



**Benedito Rodrigues da Silva Neto
(Organizador)**

Alicerces e Adversidades das Ciências da Saúde no Brasil 2

Benedito Rodrigues da Silva Neto
(Organizador)

Alicerces e Adversidades das Ciências da Saúde no Brasil 2

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APRESENTAÇÃO

A coleção “Alicerces e Adversidades das Ciências da Saúde no Brasil 2” é uma obra composta de quatro volumes que tem como foco as bases e as interfaces multidisciplinares dos trabalhos desenvolvidos em diversos locais do país que compõe os diversos capítulos de cada volume. De forma categorizada os trabalhos, pesquisas, relatos de casos e revisões tentarão demonstrar ao leitor os princípios de cada área da saúde assim como suas peculiaridades.

Nesse primeiro volume apresentamos de forma clara diferentes estudos desenvolvidos em várias instituições de ensino e pesquisa do país. Os capítulos transitaram principalmente entre fundamentos da farmacologia, nutrição, educação e pesquisa básica abordando: Uso da maconha, hiperêmese gravídica, Saúde Pública, Diabetes Mellitus, Qualidade De Vida, Idoso, Tratamento Farmacológico, Câncer de boca, Doença celíaca, Educação em Saúde, Formação em Saúde, *Toxoplasma gondii*, Nefrose lipóide, Atividade antioxidante, interação medicamentosa, Ansiedade, Terapia Cognitivo-Comportamental, Reprodução Humana, Glicose sanguínea, Doenças crônicas não transmissíveis e Atenção farmacêutica.

A fundamentação, e o estabelecimento de conceitos e padrões básicos é muito importante na ciências da saúde uma vez que novos estudos e pesquisas tanto de revisão quanto experimentais sempre se baseiam em técnicas e fontes já publicadas. Assim, destacamos a relevância deste material com informações recentes sobre diversas temáticas da saúde.

Deste modo a obra “Alicerces e Adversidades das Ciências da Saúde no Brasil 2” oferece ao leitor teoria bem fundamentada aliada à resultados práticos obtidos pelos diversos grupos de pesquisa em saúde do país, que arduamente desenvolveram seus trabalhos aqui apresentados de maneira concisa e didática. A divulgação científica de qualidade, em tempos de fontes não confiáveis de informação, é extremamente importante. Por isso evidenciamos também a estrutura da Atena Editora capaz de oferecer uma plataforma consolidada e confiável para estes pesquisadores apresentarem e divulguem seus resultados.

Desejamos à todos uma excelente leitura!

Benedito Rodrigues da Silva Neto

SUMÁRIO

CAPÍTULO 1	1
A CONTRIBUIÇÃO DA MACONHA NA HIPERÊMSE GRAVÍDICA: UMA REVISÃO DE LITERATURA	
Joseane Ferreira Parente	
Maria Aparecida Muniz Farias	
DOI 10.22533/at.ed.7131902101	
CAPÍTULO 2	8
A PERCEPÇÃO DOS PACIENTES PORTADORES DE DIABETES MELLITUS TIPO 2 SOBRE A PATOLOGIA	
Maria Alyne Lima dos Santos	
Marcilene Barbosa de Oliveira dos Santos	
Joseline Pereira Lima	
Aldeiza Almeida Barros	
Francisco Elves de Lima Silva	
Flávia Sonaria da Silva	
Ilza Íris dos Santos	
Sammara Luizza de Oliveira Costa	
Ayrton Silva Brito	
Leyla Andrade Barbosa	
Eguimara de Souza Borges Fernandes	
Claudenisia de Freitas Lima Andrade	
DOI 10.22533/at.ed.7131902102	
CAPÍTULO 3	31
A UTILIZAÇÃO DE PROBIÓTICOS PARA O BENEFÍCIO À SAÚDE DOS PACIENTES IDOSOS	
Maria Clara Feijó de Figueiredo	
Francisco Douglas Dias Barros	
João Matheus Ferreira do Nascimento	
Athanara Alves de Sousa	
Danielle Silva Araújo	
Diêgo de Oliveira Lima	
Flávia Vitória Pereira de Moura	
Marlene Gomes de Farias	
Taline Alves Nobre	
Tamiris Ramos Silva	
Joilane Alves Pereira-Freire	
Ana Cibele Pereira Sousa	
DOI 10.22533/at.ed.7131902103	
CAPÍTULO 4	43
ADESÃO AO TRATAMENTO FARMACOLÓGICO DA HANSENÍASE NO MUNICÍPIO DE MISSÃO VELHA – CE	
Anna Karoline Pereira Macêdo	
Emanuela Machado Silva Saraiva	
José Leonardo Gomes Coelho	
Régila Santos Pinheiro	
Gabriella Gonçalves Feitosa	
Hanyelle Felix Cruz Landim	
Helenicy Nogueira Holanda Veras	
DOI 10.22533/at.ed.7131902104	

