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01

EDITORIAL #1

New challenges are currently facing Research and Development units in Portugal.

In December, the notice was published for the opening of the evaluation process for the 2023-2024 I&D units under the multiannual funding programme of the Foudation for Science and Technology (FCT). The Life Quality Research Centre (LRQC-CIEQV) registered on the Science and Technology Portal on 17 January and is currently in the process of registering its research team, which will continue until 19 February, with the application submission period taking place between 20 February and 25 March.

On 24th January a new protocol was signed between the Polytechnic Institutes of Santarém, Leiria, Setúbal, Beja and Portalegre, which currently make up the LRQC-CIEQV. According to Manuel Heitor (2022), Minister of Science, Technology and Higher Education, "the units listed in the Atlas have made progress that should make us all proud, but also encourage us to continue doing more and better". The LRQC-CIEQV is one of 312 units funded by the FCT and we intend to continue on the path of development by maintaining and expanding our mission.

The evaluation to be carried out will focus on the scientific and technological activities developed by the LRQC-CIEQV between 1 January 2018 and 31 December 2023, as well as the objectives, strategy, activity plan and organisation for the period 2025-2029. We have a big challenge ahead of us and we want to meet it! Everyone is essential to this.



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EDITORIAL #2

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

We are on way to complete four years of activity within LQRC-CIEQV, a group of professors, as Integrated Doctoral Researchers; Integrated Doctoral Students and Collaborating Researchers, these as Masters and PhD.

On 11th january the Activity Plan 2024 will be appreciated with expected positive opinion by 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. On 2024 the domain coordinators assume the need to deepen the ability to submit winning research projects.

The dynamics that emerge from a culture of proximity among researchers, 1st cycle students to search for scientific evidence, Systematic Literature Review, developing a Scoping Review Protocol. With this strategy, we aim prepare the students to identify, characterize a analyze scientific evidence, considering the mai areas of research in ESS-IPSantarem.

In the 1st semester of the Master's Degree courses in operation at the School – Master Course in Obstetrics Nursing and Master Course in Community Nursing and Public Health, students deepen the Research process, starting with the learning and development of Systematic Literature Review. This strategy also promotes and deepens the professors' skills in Systematic Literature Review.

But ESS-IPSantrem, as an educational organization with a strong relationship with the community and considering as a challenge to develop and deepen skills in the field of Research in the clinic area as a way for the development of skills in nursing research, achieved the development of a set of five (5) courses leading to Microcredit, in the scope of Evidence-Based Practice.

Now the challenge is to join forces to promote the transition from the set of five courses leading to micro-credentials, to a postgraduate course that allows nurses who develop them, to obtain training accreditation by the Order of Nurses.



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02

INFORMATION

INFORMATION #1

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

ESS - IPSantarém developed five (5) micro-credentials within the scope of evidence-based practice between March and December 2023. The participation of twenty (20) nurses from healthcare organizations contributed to the realization of someone's dream primary and hospital schools and two excellent teachers, Eduardo Santos, (PhD) (ESSViseu) and Andréa Marques (PhD) (ESEnfCoimbra), through institutional protocols, which greatly contributed to the capital and educational memory of ESS - IPSantarém, in the field of research as support for EBP(Nursing)! As a result, we highlight a book that integrates the twenty (20) protocols of different types of Systematic Literature Review, available at RCAAPIPSantarem <http://hdl.handle.net/10400.15/4571>

But this project was only possible thanks to the Resilience and Recuperation Plan (PRR) and in this area we would like to thank the Technical-Scientific Council (CTC) and Director of ESS - IPSantarem, the IPSantarem Academic Management Service (Dr^a. Vânia Fernandes and team) and the President, Professor João Moutão, who leads/led the consortium(s) that made this activity possible.

Gratitude is what we express to each and everyone, for the opportunity that

forever marks our activity as nurses, teachers and researchers in nursing! The commitment is to propose continuity in the future, with another purpose that enables the recognition of competence for research for Based Practice. in Evidence in nursing/health (PBEEEn/h). Wishing you all an happy year 2024 full of achievements.

We invited the group of trainees to witness the experience, with an expression. We would like to thank our colleagues who responded to the invitation.

