental Health of Students at Polytechnics of Santarem and Leiria during the COVID-19 Lockdown. *Med. Sci. Forum* ,16 (7), 1-4. <https://doi.org/10.3390/msf2022016007>
- Figueiredo, M. C., Rosa, M., Silva, M., Matos, R., Coelho, T., Gonzaga, L., Chicau, C., & Amendoeira, J. (2022). Quality of life of higher education students at the Polytechnic Institutes of Santarem and Leiria during the COVID-19 pandemic. *Journal Cuadernos de Psicología del Deporte*.
- Amendoeira, J, Dias, Hélia, Reis, Alcinda, Ferreira, Regina, Figueiredo, M. Carmo, Coelho, Teresa, Silva, M., Rosa, M., Marques, G. (2022). Health and Quality of Life Indicators. A frame of reference for quality of life and health. In J. Amendoeira (Ed.), *Individual and Community Health – Health at the heart of transdisciplinarity for the promotion of Quality of Life* (pp. 19-36). Quality of Life Research Center of the Polytechnic Institute of Santarém and the Polytechnic Institute of Leiria. ISBN:978-989- 54983-5-2.
- Silva, M., Amendoeira, J., Santos, I., Rosa, M., Lourenço, J., Paz, A., Marques, G. (2022). Adult in active life. In J. Amendoeira (Ed.), *Individual and Community Health – Health at the center of transdisciplinarity for the promotion of Quality of Life* (pp. 95-111). Quality of Life Research Center of the Polytechnic Institute of Santarém and the Polytechnic Institute of Leiria. ISBN:978-989-54983-5-2

- Figueiredo, M.C., Rosa, M., Silva, M.& Amendoeira, J. (2022). Promoting mental health literacy with children in school context: a scoping review. Abstract publication. III International Online Congress New Approaches to Mental Health: ANAIS III International Online Congress New Approaches to Mental Health. ISBN: 978-65-89031-14-7
- Figueiredo M., Rosa M., Silva M., Amendoeira A. (2022 September 17). Promoting Mental Health Literacy with School Children: A Scoping Review. III International Online Congress New Approaches in Child and Adolescent Mental Health, Florianópolis-Brazil.
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Publication of abstracts

- Figueiredo, M. C., Frazão, I., Reis, A., Pascoal, D., Fernandes-Jorge, M. (2022, maio 25). Adolescente com ideação suicida: contributo da apreciação familiar. Publicação do resumo. III Congresso Internacional Online Novas Práticas em Saúde Mental: ANAIS III Congresso Internacional Online Novas Práticas em Saúde Menta, p.37. ISBN: 978-65- 89031-12-3
- Dias, H. & André, C. (2022). A literacia em saúde como determinante na qualidade de vida na gravidez e período neonatal. Livro de Abstracts “2nd International Congress on 21st Century Literacies”, p. 1-2. Polytechnic of Santarém.
- Figueiredo, M. C., Rosa, M. & Mendes, M. (2022). Literacia em Saúde sobre Diabetes Mellitus aos idosos em contexto comunitário. Publicação do resumo. 2nd International Congress on 21st Century Literacies: Book of Abstracts, 137-138. ISBN: 978-989-54983- 9-0
- Figueiredo, M. C., Rosa, M. & Pedrosa, S. (2022). Literacia em Saúde sobre estilos de vida saudável – Intervenção nos pais. Publicação do resumo. 2nd International Congress on 21st Century Literacies: Book of Abstracts, 143-144. ISBN: 978-989-54983- 9-0
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- Figueiredo, M.C., Frazão., Jorge, Mariana., Alves, C., Reis, A., Cândido., Pascoal, D., & Jorge, Madalena (2022). Processo de transição saúde-doença na adolescência: apreciação de uma família. Conference Proceedings – 6th International Conference on Childhood and Adolescence (Org.) (pp. 82-84). ISBN: 978-989-53545-2-8
- Figueiredo, M.C., Frazão., Jorge, Mariana., Alves, C., Reis, A., Cândido., Pascoal, D., & Jorge, Madalena (2022). O papel do Enfermeiro de Família na prevenção da obesidade infantil em crianças na idade pré-escolar. Conference Proceedings – 6th International Conference on Childhood and Adolescence (Org.) (pp. 86-87). ISBN: 978-989-53545-2-8

09

R&D ACTIVITIES

- **Invitation for publication in Behavioral Sciences journal**

The researcher Prof. Dr. Filipe Rodrigues, Prof. Dr. Diogo Monteiro and Prof. Dr. Raul Antunes are the guest editors of a special issue with the topic: *Current Opinion in Sport Psychology*. Deadline for manuscript submissions: 30 September 2023. For more information [**CLICK HERE**](#).

