81 - DISEASE RISK FACTORS AMONG NURSING STUDENTS OF A PUBLIC UNIVERSITY

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INTRODUCTION

The Organic Health Law n°8.080/90 states that the existence of conditioning and determining factors to infectious diseases such as food, housing, sanitation, environment, work, income, formal education, transportation, leisure and access to essential goods and services, characterize health (CARVALHO, SANTOS, 2002).

According to Bonita et al. (2010) genetic factors are entirely responsible for some infectious diseases. However, most diseases are the consequence of the interaction between genetic and environmental factors. In this context, the mentioned authors reinforce that primary prevention is essential to avoid diseases. This is intended to restrict the incidence of diseases by controlling specific causes and risk factors.

Nurse professionals are exposed to different harmful stimuli in the working environment, physical effort, chemical and biological materials, noise pollution coming from machines that are essential to patients and that directly affects workers' health (OLER et al., 2005).

In this context, the nurse student and the healthcare professional are part of a high risk group for the development of physical and mental stress due to the everyday busy context of trying to promote others well being imposed a high stress level. These stress combinations, personal demands and assessments have a positive aspect, so that the undergraduate seeks to improve to achieve the best. However, without the psychological and institutional support, the student goes beyond his own health limits (NASCIMENTO, 2006).

According to Nascimento (2006), most graduation health programs held an extensive timetable. Yet, focus on disciplines on how to self-care should be included.

JUSTIFICATIVE

Identifying the innumerous risk factors undergraduate Nursing students are exposed to, is essential. This way, knowing better who are these students and their lifestyle, it would make possible to outline this group profile. This data might be useful to draw up strategies in order to face and prevent diseases and to improve life quality.

OBJECTIVES

Identifying and describing factors that risk health among undergraduates of the Nursing Program at Unioeste, Foz do Iguaçu, Paraná.

MATERIALS AND METHODS

A cross-sectional study was carried out on undergraduates of the Nursing Program at Unioeste/Foz do Iguaçu, the first half of 2012. The screening criteria adopted included undergraduates duly enrolled in the Nursing Program during the 2012 academic year and who also willingly accepted to participate in the research. Those, who during the interview felt uncomfortable or who interrupted the interview application were not taken as subjects. The data were obtained through the application of semi-structured interview with 15 questions about diseases and risk factors and the socioeconomic profile. Microsoft Excel Software 2010 graph- and diagram charts were used to analyze the collected data. The approval was obtained from the Ethics Committee for research by UNIOESTE before the data collection was carried out, under opinion n° 465/2011.

RESULTS AND DISCUSSION

The survey population counted with 120 students from which 86% were female; main part of the subjects (90%) were between the ages of 20 to 24; and from these, 17% were 20 years old. 84% of the interviewed undergraduates were predominantly single. Regarding to the economic profile, 44% declared having 3 to 5 minimum wages as household income and 78% are unemployed, only 20% help with the household budget, 64% declared living together with parents and siblings.

Concerning body mass index (BMI), 20% showed overweight, and an alarming 0,8% showed morbid obesity grade 1, 1,6% showed morbid obesity grade 2 and 1% morbid obesity grade 3 (Table 1).

Table. 1. Distribution of students according to body mass index, UNIOESTE, 2012.

BMI- Body Mass Index	frequency (f)	percentage (%)
≤ 18,5 - Low weight	9	7,5
18,5 a 24,9 - Normal Weight	83	69
25 a 29,9 – Pre-obesity	24	20
30 a 34,9 - Morbid Obesity grade 1	1	0,8
35 a 39,9 - Morbid Obesity grade 2	2	1.6
≥ 40 - Morbid Obesity grade 3	1	1

When asked about biological aspects, it was found out that the average weight among interviewed was 63,68 kg, the average high was 1,66 m. and the average BMI was 23. However, the BMI is close to the normal limit in order to be considered as

overweight, according to the World Health Organization (WHO, 1995). Cercato et al.,(2000) points out that obesity is a risk factor to the occurrence of cardiovascular events, especially coronary heart disease, heart failure and cerebral vascular accident, regardless other factors.

Paixão et al,. (2010) and Moraes (2000) studied healthcare undergraduates. The results showed Nurse undergraduates having more overweight (14,63% and 16,4% of the subjects respectively). This puts them into a high risk situation of developing various health problems. This might occur because lunch can be replaced with snacks, plus the sedentary lifestyle within 53% (Figure 1).

Concerning to physical activities, 53% declared having a sedentary lifestyle (Figure 1). Oliveira (2011) also pointed out that there was an unexpected high level of sedentary lifestyle (74%) since it occurs in a particular population that takes care of patients' health.