#Testemorial 1 – Assistant Professor Marta Rosa (PhD) “Evidence-based practice, development of skills, needs and sharing of experiences”

#Testemorial 2 – Gina Marques, Assistant Professor (PhD): "Learning experience that went beyond what it appeared to be"

#Testemorial 4 – Fernanda Cardador Nurse “I was able to understand how research is done and how a researcher thinks”

#Testemorial 5 –Magdalena Soares-Lopes, Specialist Nurse "Learning, training, consolidation and sharing knowledge between peers about and for Evidence-Based Practice."

#Testemorial 6 – Dina Bernardino Specialist Nurse "Spectacular course, autonomy in learning, and expert teachers"

#Testemorial 7 – Guida Antunes Specialist Nurse "Excellent course that adds value and quality to practice"

#Testemorial 8 –José Lizandro Lopes Specialist Nurse "In modern world, knowledge is the master key: Microcredenciais are a tool for lifelong learning and knowledge sharing, for Adults"

INFORMATION #2

— Academic Degree - PhD

On September 18, 2023, the public examination for the Doctorate in Nursing took place at the Faculty of Health and Nursing Sciences (FCSE) of the Portuguese Catholic University (UCP), led by current Professor Gina Marques. The thesis is entitled Feeling Abandoned. Person over 80 years old. The jury was chaired by the Honorable Vice-Rector of UCP, and its composition was: Professor Doctor Idalina Gomes (1st Defendant); Professor Paulo Parente (2nd Defendant); Professor Patrícia Pontífice de Sousa (Internal Arguente); Professor Ana Mineiro (Director of FCSE_UCP); Professor Margarida Vieira and Professor José Amendoeira (Supervisor). Doctor Gina Marques obtained the classification Cum Laude, unanimously.

INFORMATION #3

On 10/10/2023, by dispatch of the ESSS Diretor, Professor Marta Rosa was appointed as Research Co-coordinator at ESS-IPSantarem (Internal and External Structure eUMISic), to whom we wish the greatest success in carrying out her current duties. Professor Marta Rosa is a professor at ESS-IPSantarem and an Integrated Doctoral Member at CIEQV, since April 20, 2020. The Professor coordinates the Elderly Person-Healthy Aging Domain for 4 years and develops research (two ongoing projects) within the scope of the domain it coordinates.

03

INTERVIEW

— Entrevista a Mário Silva



Mário Silva ^{1,2}

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Brief curricular presentation

PhD in Nursing Sciences in 2017, from the University of Porto, Abel Salazar Institute of Biomedical Sciences. Master's and Post-Graduate Specialization in Medical-Surgical Nursing, in the area of intervention for the Elderly, in 2023. Master's Degree in Nursing Sciences in 2009 from the Catholic University of Portugal. Degree in Nursing in 2003/06/06 from the Nursing School of Lisbon and Bachelor's Degree in Nursing in 1993, from the Nursing School, currently the Health School of Santarém, of the Polytechnic Institute of Santarém. He is an Adjunct Professor at the Polytechnic Institute of Santarém, School of Health. He has published articles in specialized journals, as author and co-author. Author of a book, published in 2010. He has participated as a researcher in research projects. In his Science Vitae curriculum, the most frequent terms in the contextualization of scientific and technological production are: Health sciences; Medical and health sciences: Health sciences. Integrated member of the Life Quality Research Centre (CIEQV) of IPSantarém, IPLeiria and IPSetúbal as a researcher in the Scientific Area – Individual and Community Health, of the School of Health of Santarém. Active Adult Domain Coordinator. Member of the Health Indicators Monitoring Unit of the School of Health of Santarém. Member of the Research Unit of IPSantarém (UIIPS).

What are your goals as a CIEQV member?

As an integrated member of the Life Quality Research Centre (CIEQV), in the scientific area of Individual and Community Health, and coordinator of the Adult in Active Life domain, I intend to continue the "ALLYouNEEDYouKNOW" project, through a research study started in 2023, in partnership with the

Hospital of Santarém, which is part of a group of researchers, professors at the School of Health, Polytechnic Institute of Santarém.

With the analysis of the data collected, we intend to prepare two articles for two indexed journals, one focused on the promotion of self-care for adults with heart failure, and the other on the promotion of self-care for adults with diabetes.

I also intend to develop and participate in projects in the area of health, both with health institutions, partners of the School of Health of Santarém, whose focus is also on the needs felt and identified by them, but also with other national and international higher education institutions.

Because I consider research to be an area of intervention, which contributes to the development of nursing knowledge as a discipline and profession, I intend to involve undergraduate nursing students and the various master's degrees taught at the School of Health of Santarém.

