

Conclusions

Physical activity strategies should be based on patient fitness levels and their chronic disease's clinical state to improve their low physical performance. The Lifestyle approach should include sleeping time, sitting, and walking time to promote healthy fitness.

S14

Lupus erythematosus and sleep hygiene: A salutogenic perspective

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Background

Research on individuals with lupus erythematosus has a number of limitations: (a) lack of clear theoretical framework of the social mechanisms underlying the development of life skills needed for healthy living, (b) narrow focus centered on biomedical models and health medicalization, and (c) implicit and explicit health hierarchies, especially between social sciences and health sciences. Research on lupus emphasizes the adverse consequences of prescribed medications and treatments. Ambiguous diagnoses and prognoses, and agency capacity of patients and families are emerging subjects in the literature. This research proposes a new theoretical approach to the study of chronic, slow progressing, "stigmatizing" and rare diseases like lupus, based on Aaron Antonovsky's salutogenic health model (1979, 1987).

Materials and Methods

Nine unstructured interviews were conducted using an instrument designed based on the three thematic axis of the Sense of Coherence salutogenic health model. Participants also completed an interview on sleep hygiene. Interviews were conducted online during the COVID-19 quarantine period in El Salvador. Mean age: 53.

Results Application of the salutogenic health model resulted in the following contributions: 1) identification of the mechanisms that underlie the daily lifestyle activities of people with lupus (understandability, manageability and significance), 2) recognition that sleep difficulties arise from the interaction between: physical pain, stressors related to health and financial conditions, as well as ability to understand the disease, uncertainty and fear about their social context, 3) alcohol use and self-medication habits as strategies to fall asleep, regardless of prior knowledge of the mental and physical health consequences.

Conclusion

Based on this analysis, recommendations are made on how to improve sleep hygiene for individuals with lupus using non-pharmacological methods: a) education as to good sleep hygiene habits, b) monitoring specific cases, c) low impact exercise, d) psychosocial assistance and counseling.

S15

Quality of life during COVID-19 pandemic in cardiology clinic patients

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Background

Pre-existing cardiovascular disease increases vulnerability to serious complications during the COVID-19 pandemic. It is useful to identify the dimensions of quality of life affected in this population to provide preventive care and to support mental health. It was proposed

to analyze the quality of life of patients who attend the cardiology consultation.

Materials and methods

Descriptive correlational study in cardiology consultation attendees of a private hospital in Sinaloa, Mexico in April 2020. The Spanish version of the WHOQOL BREF questionnaire was applied. This questionnaire distinguishes the dimensions of physical, psychological, social, and environmental health. Analysis with descriptive statistics and Pearson's correlation tests due to the normal distribution of the data ($p > .05$). Reliability and validity were estimated using Cronbach's Alpha and KMO coefficient.

Results

Data of 37 participants with an average age of 66 years ($SD = 14.34$; 45.9% women, 54.1% men) are presented. Sixty four percent reported that their quality of life is moderately good. Only 29.7% reported being satisfied with their health. The average raw score of the sample was 76.37 ($SD = 10.43$), when dividing the sample by sex, higher values were found for men than for women (77.69 vs 74.83). A positive association was found between age and the perception of environmental health ($r = .339$, $p < .05$). When comparing by sex, this association remained significant only for men ($r = .548$, $p < .05$). The most affected environmental health items refer to purchasing power, possibility of leisure and physical environment (response range = 2.03-3.11).

Conclusions

In this sample of the cardiology consultation women had lower perceptions of quality of life than men; and age showed an association with the perception of environmental health. The safety of environmental facilities should be increased during the medical care of this type of patients.

S16

Changes in stereotypes and perceptions towards old age of university students

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Background

College preparation can be helpful in reducing stereotypes and negative attitudes towards old age. It was proposed to analyze the changes in stereotypes and perceptions towards old age of university students after participating in a curricular class on health care for the older adults.

Materials and methods

This cohort design study with two measurements surveyed 69 health sciences students enrolled in an older adult population study class of a public university of Mexico. Stereotypes towards old age were measured with the Kogan's Attitude Towards Old People Scale. The dimensional perception regarding female and male aging was estimated with the Osgood Semantic Differential Scale. Both scales were applied using the validated Spanish version. An online survey was sent in the first and the last day of curricular classes during the first semester of 2020. Differences between cohorts and by type of female or male aging were estimated with the Wilcoxon test.

Results

Fifty-five women and 14 men aged 21.67 years ($SD = 1.33$) completed participation in the study. Most of the participants held positive stereotypes towards ageing in the two measurements. Positive differences were detected between first and second cohort stereotypes ($p < .02$). For the second cohort, the perception of male aging changed in the categories of healthy-sickly, fragile-resistant, skillful-clumsy, and integrated-marginalized ($p < .032$). Regarding female aging, differences were observed in the categories of healthy-sickly, skillful-clumsy, integrated-marginalized, and valued-undervalued ($p < .041$).