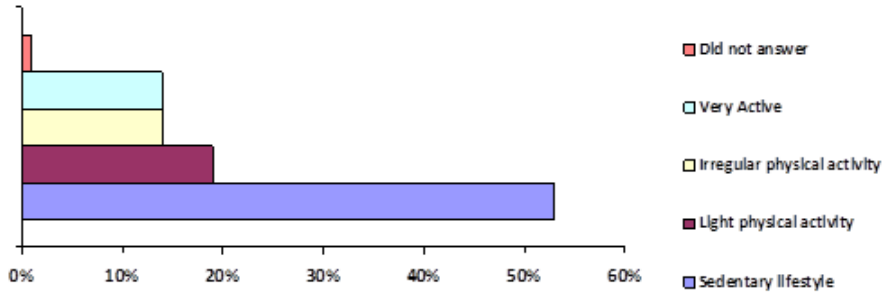

Figure 1. Distribution of undergraduates according to physical activity performed, UNIOESTE, 2012.

Marcondelli, Costa and Schmitz (2008) blame these high levels of sedentary lifestyle in undergraduate students to the lack of time and money. On a research conducted in the Health Sciences State University of Alagoas (UNCISAL), with Medicine students, it was concluded that as the medicine course nears its end, the overweight becomes greater (LESSA; MONTENEGRO, 2008).

Concerning the tobacco use (Figure 2), 88,3 % are nonsmokers, only 5% smoke and 6,6% did not answer, agreeing with other authors where the high frequency of nonsmokers was observed (BORGES et al., 2004; ECHER et al., 2011).

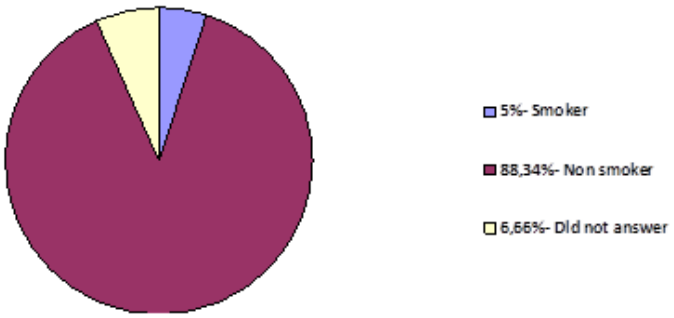

Figure. 2. Distribution of Nursing undergraduates according to smoking habits, UNIOESTE, 2012

However, Oliveira et al., (2004) verified that 93,1% did not have smoking habits the first year, 93% on the second year, 91,3% on the third year and 88,6% on the fourth year mentioned that began their smoking habits after they were admitted to college, smoking mostly at college parties. This increase of smokers at undergraduate years is totally against the self-care that the student of health should show.

According to a research on cigarette smoking among undergraduates of public Nursing faculties, most surveyed subjects, 85%, are non smokers, however, in 15% of the subjects smoking is stronger than its harmful effects (BORGES et al.,2004).

When considering subjects the use or not of cigarettes, it was verified that more than half of the sample, 66%, mentioned never tried smoking a cigarette, while 25,8% declared having done it and 8% did not answer (Figure 3).

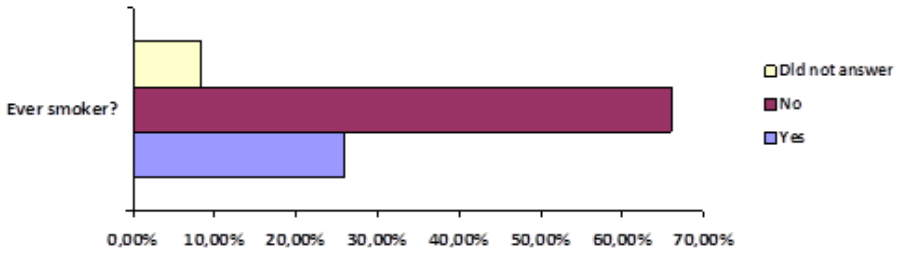

Figure. 3. Distribution of Nursing undergraduates according to their experience with the use of cigarettes, UNIOESTE, 2012.

Sawicki and Rolim (2004) verified that 20,4% of undergraduates already used a cigarette at least once in their lifes. However, there is a decrease of undergraduate smokers, showing that although comparing the smoking experiences, to the number of smokers of this population, it is decreasing. But still some will become smokers after their first try, especially due to the living situation they are in.

Smoking habits are a serious problem in locations where there is a low socioeconomic environment. It was observed, in this low-income population, the need for preventive measures from the beginning of the addiction among young people. The survey compared young people from a slum in Rio de Janeiro with undergraduates of the Biomedicine faculty. The differences showed to be astonishing. While 7,3% of Biomedicine undergraduates smoked, 60,9% of the young people at the slum are smokers(VERJOVSKY et al., 2011).