Concomitantly, all the objectives listed aim to contribute to the evaluation results of the Life Quality Research Centre (CIEQV).

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

The project that we reveal focuses on what we have been explaining: Adult in active life. Train for health literacy and promotion of quality of life.

Within the scope of the "Adult in active life" domain, in addition to some projects still in the planning process, we highlight the "ALLYouNEEDYouKNOW" project.

The design of the project makes it innovative for society. Citizens involved and responsible for their health can make informed choices, make decisions based on the knowledge they have, as well as be active in promoting health in the society in which they are integrated. To focus the care process on the citizen is to learn to look at the phenomenon centered on health and not on disease.

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

- Diagnose the needs of Self-Care in adults with Heart Failure (HF) and/or Type II Diabetes Mellitus (DMII);
- Analyze the outcomes related to nursing interventions in the promotion of self-care.

For the development of the project, to identify the self-care needs of people with heart failure, and/or with diabetes mellitus II, we will use the following scales, both are validated for the Portuguese population:

- PERSON WITH HF - Assessment through the Self-Care Scale for the Person with HF – SCHFI V 6.2 – Self-Care of Heart Failure Index Version 6.2;

- PERSON WITH DMII - Assessment through the scale - Self-Care of Diabetes Inventory (SCODI).

With the positive opinion of the Ethics Committee of the IPSantarém Research Unit.

As a Stakeholder, acceding to the request for the realization of the project, we have the District Hospital of Santarém. In the context of the Day Hospital, nursing consultations for people with heart failure and for people with diabetes mellitus II, where data collection has already been performed. We have the following goals to achieve:

- Nursing interventions focused on the self-care needs of adults with HF and/or DMII;
- Promotion of an Evidence-Based Practice, in a close relationship with Stakeholders;
- Empowerment of the person in their health process, integrated in a life project, in symbiosis with the environment, and according to what is their conception of health;
- Model for the construction of commitments between the person, society and the health system;
- Promotion of "Empowerment" of the person in the context of health literacy and quality of life.

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

As I have previously mentioned, I consider that the translation of knowledge is extremely relevant, and it is necessary to make it effective, both for the valorization of nursing as a discipline and for the implementation of improvements in clinical practice. Therefore, the concern to integrate and mobilize the professionals of health institutions, our partners. This close relationship allows the identification of the needs felt in health care contexts, and at the same time promotes a relationship of trust, which results in projects, whose stimulus emerges from these contexts, and in which we participate, both at the consulting level and as members of the research group.

The intended results always aim at the same premise, the improvement in the quality of care provided to the population, which has repercussions on the promotion of their quality of life and well-being.

We have integrated some projects focused on the intervention area of the domain that I coordinate, and the domain of healthy aging, which I am part of as a researcher.

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

As a research center focused on quality of life, the LQRC-CIEQV plays a critical role in exploring various aspects that contribute to the overall well-being of individuals. The practical implications of the research it develops are diverse and can have a significant impact on individuals, communities, and societal systems, providing them with the knowledge to make informed decisions that positively impact their

quality of life. In addition, as a research center focused on quality of life, the LQRC-CIEQV can have far-reaching practical implications, influencing policies, practices, and interventions across multiple domains to improve the well-being of individuals and communities. Research findings should serve as the basis for positive societal change and the creation of environments that promote a high quality of life for all.

04

ARTICLE

–Interventions to address the existential dimension of people over 80 years of age: A Scoping review Protocol



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Introduction

People over the age of 80 can be considered especially vulnerable to situations of suffering due to multiple factors, such as the loss of self-care skills, family and social losses and the approach to the end of life. Research has shown that addressing the human existential dimension in healthcare is a way of understanding people who are suffering, resulting in a professional intervention that has a positive impact on their well-being.

However, studies also reveal that for people in pain, addressing this dimension is a natural expectation and need, because this need stems from the links between human beings and situations of uncertainty such as the approaching end of life, but it is still uncommon for healthcare professionals to address this dimension as an intentional human care intervention.

People aged 80 or over are the age groups that are growing the most today, and will continue to do so in the coming decades (OECD, 2021). These people are considered vulnerable (Bozzaro et al., 2018), as they are the target of ostracization, social exclusion (WHO, 2015) often feeling devalued and existentially abandoned (Marques, 2023).