CAPÍTULO 5 54

ATIVIDADES DA p53 NO EPITÉLIO ORAL COM CÂNCER DE OROFARINGE

Klinger Vagner Teixeira da Costa
Kelly Cristina Lira de Andrade
Aline Tenório Lins Carnaúba
Fernanda Calheiros Peixoto Tenório
Ranilde Cristiane Cavalcante Costa
Luciana Castelo Branco Camurça Fernandes
Thaís Nobre Uchôa Souza
Katieanne Wanderley Rocha
Dalmo de Santana Simões
Pedro de Lemos Menezes

DOI 10.22533/at.ed.7131902105

CAPÍTULO 6 59

DOENÇA CELÍACA E A DIFICULDADE EM SEGUIR UMA DIETA COM RESTRIÇÃO AO GLÚTEN

Israel Sobreira Machado
Karina Moraes Borges
Paloma Soares dos Santos
Mayara Fernandes Pereira
Raizza Barbosa Elói Mendes
Maria Auxiliadora Macedo Callou
Priscylla Tavares Almeida
Cicera Leticia da Silva
Maria Aparecida Nunes de Carvalho
Rejane Ferreira da Silva
Janice Alves Trajano

DOI 10.22533/at.ed.7131902106

CAPÍTULO 7 66

EDUCAÇÃO NUTRICIONAL COMO ESTRATÉGIA DE PROMOÇÃO DA SAÚDE NA TERCEIRA IDADE: UM RELATO DE EXPERIÊNCIA

Helder Matheus Alves Fernandes
Daniele Cristina Alves Fernandes
Elane da Silva Barbosa
Gabrielle Cavalcante Barbosa Lopes
Márcia Jaíne Campelo Chaves

DOI 10.22533/at.ed.7131902107

CAPÍTULO 8 80

EFEITOS DO FENTANIL NA RIGIDEZ DA PAREDE TORÁCICA

Maria Larissa de Oliveira
Palloma Sobreira Barbosa Monteiro Penha
Ana Nagylla Figueiredo Leite
Terentia Batista Sá de Norões

DOI 10.22533/at.ed.7131902108

CAPÍTULO 9 83

ESTUDO RETROSPECTIVO DA INFECÇÃO POR *Toxoplasma gondii* EM PACIENTES ONCOLÓGICOS EM TRATAMENTO QUIMIOTERÁPICO

Patricia Riddell Millar
Raíssa Oliveira de Almeida
Maria Regina Reis Amendoeira

DOI 10.22533/at.ed.7131902109

CAPÍTULO 10 92

FATORES ASSOCIADOS À BAIXA ADESÃO AO TRATAMENTO FARMACOLÓGICO DE PACIENTES COM GLOMERULOPATIAS: REVISÃO INTEGRATIVA

Mônica de Oliveira Santos
Jordanna Mirelle Carvalho Pardinho
Carla Afonso da Silva Bitencourt Braga
Edna Regina Silva Pereira
Mônica Santiago Barbosa
Aroldo Vieira de Moraes Filho

DOI 10.22533/at.ed.71319021010

CAPÍTULO 11 101

IMPACTO DO USO DE AGENTES ANTIOXIDANTES PARA O REPARO TECIDUAL

Vithória Régia Teixeira Rodrigues
Emanuel Messias Silva Feitosa
Cosmo Alexandre da Silva de Aguiar
Vitória Alves de Moura
Ana Luiza Rodrigues Santos
Josivaldo Macêdo Silva
Luis Rafael Leite Sampaio