Mostly undergraduates surveyed, 42%, do not drink alcohol. However, 45% consume four drinks per week or two per occasion (low risk standard); 9% consume seven drinks per week or three per occasion (harmful consumption standard); 1% consume until ten drinks per week or five drinks per occasion; others, 1%, consume more than fourteen drinks per week or more than four drinks per occasion with bigger chances of dependence diagnosis; and 2% did not answer (Figure 4).

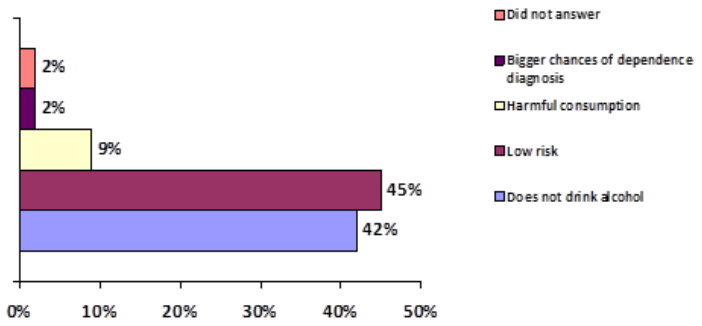

Figure 4. Distribution of undergraduates according to the patterns of alcohol consumption based on the Alcohol Use Disorder Identification Test (AUDIT), UNIOESTE, 2012 (BARBOR; HIGGINS-BIDDLE, 2004).

Oliveira et al. (2004) searched for patterns of alcoholic drink ingestion and while 12,6% of the undergraduates did not answer the question, most of them either did not drink or did it sporadically (43,4%). The author was concerned about 2 undergraduates who related ingesting alcoholic drinks every day and with 3,6% of the students who declared drinking every single weekend.

In yet another survey, around 29% of the students mentioned having already used alcoholic beverages to a point of becoming drunk, declaring that almost 1/3 already made an abusive consumption of alcohol. It was found out that alcohol caused 91% of the hospitalizations for alcohol dependence and 70% of the reports disclosed by the Forensic Medical Institute (IML) showed the presence of alcohol in corpses by violent death (GALDURÓZ, 2006).

Smoking and alcoholism are considered habits associated with other morbid behaviors, often due to the pressures of modern life, an unbalanced food intake and to sleep disorders and leisure, contributing to cardiovascular, arteriosclerotic and neoplastic diseases. The resistance to and cessation of the preventive care is more usual in the younger population as the undergraduates who took part in the survey (BREVIDELLI; CIANCIARULLO, 2002).

FINAL CONSIDERATIONS

The number of undergraduates exposed to the studied risk factors is high, specially on physical activity. It is conspicuous that the undergraduate needs a supporting group that works on these fragilities, so that diminishes risks and strengthens theory with practice, improving health education.

It is necessary to realize that the student while an undergraduate is not being exposed to all the risk factors that will be exposed during the working life. It is essential that during this stage, to wake up in the student the need of having healthy- habits and activities that improve and promote quality life.

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DISEASE RISK FACTORS BETWEEN NURSINGSTUDENTS OF A BRAZILIAN PUBLIC UNIVERSITY

ABSTRACT

The Organic Health Law n°8.080/90 states that the existence of conditioning and determining factors to infectious diseases such as food, housing, sanitation, environment, work, income, formal education, transportation, leisure and access to essential goods and services, characterize health. Most diseases can be avoided with primary prevention, which purpose is to limit the incidence of diseases. The purpose of the research is to identify risk factors among Nursing undergraduates, Unioeste, Foz do Iguaçu/PR. It is across-sectional study, with 120 subjects, undergraduate Nursing students from Unioeste in Foz do Iguaçu, during the firs half of 2012. The data collecting tool focused questions about risk factors and the undergraduates' socioeconomic profile. Results show 20% of the subjects with overweight, 53% declared having sedentary lifestyle, 5% smoke, while 25,8% declared already used a cigarette, 56% drinks weekly certain amount of alcohol. We may conclude that the number of undergraduates expose to the studied risk factors is high, especially on physical activity. It is conspicuous that the undergraduate needs a supporting group that works on these fragilities, so that diminishes risks and strengthens theory with practice, improving health education.

KEY-WORDS: Nursing students; Health Education; Disease prevention.

