the participants' experience and knowledge about catastrophes.

Methods: The exercise consisted of an interactive board game. The board game represents a map of the ER. Personnel, patients and others were illustrated as game cards. The participants were introduced to a specific situation. The game was played in real time.

Result: The game has been used in regional paediatric educations. The evaluation showed that the game is realistic, educational and has given the participants an increased knowledge and security for potential future catastrophes. The physician class gave the game a 5,8/6 points.

Conclusion: Simulation through interactive role play is considered to be a valuable and educational way of preparing for a catastrophe.

PO26 – Physical activity – young people's behaviours in Vila Nova de Famalicão

Ilda Fernandes (Portugal)¹; Manuela Martins (Portugal)¹;
Bárbara Gomes (Portugal)¹; Luísa Andrade (Portugal)¹;
Ana Silva (Portugal)¹

¹ESEP

Theme: Physical activity

Keywords: Adolescent, health behaviours, physical exercise, social determinants.

Physical activity in adolescence is of major significance considering body, emotional and behavioural changes. A quantitative, descriptive and transversal study was performed to analyse the physical activity of adolescents from a school community in Vila Nova de Famalicão. A self-administered questionnaire was applied to 1614 adolescents attending secondary and higher education in the academic year 2013/2014, aged between 14-21 years. From total participants, 56.9% were female and 86.5% attended secondary school. From the participants engaged in physical activities over the previous week, during 20 minutes, with an increase in sweating and/or in respiratory frequency, 24.9% referred twice and 12.7% did not engage in any activities; at least 30 minutes duration, with no visible physiological changes, 10.4% with daily activities and 41.9% with no activities and 19.3% (twice) and 7.6% (daily) refereed activities to strengthen muscles. Physical activity needs to be promoted to achieve physical and emotional wellbeing among young people.

PO27 – Road safety – young people's behaviours in Vila Nova de Famalicão

Ilda Fernandes (Portugal)¹; Manuela Martins (Portugal)¹;
Luísa Andrade (Portugal)¹; Eliana Machado (Portugal)¹

¹ESEP

Theme: Accidents

Keywords: Adolescent, safety, social determinants, health behaviours.

Health problems caused by the inadequacy of road safety measures have increased significantly and represent the main cause of morbidity and mortality among young people. A quantitative, descriptive and transversal study was performed contributing with information on safety and violence behaviours of adolescents from a school community in Vila Nova de Famalicão. A self-administered questionnaire was applied to 1,614 adolescents attending secondary and higher education in the academic year 2013/2014, aged between 14-21 years. From total participants, 56.9% were female and 86.5% attended secondary school. Results showed that 34.5% travelled by motorcycle and 65.8% by bicycle, without a safety helmet. The young drivers (3.6%) did not always use the safety belt and 4.8% were driving after alcohol intake. Data shows a significant percentage of young people having road risk behaviours, highlighting the need for intervention in this area.

PO28 – Adolescents with congenital heart disease – transition from paediatric to adult care units

Fernanda Carvalho (Portugal)¹; Maria Do Céu Barbieri – Figueiredo (Portugal)¹

¹*Escola Superior de Enfermagem do Porto*

Theme: Transition of care.

Keywords: Adolescents, congenital heart disease, transition.

Most children with congenital heart disease will need specialized medical care for life. Programmes to promote transition from children's to adult care services must happen at any time and have been developed worldwide.

The purpose of this presentation is to identify the expectations of adolescents, their parents and healthcare team about the transition to adult care and to describe current practice of transition in Portugal.

A questionnaire was created, based on published evidence and international guidelines, with three versions: adolescents, parents, and healthcare professionals. It was validated by a panel of experts to evaluate the relevance and simplicity of the questions and to analyse its adequacy to the study purposes.

Questionnaires have been applied to adolescents, parents and healthcare professionals in the outpatient services of the paediatric cardiology reference centres in Portugal.

Results of this study will allow the planning of a transition program with input from the three groups involved.