DOI 10.22533/at.ed.71319021011

CAPÍTULO 12 112

INTERAÇÃO MEDICAMENTOSA ENTRE ANTICONCEPCIONAIS ORAIS E ANTIBIÓTICOS: A IMPORTÂNCIA DA ORIENTAÇÃO

Yolanda Gomes Duarte
Natália dos Santos Almeida
Maria Eduarda Correia dos Santos
Mayara De Alencar Amorim
Alyce Brito Barros
José Leonardo Gomes Coelho
Renata Evaristo Rodrigues da Silva

DOI 10.22533/at.ed.71319021012

CAPÍTULO 13 118

INTERVENÇÃO COGNITIVO-COMPORTAMENTAL E FARMACOLÓGICA: ATUAÇÃO INTERDISCIPLINAR NA ADESÃO AO TRATAMENTO E SINTOMAS PSIQUIÁTRICOS EM PESSOA SOROPOSITIVA

Kethelyn Nayara de Almeida Pereira
Bárbara Rocha Lima Mello
Sílvia Furtado de Barros
Eliane Maria Fleury Seidl

DOI 10.22533/at.ed.71319021013

CAPÍTULO 14 132

LIGA ACADÊMICA DE REPRODUÇÃO HUMANA E EMBRIOLOGIA DA UFRGS: UMA PROPOSTA MULTIDISCIPLINAR

Bárbara Mariño Dal Magro
Christofer da Silva Christofoli
Martina Caroline Stapenhorst
Giovanna Carello Collar
Vitória de Oliveira Batista
Ágata Dupont
João Paulo Duarte Witusk
João Pedro Ferrari Souza
Letícia Barbieri Caus
Simone D´ Ambros
Adriana Bos-Mikich

DOI 10.22533/at.ed.71319021014

CAPÍTULO 15 145

NÍVEIS DE GLICEMIA RELACIONADOS A PRÁTICA DE HANDEBOL AMADOR

Ronizia Ramalho Almeida
Elvis Alves de Oliveira
Gelbcke Félix Nogueira
Emanuel Belarmino dos Santos
Francisco Rodrigo da Silva
Yaskara Santos Lôbo
Francisca Alessandra Lima da Silva
Ana Karênina Sá Fernandes
Mônica Maria Siqueira Damasceno
Deborah Santana Pereira
Narcélio Pinheiro Victor
Mira Raya Paula de Lima

DOI 10.22533/at.ed.71319021015

CAPÍTULO 16 159

OBESIDADE, DIABETES E HIPERTENSÃO NA UNIVERSIDADE DE RIO VERDE, CAMPUS RIO VERDE

Ana Luiza Caldeira Lopes
Ana Cristina de Almeida
Katriny Guimarães Couto
Nathália Marques Santos
Kênia Alves Barcelos
Cláudio Silva Teixeira

DOI 10.22533/at.ed.71319021016

CAPÍTULO 17 168

PREVALÊNCIA DE POLIFARMÁCIA EM USUÁRIOS DE UM SERVIÇO DE SAÚDE DE UMA CAPITAL DO NORDESTE BRASILEIRO

Clemilson da Silva Barros
Ilka Kassandra Belfort
Mauricio Avelar Fernandes
Sally Cristina Moutinho Monteiro

DOI 10.22533/at.ed.71319021017

CAPÍTULO 18 181

PROMOÇÃO EM SAÚDE SOBRE DOAÇÃO DE LEITE HUMANO NA ATENÇÃO BÁSICA À SAÚDE DO MUNICÍPIO DO RIO DE JANEIRO: UMA ANÁLISE DOCUMENTAL EM DADOS OFICIAIS E MÍDIAS SOCIAIS

Bárbara Maciel de Pinho
Cristiane Silva de Oliveira
Deise Cristina Pereira de Oliveira
Fabiana Ferreira Koopmans
Mayara Dias de Araujo

DOI 10.22533/at.ed.71319021018

CAPÍTULO 19 191

REDUÇÃO DA CHANCE DE PERDA AUDITIVA ASSOCIADA AO MONITORAMENTO TERAPÊUTICO DE AMINOGLICÓSIDIOS NO TRATAMENTO DA TUBERCULOSE MULTIDROGA RESISTENTE: UMA RESENHA CRÍTICA