Living longer makes the experience of old age more complex, due to greater exposure to risks such as functional decline; social isolation; emotional problems; illnesses; cognitive decline; loss of autonomy;

insufficient personal care and disadvantaged social conditions (Bozzaro et al., 2018), as well as possible physical, psychological, sexual, financial or material abuse (WHO, 2015), are personal and social attributes, the main consequence of which is compromising the quality of lives of people over 80 years old.

The existential dimension of human life is a theme with foundations in the hermeneutic philosophy of Martin Heidegger (2009), arguing that man is always understood based on his existence, his ways of being, the human being when experiencing his experiences questions the very way of being and inhabiting the world, of leading one's life, with the purpose of understanding the meaning of one's human existence (Pasqua, 1997). It not only refers to how we experience things, but also how we position ourselves about lived and future experiences, about ourselves and our situation. Because our experience of the world is not neutral, but rather motivated by concerns, founded on an evaluative, contemplative stance on ourselves.

The existential dimension seems to reside in the connections between the human being and the proximity of death, this perception seems to launch a new horizon on the meaning of life, the mirror effect of death on life can serve to encourage the human being to a greater appreciation of the value of connections to others, as well as the desire to care for others (Drillaud et al., 2022). The uncertainty associated with illness is also another aspect of confronting us with the indeterminate nature of our existence.

It is therefore recognized as a dimension of human life, which has an impact on the practice of healthcare for people in situations of suffering and vulnerability, as it is a resource for understanding individual experiences and seeking to attribute meaning to what is experienced, it is an integral part of multidimensional care. (Binder, 2022; WONCA, 2011; Henocho & Danielson, 2009; Miller et al., 2003), with a favorable impact on their well-being. Its added value is that it supports the understanding of individual experience, and is a resource for seeking to attribute meaning to what is experienced (Demarinis, 2008).

The focus on the existential dimension in nursing care for people over 80 years of age is based on the complexity that the experience of aging currently represents, if on the one hand the human being is incessantly seeking longevity, on the other, the evident decline in enjoyment of quality of life in the elderly phase of life, due to determinants that are not only biophysiological, but also due to the social devaluation of elderly people (Marques, 2023).

The existential dimension is an integral part of the person's multidimensional care, concomitantly with the physical, psychological and social dimensions (WONCA, 2012, Marques, 2023). It is an important clinical tool, especially for people in a vulnerable health condition (Binder, 2022).

In the area of psychiatry, the existential dimension is recognized as having important modulatory effects on the course of a disorder and on the well-being of users, because psychiatric disorders concern the way a person feels, acts, thinks or makes sense of themselves and to their situation (de Haan, 2017). This recognition is supported by comprehensive evidence demonstrating that people facing serious illnesses often experience multiple problems and existential concerns that have a negative impact on their physical and psychological health.

Studies show that people want to have their concerns and existential resources addressed as part of their medical care (Hench & Danielson, 2009; Miller et al., 2003) and nursing care (Marques, 2023). As Binder (2022) states, attributing meaning to our existential dilemmas contributes to a healthy life. Because the existential dimension involves broad and universal life issues, and may not have reference to spiritual or religious aspects.

From the research carried out on the existential dimension in healthcare, it is understood that it is a very valid communication support for people in different vulnerable situations, in the area of medicine and psychology, however no studies carried out in the area of nursing were identified. , and because it is considered to be a relevant area for humanistic nursing care for people in vulnerable situations, such as people over 80 years of age. It was considered opportune to identify and map the evidence and scope available regarding the existential dimension approach in relation to people over 80 years of age, living at home with maintained cognitive capacity.

With the aim of contributing to nursing knowledge, providing a broad overview of what has been published on interventions to address the existential dimension of people over 80 years old, living at home and with cognitive capacity, a scoping review. Because this type of review is useful for identifying the types of evidence available on the topic, allowing an overview of the research that has been carried out. Preliminary research was carried out in PROSPERO, Open Science Framework, MEDLINE, Cochrane Database of Systematic Reviews and JBI, identifying registered and ongoing reviews on the topic, but whose area of knowledge was not nursing, as well as the population were not people over 80 years old.

Purpose / Objective

To map interventions and instruments that structure the existential dimension approach for people over 80.

Methods

Scoping review, conducted based on the method proposed by the Joanna Briggs Collaboration (Peters et al., 2015; Peters et al., 2020a), and the report in the Preferred Reporting Items for Systematic reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA_{ScR}) (Tricco et al., 2018).