- **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. For more information [**CLICK HERE**](#).

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. Roberta Frontini is the guest editor of a special issue with the topic: *Research and Survey on Mental Health of Children and Adolescents*. Deadline for manuscript submissions: 30 November 2023. For more information [**CLICK HERE**](#).

- **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. For more information [**CLICK HERE**](#).

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

For more information [**CLICK HERE**](#).

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CALLS AND FUNDING

- Calls for support to *Turismo*, START-PME. Status: open. For more information [**CLICK HERE**](#).
- Calls for support to *Programa de Desenvolvimento Rural*, START-PME. Status: in preparation. For more information [**CLICK HERE**](#).
- Calls for support to *Plano de Recuperação e Resiliência*, START-PME. Status: open. For more information [**CLICK HERE**](#).
- Calls for support to *Programa ATIVAR.PT*, START-PME. Status: open. For more information [**CLICK HERE**](#).
- Calls for support to *Apoio à Produção Nacional*, START-PME. Status: open. Deadline: to be defined. For more information [**CLICK HERE**](#).
- Calls for support to *Programa de Incentivo para os Açores*, START-PME. Status: in preparation. For more information [**CLICK HERE**](#).
- Calls for support to *Apoios à contratação – IEFP*, START-PME. Status: open. For more information [**CLICK HERE**](#).
- Smart Network and Services (SNS JU). Deadline: 3 July 2023. For more information [**CLICK HERE**](#).
- 4ª Edição do Prémio ObCig Pessoa de Mérito. Deadline: 3 July 2023. For more information [**CLICK HERE**](#).
- Prémios de História Calouste Gulbenkian. Deadline: 15 July 2023 and 30 September 2023. For more information [**CLICK HERE**](#).
- Calls for PNDpT 2023 – *Instituições do Ensino Superior*, Deadline: 15 July 2023. For more information [**CLICK HERE**](#).
- COST (European Cooperation in Science and Technology). Deadline: 15 July 2023. For more information [**CLICK HERE**](#).
- Empowering Women in Agrifood. Deadline: 18 July 2023. For more information [**CLICK HERE**](#).
- Coordinating experts and main facilitators (EIP Agri). Deadline: 18 July 2023. For more information [**CLICK HERE**](#).
- ERC Portugal Pre-Assessment. Deadline: 20 July 2023. For more information [**CLICK HERE**](#).
- COST Actions. Deadline: 20 July 2023. For more information [**CLICK HERE**](#).

- European Commission – Competitive calls and calls for third parties. Areas of interest: Food; Energy Transition; Climate; Mobility; Digitization. Deadline: 22 July 2023. For more information **[CLICK HERE](#)**.
- Blue Bio Value Acceleration 2023. Deadline: 28 July 2023. For more information **[CLICK HERE](#)**.
- Fuel Cells and Electrolyser Testing Facilities (FCTEST). Deadline: 31 July 2023. For more information **[CLICK HERE](#)**.
- Battery Energy Storage Testing for Safe Electric Transport. Deadline: 31 July 2023. For more information **[CLICK HERE](#)**.
- Studies in Support to the Implementation of the Ocean Mission. Deadline: 21 August 2023. For more information **[CLICK HERE](#)**.
- Studies fostering cross programme synergies (Ocean Mission). Deadline: 21 August 2023. For more information **[CLICK HERE](#)**.
- LLLAwards 2023. Deadline: 31 August 2023. For more information **[CLICK HERE](#)**.
- OEI Award for Science and Technology Stories. Deadline: 31 August 2023. For more information **[CLICK HERE](#)**.
- Industry 5.0 Award 2023. Deadline: 1 September 2023. For more information **[CLICK HERE](#)**.
- Special issue on Doctoral students' season schools: multi-national and intercultural enrichment experiences for learning and networking. Deadline: 1 September 2023. For more information **[CLICK HERE](#)**.
- Sustainable Blue Economy Partnership (SBEP): 1st Joint Transnational Competition. Deadline: 13 September 2023. For more information **[CLICK HERE](#)**.
- Marie Skłodowska-Curie Actions (MSCA) Postdoctoral Fellowships 2023. Deadline: 13 September 2023. For more information **[CLICK HERE](#)**.
- Sustainable Blue Economy Partnership (SBEP): 1st Transnacional Joint Call. Deadline: 13 September 2023. For more information **[CLICK HERE](#)**.
- Call for expression of interest for Regional Innovation Valleys. Deadline: 18 September 2023. For more information **[CLICK HERE](#)**.
- EMFAF Call for Proposals for Scientific Advice on Fisheries. Deadline: 19 September 2023. For more information **[CLICK HERE](#)**.
- Proof of Concept Grants. Deadline: 21 September 2023. For more information **[CLICK HERE](#)**.
- Program CHANSE (Collaboration of Humanities and Social Sciences in Europe), em colaboração com a rede HERA (The Humanities in the European Research Area). Deadline: 21 September 2023. For more information **[CLICK HERE](#)**.