Fernanda Calheiros Peixoto Tenório
Kelly Cristina Lira de Andrade
Andréa Rose de Albuquerque Sarmiento-Omena
Cristhiane Nathália Pontes de Oliveira
Silvio Leonardo Nunes de Oliveira
Aline Tenório Lins Carnaúba
Klinger Vagner Teixeira da Costa
Luciana Castelo Branco Camurça Fernandes
Ana Amália Gomes de Barros Torres Faria
Renata da Rocha Soares Leão
Pedro de Lemos Menezes

DOI 10.22533/at.ed.71319021019

CAPÍTULO 20 196

TÉCNICAS NÃO FARMACOLÓGICAS PARA ALÍVIO DA DOR COMO ADJUVANTES NO TRATAMENTO EM ONCOLOGIA PEDIÁTRICA

Karoliny Miranda Barata
Victor Hugo Oliveira Brito
Rubens Alex de Oliveira Menezes
Luzilena de Sousa Prudêncio
Rosana Oliveira do Nascimento
Nely Dayse Santos da Mata

DOI 10.22533/at.ed.71319021020

CAPÍTULO 21 206

TOXICIDADE ORAL AGUDA DO SEMISSINTÉTICO ÉTER *N*-BUTIL DILAPIOL EM CAMUNDONGOS BALB/C

Daniel Luís Viana Cruz
Andressa Karina Leitão da Encarnação
Ana Cristina da Silva Pinto
Míriam Silva Rafael

DOI 10.22533/at.ed.71319021021

CAPÍTULO 22	215
USO DE CAFÉINA E SUAS PRINCIPAIS VANTAGENS, BENEFÍCIOS E EFEITOS ADVERSOS PARA O ORGANISMO	
Joanderson Nunes Cardoso	
Lorena Alencar Sousa	
Maria Jeanne de Alencar Tavares	
Janaina Farias Rebouças	
Cícera Janielly de Matos Cassiano Pinheiro	
DOI 10.22533/at.ed.71319021022	
CAPÍTULO 23	227
UTILIZAÇÃO DO GENGIBRE (<i>Zingiber officinale</i>) NO TRATAMENTO DE PACIENTES ONCOLÓGICOS	
Maria Fernanda Larcher de Almeida	
Jane de Carlos Santana Capelli	
Laiz Aparecida Azevedo Silva	
Rita Cristina Azevedo Martins	
Edison Luis Santana Carvalho	
Angelica Nakamura	
Gilberto Dolejal Zanetti	
DOI 10.22533/at.ed.71319021023	
SOBRE O ORGANIZADOR	238
ÍNDICE REMISSIVO	239

PREVALÊNCIA DE POLIFARMÁCIA EM USUÁRIOS DE UM SERVIÇO DE SAÚDE DE UMA CAPITAL DO NORDESTE BRASILEIRO

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RESUMO: Objetivo: avaliar a frequência de polifarmácia em pacientes assistidos pela Estratégia de Saúde da Família em uma capital do nordeste brasileiro (São Luís, Maranhão, Brasil). **Metodologia:** estudo do tipo transversal, focado em atingir resultados terapêuticos com melhores custo-efetividade para a saúde dos participantes. A amostra foi composta por 171 pacientes, de ambos os sexos, maiores de 18 anos e portadores de hipertensão arterial e/ou diabetes mellitus, do tipo 2, vinculados a uma Unidade Básica de Saúde (UBS) da capital em estudo supracitada.

Buscou-se avaliar a prevalência de polifarmácia e seus fatores associados. **Resultados:** esse estudo contou com 11,11% (19/171) de usuários polimedicados, com predomínio do sexo feminino 73,68% (15/19), destacando-se ainda os sedentários (78.95%) e os que não se consideram saudáveis (73.68%). Obteve-se resultados estatisticamente significativos para as variáveis situação conjugal (*p*-valor 0.045) e diabético (*p*-valor < 0.001). Com relação aos medicamentos, destacaram-se aqueles referentes ao sistema cardiovascular (27,05%). **Conclusão:** A prevalência de polifarmácia encontrada neste estudo foi considerada baixa em comparação com outros estudos; no entanto, conhecer o perfil da comunidade usuária da polifarmácia nos permite adequar as ações de saúde existentes e desenvolver novas, a fim de melhorar os indicadores de morbimortalidade, incapacidade e qualidade de vida dos pacientes com doenças crônicas não transmissíveis por meio de medicação.