The methods proposed by the Joanna Briggs Collaboration have been widely used and recognized in multiple areas of knowledge and by experienced reviewers, representing a primordial approach to support decision-making based on the best available evidence (Khalil et al., 2020).

The PRISMA-_{ScR} extension was developed in 2018 and provides a reporting checklist for this specific type of review and is consistent with that proposed by the Joanna Briggs Collaboration (Peters et al., 2020b). Whose steps were followed.

Using the mnemonic participants, concept and context (PCC).

The protocol relating to this review was registered in the Open Science Framework (<https://osf.io/f6mp5/>) doi 10.17605/OSF.IO/F6MP5 and the protocol was published (Marques et al., 2023)

Location of studies

The research strategy was conducted in three stages. An initial search was carried out limited to MEDLINE (via PubMed), and through consultation of the most relevant articles, and identification of the main terms and search words used, keywords were defined and their definition verified as indexed terms in the database, Boolean phrases were defined to carry out the research. In continuing to identify articles on the topic, research was also carried out in CINAHL Complete

(EBSCO), keywords were defined and their definition as indexed terms in this database was verified. Combinations of descriptors were used using the Boolean operators: “OR” and “AND” and the “*” tool to enhance the search by creating variations of the same word, the combination of terms from the population, concept and context, was made with the “OR” operator and later adding the Boolean operator “AND” to these combinations (table 1). Additionally gray literature research was carried out in the RCAAP; no filters or limitations to any type of study were activated (Table 1).

Table 1 - Strategy and limitations of research applied in MEDLINE and respective research results

Databases	Search Strategy
MEDLINE (via PubMed) in 28.05.2023	((Domicil*[Title/Abstract] OR (Communit*[Title/Abstract])) OR (Domicile[MeSH Terms])) OR (Domicile Community[MeSH Terms]) AND (((existential dimension[Title/Abstract] OR (Transcendental[Title/Abstract]))OR (existential*[Title/Abstract])) OR (Existentialism[MeSH Terms])) OR (Logotherapy[MeSH Terms]) AND ((((((people aged over 80) OR (Oldest Old[Title/Abstract])) OR (Persons Aged 80[Title/Abstract] AND over[Title/Abstract])) OR (Elderly people[Title/Abstract])) OR (Octogenarians[MeSH Terms])) OR (Nonagenarians[MeSH Terms])) OR (centenárias[MeSH Terms]))
CINAHL Complete (via EBSCO) in 03.06.2023	TX (Persons Aged 80 and over) OR MH (Aged, 80 and over) OR TX Oldest Old OR TX Elderly people OR MH Octogenarians OR MH Nonagenarians OR MH Centenarians and TX Domicil* OR MH Domicile OR TX Communit* OR MH Community and
RCAAP 03.06.2023	Existential dimension

The selection of studies was guided by the understanding of the research question, based on the following inclusion criteria according to Population, Concept and Context (PCC) (Peters et al., 2020b) as presented in Table 2.

