

can display in health and quality of life are varied and complex, extremely important in periods of recognized vulnerability of women: pregnancy and motherhood.

Objectives: In order to characterize the healthcare provided to this population in the defined periods, we sought to assess the perception of immigrants regarding the quality of received care and its adequacy. Later, we gathered complementary information among trained health professionals.

Methods: The investigation protocol followed a mixed methodology. It is intended to assess whether the qualitative data collected (semi-structured interviews) converge with health indicators (questionnaires) – triangulation techniques. The participants are recent immigrants mothers from Eastern Europe, Brazil and Portuguese Speaking African Countries and Portuguese (for comparison), contacted through civilian associations and referral Hospitals in the metropolitan area of Porto, as well as health professionals (doctors, nurses and administrative staff) working in the same Hospitals.

Results: Misinformation about rights and gaps in doctor-patient communication and expectations during medical consultations often interact with social determinants, resulting in impoverished maternal health outcomes and suboptimal medical procedures.

Conclusions: Health services should consider migrants' health literacy in order to improve responses to their needs. New Public Health scopes must target professional awareness of the need for additional care in vulnerable populations (e.g. migrants who lack social support) to promote superior quality of care.

DROP OUT THE SHAFT: THE INTERNET ADDICTION BEHAVIOR IN DISCUSS

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Introduction: This paper intended to analyze the process of Internet addiction, which has gradually expunged individuals from their social life offline, minimizing interpersonal relationships.

State of the art: The central issue is reflect on the growing movement of migrating the postmodern individual to virtual communities and relationships by this option focused in "weak ties" to the detriment of personal contact face-to-face. It's proposed to understand why the option of dipping into these communities to seek new opportunities for socializing, pluralizing exponentially the multiple voices. The analysis will focus on the individual as a user of the network.

New perspectives: In terms of methodology, the choice for the development of this paper was the hypothetical-deductive method. The idea is to make a crossing of sociological and communicational theories about the discourse relationship with web data gathered from scientific studies that have been conducted in centers for Internet addiction in the United States in recent years. From that intersection, the aim is to produce a "social gaze" from then diagnose "social prisoners" on the web.

Theoretical and Practical implications: It is important to note that this discussion understands that there is a "social arena" in which individual and Internet are together, but with different functions: an addict and an addictive. This is a complex system that is directly "linked" on the relation of seduction by the symbolic and psychological development of each individual: a place where social exchanges mediated by screens are the solution for building ephemeral relationships, and text becomes hypertext and translates the emotions of practical and objective way.

HEALTH AND EDUCATION: THE IMPACT OF EMPOWERMENT AND SELF-CARE STRATEGIES IN TYPE II DIABETIC POPULATION

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Introduction: The prevalence of diabetes is increasing globally due on the one hand, to the aging of the population, but also because of increased risk factors (eg increase in obesity and decreased physical activity). The prevalence of diabetes in 2010 was 12.4% of population aged between 20 and 79, which corresponds to a total of about 991 000 individuals; in the same year 623 new cases of diabetes by 100 000 population were detected in Portugal.

Literature Review: The literature has pointed out that most elder people with diabetes have difficulty in adhering to therapeutic programs (metabolic control, diet plan, exercise and drug therapy).

Guidelines: The main objective of this project is, through qualitative and quantitative strategies, addressing health promotion in diabetics through empowerment strategies in order to facilitate integration of behavioral changes and acquisition of health and self-care behaviors, at different levels. It is intended to make a collection of individual needs, personal and social representations of diabetic individuals, to make a survey of common denominators for the organization of research-action (which will seek support in the literature): improvement of information and accessibility content on DM2, self-care, monitoring and prevention of problems associated with DM2-asymptomatic disease, dietary transgressions and construction of personal strategies for routine and dietary reeducation, interpersonal influences and development of coping skills and decision making, problems with medication.

Conclusions: Therefore, we intend to build important therapeutic alliances with family for an extension of healthcare in time, as part of diabetics' life contexts and meaningful relationships.

SYMPOSIUM: WHAT SHALL WE DO ABOUT YOUTH ALCOHOL USE?

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Incorporate Communications

DO YOU HAVE A FANTASTIC LIFESTYLE? NIGHTS OUT AND YOUTH LIFESTYLES

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Introduction: To address real problems we should use a participatory approach to widening understandings through the use of communicative spaces and practical engagement with tools for inquiry. The behaviour of alcohol consumption is related with lifestyle, especially in youth. So it needs to be assessed before start prevention programs.

Objectives: Describe quantitative methods for assess lifestyle and behaviour of alcohol use among young people.

Methods: Epidemiologic research was carried out to determine the healthy lifestyle behaviour prevalence of university students. The sampling included 3459 students who respond to an on-line questionnaire, selected by a simple random sampling method. Data