PALAVRAS-CHAVE: Atenção farmacêutica. Diabetes. Hipertensão. Atenção primária à saúde.

PREVALENCE OF POLYPHARMACY IN USERS OF A HEALTH SERVICE IN A

ABSTRACT: Objective: to evaluate the frequency of polypharmacy in patients with hypertension and /or diabetes who are assisted by the Family Health Strategy in a capital of the Brazilian northeast (São Luís, Maranhão, Brazil). **Methodology:** the study is of the transverse type, focused on achieving more cost-effective therapeutic results for the participants' health. The sample was composed of 171 patients, both men and women, over 18 years of age and with arterial hypertension and/or diabetes (type 2), linked to a Basic Health Unit. **Results:** This study had 11,11% (19/171) of polymedicated users, with a predominance of females 73.68%, standing out the sedentary ones (78.95%) and those who did not consider themselves healthy 73.68%. We obtained statistically significant results for the variables marital status (p-value 0.045) and diabetic (p-value <0.001). Regarding the medicines, the ones referring to the cardiovascular system were highlighted (27.05%). **Conclusion:** The prevalence of polypharmacy found in this study was considered low compared to other studies; however, knowing the profile of the community using polypharmacy allows us to adjust existing health actions and develop new ones, in order to improve indicators of morbidity and mortality, disability and quality of life of patients with chronic non-transmissible diseases using medication. **KEYWORDS:** Pharmaceutical care. Diabetes. Hypertension. Primary health care.

INTRODUCTION

There are different conceptual trends in literature about what can be characterized as polypharmacy, in these, there is one common aspect, which is that polypharmacy is understood as the concomitant usage of multiple pharmacies by one individual. The condition of polypharmacy is classified in three (03) ways: light, moderate and acute, having the number of medicines being used as a quantitative standard. Knowing this, the light classification is defined with the use of two or three pharmaceuticals, the moderate is the use of four to five and acute, the use of more than five medicines and defining polypharmacy purely by an arbitrary number of medicines, however, fails to acknowledge that the potential risk of adverse effects of medicines can vary widely. It is also known as appropriate or inappropriate (TROMBIM et al., 2016).

Not transmissible chronic diseases such as arterial hypertension and mellitus diabetes, isolated or associated, justify the need of using multiple daily pharmaceuticals, aiming to reach clinical and metabolic standards, reduce the negative impacts of the disease, prolong the patients' longevity and act in a better life quality of them. In this situation, the risk/benefit evaluation of polypharmacy reveals that these practices are a strategy of the pharmacological intervention as positives aspects to the user health, since well monitored and manipulated. It is important to highlight that polypharmacy do not has only negative points and that its positive impacts can be realized, as well as evaluated and sometimes are more important than negatives (TROMBIM et al.,

2016).

Having few studies evaluated polypharmacy in primary care and in public health, this study aimed to evaluate the frequency of polypharmacy in patients with systemic arterial hypertension and/or mellitus diabetes, assisted by the Family Health Strategy in a Brazilian northeast capital (São Luís, Maranhão, Brazil).

METHODS

Transversal development study, made at a Family Health Unity in a Brazilian northeast capital (city of São Luís, Maranhão State, Brazil). Part of the population of this study were attend to a Basic Health Unit quoted above, which belongs to a Family Health Strategy (FHS), diagnosed confirmed of Systemic Arterial Hypertension (SAH) and/or Mellitus Diabetes (MD), aged equal or superior to eighteen of medicine usage to diseases quoted above, without gender or ethnic distinction.

For the standard of polypharmacy prevalence on the Brazilian population a study was made, that shows a polypharmacy prevalence between 14,3% to 35,4% (Santos et al., 2013). The following estimative were used: total of registered people in registered in the single health system of the Family Health Strategy; polypharmacy prevalence in the Brazilian population: maximum of 32% (p); Sample error: 5% (e); Trust pause: 95% (Z). Thus, the calculated sample were 155, accessed by 5% for possible lost or refuses, totalizing 163 necessary participants for the sample, however, we obtained a final total of 171 participants.