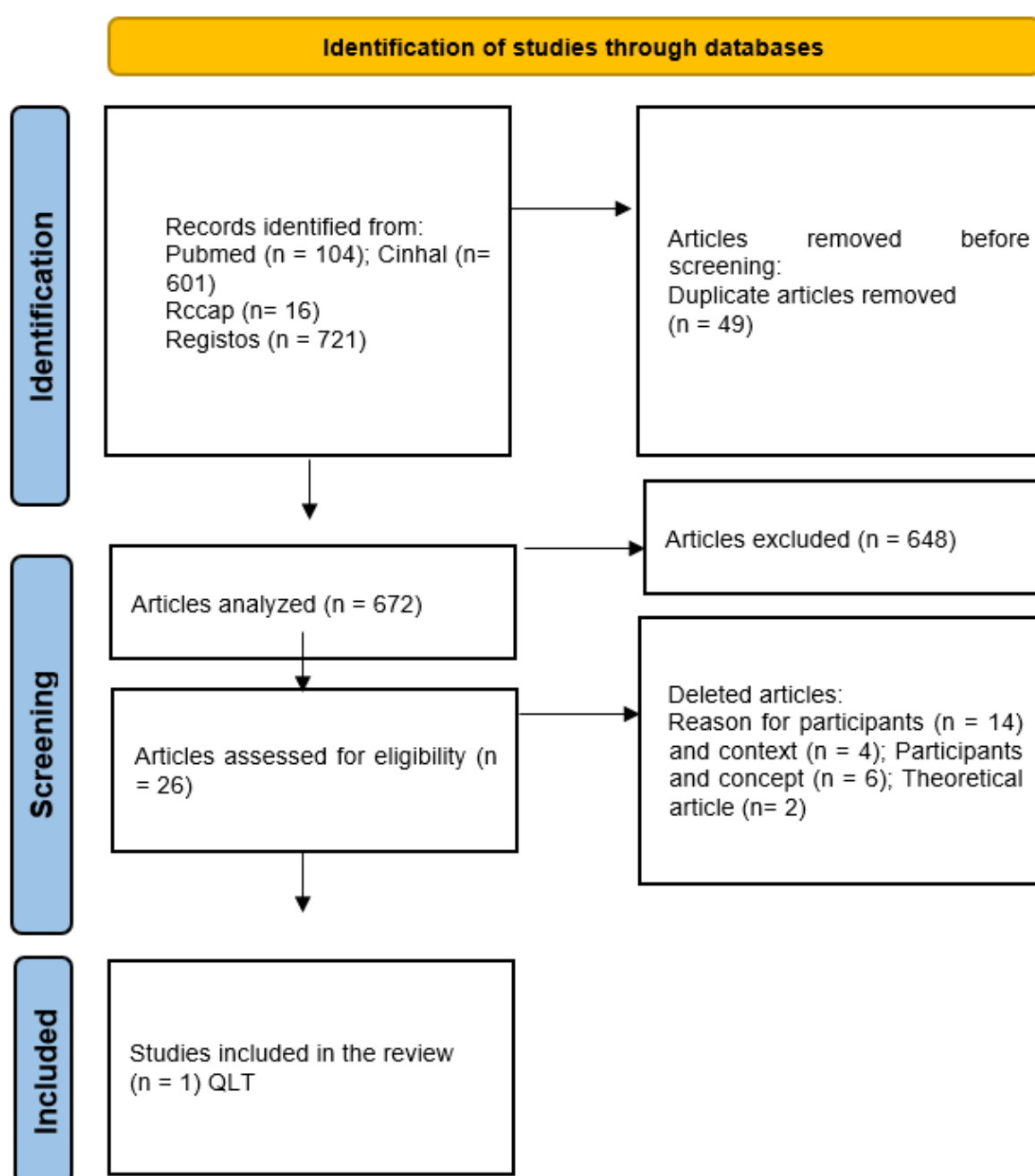
Table 2 - Inclusion criteria for selecting studies

Participants	Concept	Context	Type of studies
Studies that include elderly people, with 80 years or more	Studies that address the concept of existential dimension	Studies carried out in the participants' home or community	Qualitative, quantitative, literature reviews or gray literature

From the search in the two databases, a total of 705 articles were obtained, of which 49 duplicates were removed. Next, two independent researchers read the title and abstract and, after a consensus meeting, a further 632 articles were excluded for not answering the research question, leaving 26 articles for full reading. After this reading, a meeting was held between the two independent researchers, who reached consensus regarding the articles on which there was disagreement. After this phase, 24 articles were excluded because they did not meet the previously expressed inclusion criteria. This scoping review therefore integrates two articles for analysis. The RCAAP database was also included to search for academic reports and others of the “gray literature” type, 16 documents were obtained, by reading the

title and abstract none of them met the research protocol and selection criteria. A flowchart was created based on the PRISMA guidelines following the instructions of JBI (2015), which summarizes the phases from research to the selection of articles to be included in the review and which is presented in Figure 1.

Figure 1 - PRISMA JBI (2020) flowchart of the study selection process



Data extraction

Data extraction was based on the information provided in the title and summary, the relevance of the articles for the present scoping review was analyzed. The full text of studies that met the review inclusion criteria was analyzed. Whenever reviewers had doubts about the relevance of a study based on the title and abstract, the full article was analyzed. Disagreements arising with the second reviewer (JA) were resolved through a third reviewer (MR).

Findings

As shown in Figure 1, 721 potentially relevant studies were identified. Of these, 49 were excluded because they were duplicates; of the remaining 655 studies, 632 were excluded after reading the title and abstract; 26 articles were chosen for reading the full text, 25 articles were excluded for not meeting all the inclusion criteria after reading the full text, leaving one study that met all the inclusion criteria, even if the age criterion of the participants was older 75 years old, and of the 17 participants, 15 were over 80 years old, whose data it was possible to isolate and extract and are therefore included in this review.

