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Coordination by:
Gustavo Desouzart



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This book contains information obtained from authentic and highly regarded sources. This is an edition made for publication of the works resulting from the ICHWBI2021 which are available on Congress website, where the reader will find a significant heterogeneity. Abstracts are ongoing or completed project-based research papers submitted by researchers from various academic degrees. This diversity is also found in the authors' scientific areas, reflecting on the variety of research themes presented at the Congress itself.

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Change Blindness: the influence of circadian variations in the selective attention

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BACKGROUND: Our brain has the ability to pay selective attention to important events surrounding us [1]. As described in the literature the circadian rhythms can influence our attentional capacity [2]. Change Blindness is a perceptual phenomenon that occurs when a change in a visual stimulus is introduced and the observer does not notice it [3]. **Objectives:** The purpose of this exploratory study was to understand the interaction of the attentional phenomena of Change Blindness with chronotypes and time of day in people between 13 and 65 years old. **Methods:** A total of 8 subjects were selected conveniently to complete a social-demographic questionnaire and Morning Composit questionnaire [4], before performing a Change Blindness task to investigate the detection of change in images displayed on screen. The experiment occurred in two moments, in the morning and in the afternoon. Reaction times were measured and compared between chronotype participants. **Results:** Based on the hypotheses that the morning participants will show better performance in the Change Blindness task compared to the afternoon participants our findings contradict the initial hypotheses. **Conclusions:** The results do not confirm the hypotheses, however, seem to corroborate the theory [5] that exists and influence of circadian rhythms in cognitive performance that translates in performance fluctuations in attentional tasks according to the time of the day. The pandemic situation (Covid-19) hindered the initial design of this project, forcing us to modify the method and the sample. Future investigation is essential for a better understanding on this phenomenon particularly with representative samples.

Keywords: Change Blindness, Circadian variations, Selective attention

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Plano de parto: um exercício da autonomia

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BACKGROUND: O plano de parto é um documento escrito no qual a parturiente expressa as suas preferências/vontades sobre o processo de parto e nascimento. A institucionalização deste instrumento acarreta uma mudança no modelo de prestação de cuidados de saúde, do paradigma paternalista para um paradigma de autonomia informada. **Objetivos:** Pretendemos, através de uma revisão bibliográfica expor a importância do plano de parto, como uma boa prática ética, descriminando alguns dos itens que podem constar do documento e, simultaneamente, destacar o papel do Enfermeiro Especialista em Saúde Materna e Obstétrica no processo de capacitação/empoderamento da mulher/casal grávido para a elaboração deste documento. **Conclusões:** Concluímos com a necessidade de introduzir o tema plano de parto nas sessões de preparação para o parto/parentalidade bem como proporcionar aconselhamento individual à mulher/casal grávido. Desta forma estaremos a aumentar a literacia em saúde e a respeitar o direito fundamental de autodeterminação da mulher no processo de parto e nascimento.

Keywords: Plano de Parto; Autonomia

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Promover a saúde mental positiva nos adolescentes

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INTRODUÇÃO: O tema "Saúde Mental Positiva" tem sido abordado e discutido nas mais diversas áreas, nomeadamente ao nível dos cuidados de saúde primários, uma vez que a política de saúde é cada vez mais direcionada para promoção nas diversas comunidades, visando a criação de um meio preciso para o desenvolvimento das competências socio-