- European Humanitarian Innovation Award (InnovAid). Deadline: 3 October 2023. For more information [**CLICK HERE**](#).
- EIC Accelerator – Challenges 2023. Deadline: 4 October 2023. For more information [**CLICK HERE**](#).
- Call Hop On 2023. Deadline: 4 October 2023. For more information [**CLICK HERE**](#).
- Hop-on facility. Deadline: 10 October 2023. For more information [**CLICK HERE**](#).
- Funding networking activities – Open call. Deadline: 25 October 2023. For more information [**CLICK HERE**](#).
- COST – Open call 2023. Deadline: 25 October 2023. For more information [**CLICK HERE**](#).
- Diseases 2023 Best PhD Thesis Award. Deadline: 31 October 2023. For more information [**CLICK HERE**](#).
- HORIZON-EURATOM-2023-NRT-01. Deadline: 8 November 2023. For more information [**CLICK HERE**](#).
- Cluster 2 – Culture, Creativity and Inclusive Society. Deadline: 7 February 2024. For more information [**CLICK HERE**](#).

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SCHEDULE

- **EvoKE 2023**, 3-5 July 2023, University of Bath, United Kingdom. For more information [CLICK HERE](#).
- **ISATT Conference 2023 – Living and Leading in the Next Era: Connecting Teaching, Research, Citizenship and Equity**, 3-7 July 2023, Bari, Italy. For more information [CLICK HERE](#).
- **AIESEP International Conference**, 4-7 July 2023, Santiago, Chile. For more information [CLICK HERE](#).
- **Ciência 2023 – Encontro com a Ciência e a Tecnologia em Portugal**, 5-7 July 2023, University of Aveiro. For more information [CLICK HERE](#).
- **IX Encontro de Jovens Investigadores do CEIS20**, 6-7 July 2023, Coimbra. For more information [CLICK HERE](#).
- **The 21st Annual (1st blended) SAARMSTE Research School for Mathematics, Science and Technology Education**, 7-21 July 2023, School of Education, University of KwaZulu-Natal, South Africa. For more information [CLICK HERE](#).
- **Colóquio “Nos 50 anos da Reforma Veiga Simão: as políticas educativas entre mudanças e continuidades”**, 10-11 July 2023, Universidade Lusófona. For more information [CLICK HERE](#).
- **CIAIQ2023 | 12^o Congresso Ibero-Americano em Investigação Qualitativa**, 11-13 July 2023, hybrid. For more information [CLICK HERE](#).
- **Facing Fire project multiplier event – Interactive workshop “Education to live with fire”**, 12-14 July 2023, Santiago de Compostela, Spain. For more information [CLICK HERE](#).
- **Research Summit 2023 – Sociedades inclusivas, inovadoras e sustentáveis**, 12-14 July 2023, University of Aveiro. For more information [CLICK HERE](#).
- **Lecture – eVOICE Program: vocal health promotion**, 13 July 2023, University of Fortaleza, Brazil. For more information [CLICK HERE](#).
- **44th International Conference of the Stress, Trauma, Anxiety, and Resilience Society (STAR)**, 19-21 July 2023, hybrid. For more information [CLICK HERE](#).
- **SMBE2023 – Science for everybody: education and outreach in molecular biology and evolution**, 23-27 July 2023, Ferrara, Italy. For more information [CLICK HERE](#).