This is a research study whose objective was to explore and understand the experiences of suffering from existential loneliness of elderly people receiving home care based on the theory of nursing care, 17 participants over 65 years old, 15 of whom were between ages 82 and 92, therefore criteria for inclusion in this review.

The same investigation states that existential loneliness among elderly people arises from experiences of loss (of health, of their partner or of harmony with them, of the loss of significant social activities due to isolation or due to fragility and vulnerability), these factors lead to profound suffering originating from an existential dimension and with a potential threat to the dignity and health of older people.

The study concludes that given the complex nature of existential suffering, approaches and interventions to alleviate it are equally complex and multifaceted, but the provision of standardized home care and less proximity to elderly people is an obstacle to addressing more subjective issues. of clients what loneliness is like, as it does not allow them to have a say in the care they receive. Suggesting that health promotion services in home care could be organized in support groups for older people, in their own homes, or through larger, public meetings. This would facilitate contact between elderly people and promote the natural creation of new relationships between them. They also consider it opportune to implement digital resources to support older people to remain connected to their generation and spend significant time in communion with others, thus preserving their dignity and well-being.

This mapping allowed the identification of gaps that should be addressed in future primary studies in the field of nursing around the existential dimension, understanding that it is a support for dealing with people in vulnerable situations, subjective feelings of threat to life due to illness or perception of referral for death due to longevity, identifying only one study in the area of nursing that included people over 80 years of age.

Future Projections

Given the importance and scarce evidence, it is necessary to deepen nursing knowledge through primary studies on this topic, with a view to specific care for the needs of elderly people, when analyzing and discussing the need for recognition and development of specific nursing skills in gerontogeriatrics.

This article constitutes a preprint for the future dissemination of the results and discussion of the scoping review, which will certainly provide data that contribute to promoting reflection around the importance of including the existential dimension in intervention strategies for the specific needs of people over the age of 80 years.

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05

NEWS – PROJECTS UNDER DEVELOPMENT

– Project 1:

SEXUALITY EDUCATION, A BREAKTHROUGH FOR EUROPEAN HEALTH



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Health School of Polytechnic of Santarém hosts an exhibition integrated into the ERASMUS K2 "Sexuality Education, A Breakthrough for European Health " project under the theme "the history of sexuality: people and relevant facts". And also in the period between October and December, result 3 of the project was operationalized, related to intervention in the community aimed at young people, women and migrants in urban and rural contexts.



Figure 1: Photographic



Figure 2: Exhibition

— Project 2:

HUCUPED PROJECT

HUMANIZING CARE THROUGH PEDIATRIC PAIN PREVENTION METHODS OF ANALGESIA IN PHARMACOLOGY IN THE REDUCTION OF CHILDREN'S PAIN



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Project developed by IPSantarém, Castilha La Mancha University, Évora University, Agostinho Neto University Hospital

Pain in newborns is a relatively recent concern, as it was considered that they did not have the ability to experience pain. It is currently known that the components for pain perception develop before 24 weeks of pregnancy.

Every day in a neonatal ICU, they experience between 10-15 painful procedures a day, where the majority of preterm babies remain, especially in the first days of life.

Given this context, it is urgent to humanize care through the prevention of pediatric pain.

This project consists of several phases.

After applying the 1st questionnaire, specific theoretical training was carried out for CLE students (after accepting informed consent). Satisfaction and post-training questionnaires were subsequently administered. Currently, care practice is taking place in an internship context, after which the post-practice questionnaire will be administered.

— Project 3: **ALLYOUNEEDKNOW**



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The design of the project makes it innovative for society. Citizens involved and responsible for their health can make informed choices, make decisions based on the knowledge they have, as well as be active in promoting health in the society in which they are integrated. To focus the care process on the citizen is to learn to look at the phenomenon centered on health and not on disease.

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

- Diagnose the needs of Self-Care in adults with Heart Failure (HF) and/or Type II Diabetes Mellitus (DMII);
- Analyze the outcomes related to nursing interventions in the promotion of self-care.

For the development of the project, to identify the self-care needs of people with heart failure, and/or with diabetes mellitus II, we will use the following scales, both are validated for the Portuguese population:

- PERSON WITH HF - Assessment through the Self-Care Scale for the Person with HF – SCHFI V 6.2 – Self-Care of Heart Failure Index Version 6.2;
- PERSON WITH DMII - Assessment through the scale - Self-Care of Diabetes Inventory (SCODI).