FACTEURS DE RISQUE DE MALADIE PARMI LES ÉTUDIANTS DES SOINS INFIRMIERS D'UNE UNIVERSITÉ PUBLIQUE

RÉSUMÉ

La Loi de Santé n° 8.080/90, affirme qu'il y a des facteurs et des conditions determinats de la maladie, comme la nourriture, le logement, l'assainissement, l'environnement, le travail, le revenu, l'éducation, les transports, les loisirs et l'accès aux biens et aux services essentiels qui définissent la santé. La plupart des infirmités peuvent être évitées avec la prévention primaire, que vise limiter l'incidence des maladies. Identifier les facteurs de risque presentes parmi les étudiants, du cours de soins infiermiers de l'Unioeste, Foz do Iguaçu/PR. Il s'agissait d'une étude transversale, dont l'échantillon se composait de 120 étudiants de soins infirmiers de l' Unioeste à Foz do Iguaçu, dans la première moitié de 2012. L'instrument de collecte de données portait sur des questions concernant les facteurs de risque et le profil socio-économique des élèves. Parmi les répondants, 20% étaient pré-obèses, 53% ont déclaré être sédentaires, 5% fumaient, tandis que 25,8% ont déclaré avoir utilisé des cigarettes, 56% consomment une quantité d'alcool par semaine. En cnclusion, le nombre élévé d'Universitaires qui sont exposés aux facteurs de risque enterviwés est élévé, sourtout à ce qui concerne l'activité physique, il est clair que l'´tudiant a besoin d'un groupe de soutien qui travaille ces faiblesses, afin de minimiser les risques et renforcer la théorie avec la pratique, renfornçant l'éducation en santé.

MOTS-CLÉS : Étudiants de Soins Infirmiers, Éducation en Santé, Prévention de Maladies.

FACTORES DE RIESGO DE ENFERMEDAD ENTRE LOS ACADÉMICOS DE ENFERMERÍA DE UNA UNIVERSIDAD PÚBLICA BRASILEÑA

RESUMEN

La Ley Orgánica de Salud n° 8.080/90, afirma que existen factores determinantes y condicionantes para el adolecimiento como la alimentación, la vivienda, el saneamiento básico, medio ambiente, el trabajo, los ingresos, el nivel educacional, el transporte, tiempo libre y el acceso a los bienes y servicios esenciales que definen la salud. La mayoría de las enfermedades puede ser evitada con la prevención primaria, que tiene el propósito de limitar la incidencia de enfermedades. Identificar factores de riesgo presentes entre los académicos del curso de Enfermería, Unioeste, Foz do Iguaçu/PR. Fue un estudio transversal, cuya muestra fue compuesta por 120 académicos del curso de enfermería de la Unioeste en Foz do Iguaçu, durante el primer semestre de 2012. El instrumento de colecta de datos discutió cuestiones acerca de los factores de riesgo y perfil socioeconómico de los discentes. De los entrevistados, 20% mostraron preobesidad, 53% se declararon sedentarios, 5% fuman, mientras 25,8% ya fumaron, 56% consume alguna cuantidad de alcohol semanalmente. Finalmente, el elevado número de académicos expuestos a factores de riesgo de este estudio es elevado, principalmente en lo concerniente a actividad física. Es evidente la necesidad de un grupo de apoyo para el discente que lo ayude en sus debilidades, para minimizar los riesgos y fortalecer la teoría con la práctica, reforzando la educación en salud.

PALABRA LLAVE: Estudiantes de enfermería; Educación en Salud; Prevención de enfermedades.

FATORES DE RISCO DE ADOECIMENTO ENTRE OS ACADÊMICOS DE ENFERMAGEM DE UMA UNIVERSIDADE PÚBLICA

RESUMO

A Lei Orgânica da Saúde n°8.080/90, afirma que existem fatores determinantes e condicionantes para o adoecimento, como a alimentação, a moradia, o saneamento básico, meio ambiente, o trabalho, a renda, o nível educacional, o transporte, o lazer e o acesso aos bens e serviços essenciais que definem a saúde. A maioria das enfermidades pode ser evitada com a prevenção primária, quem tem o propósito de limitar a incidência de. Identificar fatores de risco presentes entre os acadêmicos do curso de Enfermagem, Unioeste, Foz do Iguaçu/PR. Foi um estudo transversal, cuja amostra foi composta por 120 acadêmicos do curso de enfermagem da Unioeste em Foz do Iguaçu, no primeiro semestre de 2012. O instrumento de coleta de dados versava sobre questões acerca dos fatores de risco e perfil socioeconômico dos discentes. Dos entrevistados, 20% estavam com pré-obesidade, 53% declararam serem sedentários, 5% fumam, enquanto 25,8% citaram ter usado o cigarro, 56% consome alguma quantidade de álcool semanalmente. Concluindo, o elevado número de acadêmicos que estão expostos aos fatores de risco pesquisados é elevado, principalmente no quesito atividade física, é notório que o discente precisa de um grupo de apoio que trabalhe nessas fragilidades, a fim de minimizar os riscos e fortalecer a teoria com a prática, reforçando a educação em saúde.

PALAVRAS-CHAVE: Estudantes de enfermagem; Educação em Saúde; Prevenção de doenças.