Pre-school and 1st cycle of basic education in the city of Bragança, in the academic year 2014/2015. Statistical analysis was performed on the SPSS program, v. 20.0. It was used descriptive statistics; correlations were accessed using Spearman and chi-square tests, considering the significance level of 5%.

**Results**

The results revealed that 86% of parents use drugs without prescription; of these 49% resort to this practice under the influence of ancient medical guidelines and 28% under the influence of information transmitted in the pharmacy. Mostly parents (53%) resort to self-medication to relieve fever or treatment of influenza symptoms (14%) of their children. No statistically significant factors related to the use of non-prescription medication in children were found.

**Conclusions**

Paediatric self-medication is a common practice, especially made by parents. New explanatory factors have been found for this paediatric self-medication.

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**Keywords**

Children, Pediatric medicines use, Pediatric self-medication, Pre-scholar children, Primary school children.

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**O156**

**Sleep and perimenopause: contributions to its management**

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**Background**

There are large geographical differences in the prevalence of menopausal symptoms. Given the differences in study methodologies, it has been difficult to establish comparisons. In middle-aged women, sleep disorders are quite prevalent problems and are sometimes attributed directly to the menopausal transition. Based on the conceptual framework proposed by Meleis and Schumacher, we consider it important to assess and risk evaluate of women who cross this period, in order to stimulate the menopause and the Satisfaction Scale Social Support; Self-Esteem Scale. Semi-structured interviews collected: socio-demographic and socioeconomic factors: level of education (b = 0.933; \( X^2 \text{wald}=4.386, p=0.035, OR=2.222 \)), the conditions of the psychosocial factor: attributed meaning menopause (b = -0.504; \( X^2 \text{wald}=6.262, p=0.012, OR=0.604 \)), satisfaction with social support (b = -0.154, \( X^2 \text{wald}=10.849, p=0.001, OR=0.857 \)), attitudes and beliefs regarding menopause (b = -0.207; \( X^2 \text{wald}=10.634, p=0.001, OR=0.813 \)), attitudes (b = -0.130, \( X^2 \text{wald}=5.282, p=0.022, OR=0.878 \)); have projects (b = 0.662; \( X^2 \text{wald}=9.907; p=0.002, OR=0.516 \)) and the condition of the lifestyle factor: number of feed (b = -0.285, \( X^2 \text{wald}=10.658, p=0.001, OR=0.732 \)), presented a statistically significant effect, significant difference on the logit of the probability of a woman having referred problems, according to the adjusted Logit model (G^2(10)=173.916, p<0.001; \( X^2 \text{wald}=6.484 \); p = 0.593; \( R^2_\text{adj}=0.252, R^2_\text{adj}=0.342, R^2_\text{adj}=0.218 \)).

**Conclusions**

Problems with sleep can be considered a negative indicator of processes in perimenopausal women. The model suggests some modifiable factors, specifically: eating habits, attitudes and beliefs attributed to menopause, and importance of satisfaction with family social support. These aspects should be included in the initial nursing assessment and risk evaluation of women who cross this period, in the sense of adequately managing nursing interventions.

**Keywords**

Problems, Sleep, Menopause.
Conclusions
The results suggest that both programs were feasible and well tolerated in this age group, but their benefits were not evident. Increased working memory was associated with decreased levels of reactive aggression. This study alerts to the need for further research focused on pre-schoolers’ executive and socio-emotional functioning, particularly on the effects of interventions programs.

References

Keywords
Executive functions, Mental health, Mind-body therapies, Psycho-motor intervention.

O158
Impact of a 10 km race on inflammatory and cardiovascular markers: comparison between trained and untrained recreational adults
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Background
Previous studies have found that trained athletes had lower changes in circulating levels of inflammatory biomarkers and cardiovascular stress than untrained athletes, upon prolonged or exhausting exercise. Particularly, recreational runners with less training showed higher risk of cardiac injury and dysfunction after a marathon. Presently, we are observing a steadily growing number of young and older adults engaging in running events without having a professional orientation or training, emphasizing the need to assess biochemical markers that allow the evaluation of the acute changes imposed in these recreational athletes.

Objective
To compare the immediate and 24-hour effects of a 10-km run on inflammatory and cardiovascular biomarkers between recreational athletes, with and without specific running training.

Methods
18 recreational athletes (38.5 ± 14.5 years), 10 men and 8 women, were recruited and divided in a trained and untrained group. Venous blood samples were taken prior to the 10km race (48 hours before), immediately after (within 30 minutes), and 24 hours after the race. The following biomarkers were analysed by slot blotting assay: vascular endothelial growth factor (VEGF), interleukin 6 (IL-6), high sensitive C-reactive protein (hsCRP), ghrelin, matrix metalloproteinase-2 (MMP-2) and MMP-9.

Results
The trained group completed the race in 50.3 ± 13.0 minutes per comparison to the 66.8 ± 5.6 minutes of the untrained group (p = 0.003). A significant increase in circulating levels of hsCRP, ghrelin, VEGF and MMP-9 was observed immediately after the race in both groups; the levels of these biomarkers returned to baseline 24h post-race. A significant increase in IL-6 was also detected after the race in both groups, which returned to baseline levels at 24 hours post-race in the untrained group. Regarding MMP-2 levels, a significant increase was detected after the race only in the untrained that returned to baseline levels at 24 hours post-race.

Conclusions
The impact of a 10-km race in the inflammatory and cardiovascular markers assessed in this study was different between recreational athletes, with and without specific training.

Keywords
Biomarkers, Cardiovascular system, Exercise, Inflammation, Running.