With the positive opinion of the Ethics Committee of the IPSantarém Research Unit.

— Project 4: **E-STAY@HOME PROJECT**



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Project aiming to contextualize the results obtained that promote and facilitate the planning of community classes to improve the quality of life of elderly people living at home, with home support, in a Private Social Solidarity Institution – Santa Casa da Misericórdia. Project that underwent restructuring, with the inclusion of the qualitative aspect, with a favorable opinion being obtained from the Ethics Committee of the IPSantarém Research Unit (22-2023ESSS), of this restructuring. We are at this stage continuing to collect data (application of scales and conducting interviews).

Informal caregiver burden in the Integrated Continuing Care Team - Zarit Scale – Project

The development of this project aims to contribute to the characterization of the needs of informal caregivers in the context of an Integrated Continuous Care Team, integrating the results in the preparation of the best nursing professionals. Access to the field is authorized by the Executive Directors of ACES where the study will be carried out - Estuário do Tejo, Médio Tejo and Lezíria, as well as the opinion of the Coordinator of the Regional Coordination Team, from National Network of Integrated Continued Care. The subjects under study will be the informal caregivers of people cared for by the Integrated Continuous Care Teams, being an intentional, non-probabilistic sample and will be constituted in accordance with the informal caregivers who agree to participate in a free and informed way. An opinion was requested from the Health Ethics Committee of the Regional Health Administration of Lisbon and Vale do Tejo, which we are still awaiting.

The application of questionnaires to informal caregivers will be carried out at their home, with data collection through students from the Escola Superior de Saúde de Santarém, in the 2nd Year of the

Nursing Degree Course, during Stage III - Nursing for the Person in Health Disease Process, accompanied by the care of nursing advisors, from each context.

At this stage we are preparing training for students, to standardize data collection.

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07

R&D ACTIVITIES

- **Invitation for publication in Frontiers in Psychology:**

The researcher Prof. Dra. Ana Pereira is the guest editor of a special issue with the topic: Physical Activity: A Powerful Weapon to Public Health Strategy. Deadline for manuscript submissions: 3 April 2024. For more information [CLICK HERE](#)

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dra. Ana Pereira is the guest editor of a special issue with the topic: Active Brain and Body with Lifetime Physical Exercise for a Healthier Aging. Deadline for manuscript submissions: 31 May 2024. For more information [CLICK HERE](#)

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. Raul Antunes, Prof. Dr. Miguel Jacinto and Prof. Dr. Diogo Monteiro are the guest editors of a special issue with the topic: Physical Activity, Exercise, and Sport in People with Disabilities: Strategies for Health Promotion. Deadline for manuscript submissions: 30 November 2024. For more information [CLICK HERE](#)

- **I&D projects in the scientific areas of CIEQV:** For more information [CLICK HERE](#).

08

CALLS AND FUNDING

- FCT Calls. For more information [CLICK HERE](#)
- **Doctoral fellowships INPHINIT – 2024:** The "la Caixa" Foundation is offering 30 fellowships to take up official doctoral studies at any university or research centre in Spain or Portugal. Deadline submissions: 15 February 2024. For more information [CLICK HERE](#)
- **THE KLAUS J. JACOBS BEST PRACTICE PRIZES:** The Klaus J. Jacobs Best Practice Prizes acknowledge up to three institutions or individuals who are working to implement evidence-based solutions to improve child development and learning in practice. Deadline submissions: 16 February 2024. For more information [CLICK HERE](#)
- **EC [HORIZON EUROPE] – ERC PROOF OF CONCEPT GRANTS:** The ERC Proof of Concept Grants aim at facilitating exploration of the commercial and social innovation potential of ERC funded research and are therefore available only to Principal Investigators whose proposals draw substantially on their ERC funded research. Deadline submissions: 14 March 2024. For more information [CLICK HERE](#)
- **ANA MARIA VIEIRA DE ALMEIDA AWARD [2nd EDITION]:** This award focuses on research work on innovative models in the area of early childhood, pre-primary and primary education. Graduates, masters or doctors or post-doctoral researchers in any area of knowledge can apply. Deadline submissions: 30 September 2024. For more information [CLICK HERE](#)

09

SCHEDULE

- **32ND EECERA CONFERENCE**, 3-6 September 2024, Brighton, England. For more information [CLICK HERE](#)
- **EDULEARN24**, 1-3 July 2024, Palma de Mallorca, Spain. For more information [CLICK HERE](#)