- ***II Encontro Nacional de História da Química | Múltiplas facetas na história da ciência química***, 8-9 September 2023, online. For more information [CLICK HERE](#).
- **International Bioelectrics Symposium 2023**, 10-13 September 2023, Lisbon, Portugal. For more information [CLICK HERE](#).
- ***XXIV das Jornadas da Sociedade Portuguesa de Psicologia do Desporto***, 14-16 September 2023, University of Madeira, Funchal. For more information [CLICK HERE](#).
- ***14ª Conferência Lusófona de Ciência Aberta (ConfOA)***, 18-21 September 2023, Federal University of Rio Grande do Norte, in Natal, Brazil. For more information [CLICK HERE](#).
- **II International Walking Football Congress**, 29 September 2023, online. For more information [CLICK HERE](#).
- **Adult Learning at the Nexus of Life Course, Work & Transitions**, 27-29 September 2023, Goethe University Frankfurt, Germany. For more information [CLICK HERE](#).
- **I International Conference on Language and Intercultural Communication Learning (LaICL'23)**, 28-29 September 2023, ESTGA. For more information [CLICK HERE](#).
- **2nd International Congress of Physical Activity**, 28-30 September 2023, Castelo Branco, Portugal. For more information [CLICK HERE](#).
- **5th EMCEI**, 2-5 October 2023, Rende (Cosenza), Italy. For more information [CLICK HERE](#).
- **ISCSI 2023 – Conference on Industry Science & Computer Science Innovation**, 4-6 October 2023, Lusófona University of Lisbon. For more information [CLICK HERE](#).
- **2nd KIX Continental Symposium on Research and Education in Africa**, Dakar, Senegal. For more information [CLICK HERE](#).
- **IUFRO Forest Environment**, 8 October 2023. For more information [CLICK HERE](#).
- **11th ICESD International Congress of Educational Sciences and Development**, 18-20 October 2023. For more information [CLICK HERE](#).
- ***Colloque “Le Sport & le Végétal: regards pluridisciplinaires”***, 19-20 October 2023, University of France. For more information [CLICK HERE](#).
- ***VI Simpósio Europeu de Português como Língua de Herança (VI SEPOLH) | Português como Língua de Herança: da Gestão à Formação***, 23-25 October 2023, University of Aveiro, Portugal. For more information [CLICK HERE](#).
- **IUFRO Forest Environment DIV8 Conference 2023**, 24-27 October 2023, Évora, Portugal. For more information [CLICK HERE](#).
- ***IV Congresso Internacional “As censuras na produção cultural infantojuvenil. Hábitos de leitura contemporâneos”***, 25-26 October 2023, Universidad de Zaragoza and Universidad de Extremadura, Spain & online. For more information [CLICK HERE](#).

- **Teacher Professional Development in Times of Global and Glocal Transformations: International Perspectives and Challenges**, 26-28 October 2023, University of Minho, Braga, Portugal. For more information [CLICK HERE](#).
- **13th International Conference on Health and Social Care ICT (HCist 2023)**, 8-10 November, Porto, Portugal. For more information [CLICK HERE](#).
- **44^e session d'études de l'ADMEE – Canada – De l'aube au crépuscule des réformes: les apports des méthodologies de l'évaluation**, 9-10 November 2023, Château de Frontenac, Quebec. For more information [CLICK HERE](#).
- **27as Jornadas de Endocrinologia e Diabetes de Coimbra**, 10-11 November 2023, Coimbra, Portugal. For more information [CLICK HERE](#).
- **ICCE Global Coach Conference**, 29 November – 3 December 2023, Singapore, Singapore. For more information [CLICK HERE](#).
- **WCQR2024 – 8th World Conference on Qualitative Research**, 23-25 January 2024, São Miguel, Azores & Johannesburg, South Africa & online. For more information [CLICK HERE](#).
- **IX Seminário Ibero-Americano CTS XIII Seminário CTS**, 8-10 July 2024, University of Aveiro. For more information [CLICK HERE](#).