All the users that must had attended the following criteria, were included: to have a confirmed diagnosis of SAH and/or MD and to be registered at FHS; be equal or older than 18 and to attend the Basic Health Unit regularly (at least once in a month).

As non-inclusion criteria, there are: cognitive incapacity that disable the comprehension and answer to the questionnaires; to be institutionalized (hospitalized, shelter or in privative state of freedom) at the moment of data collection by the questionnaire (script) application and pharmaceuticals support.

The data collection was made through direct observation and the Script of Pharmaceuticals Services proposed by the Caring Notebook from the Health Department (2014), adapted. The method had the following stages: invitation to participate in the study, study stage and situational analysis; and global health evaluation.

The actions occurred at Basic Health Unit and during the domiciliary visits, with the participation of the health team (medic, pharmaceutical, nurse and communitarian health agents) and the researchers. The interviews/visits were made respecting the routine from the communitarian health agents, aiming to systematize the activities.

The questionnaire was directed to investigate the following independent variables: gender, age, auto declared skin color, familiar income, schooling, engagement situation, exercise practices (at least 03 times/week), beer consume, smoking (was considered the use at least once last month), health auto perception, arterial

hypertension, mellitus diabetes, familiar antecedents of cardiovascular diseases, acute myocardial infarcts and regular medicine use. The dependent variable was polypharmacy.

About the hemodynamics, the arterial pressure was checked, obtained by two checks, made by only one evaluator (according to the Cardio Brazilian Society) (SOCIEDADE BRASILEIRA DE CARDIOLOGIA, 2013), using the calibrated mercury column aneroid sphygmomanometer and stethoscope, with a 5 minutes break between each measure at least and not using the auscultatory technic.

The medicine classification used was based in the first and third level of the Nordic Council on Medicine Anatomical Therapeutic Chemical (ATC) classification system (VIEIRA, CASSIANI, 2014; WORLD HEALTH ORGANIZATION, 2016).

All data were registered in number codified questionnaire, aiming to maintain the identity secret just as a way of the data organization while the tabulation (with double typing). The Ethics and Researches Committee of the Presidente Dutra Academic Hospital approved the study numbered 289.937 and had the financing by the Support for Researches Foundation (FAPEMA) – Research for the SUS: shared health management, FAPEMA Edictal 016/2013.

The database was always filled at the end of each domiciliary visit counting with the support of the software Microsoft Office Excel® (2013 version). The data analysis involved the descriptive statistics application, which for categorical variable were frequently relatives and absolutes and for regular variables were expressed as average and standard deflection. The diagnoses of normality were done with the Shapiro-Wilk Test, done with the support of statistics program Stata® (version 14). For the analysis of the associated polypharmacy facts was applied the Chi-square test. For the statistics results interpretation, in all tables and tests were adopted significance alpha level inferior to 0.05 and trust pause of 95%.

RESULTS

This study had the participation of 171 participants, both genders, average age of 60.54 (\pm 11,41) years old, auto-declared skin color as not white (85.38%), with 08 years of study (48.54%), with partners (52.05%), receiving less than 1 basic salary (59.65%) (Basic Brazilian Salary of R\$ 957.00 – converted in nowadays euros prize is € 250,53. Base for the calculations: 1 € = 3,74 R\$) (Table 1).

Variables	POLYPHARMACY		p-value ¹
	YES n (%)	NO n (%)	
Gender			0,576
Male	5 (26.32)	47 (30.92)	

Female	14 (73.68)	105 (69.08)	
Age group			0.416
<60 years old	7 (36.84)	71 (46.71)	
≥ 60 years old	12 (63.16)	81 (53.29)	
Auto declared skin color			0.878
White	3 (15.79)	22 (14.47)	
Not white	16 (84.21)	130 (85.53)	
Income			0.132
No income	2 (10.53)	3 (1.97)	
<1	12 (63.16)	90 (59.21)	
1 to 2	5 (26.32)	50 (32.89)	
>2	0 (0.00)	9 (5.92)	
Schooling			0.144
Never studied	7 (36.84)	27 (17.76)	
Until 8 years	7 (36.84)	76 (50.00)	
> 8 years	5 (26.32)	49 (32.24)	
Marital situation			0.045*
Without partner	5 (26.32)	77 (50.66)	
With partner	14 (73.68)	75 (49.34)	

Table 1: Socio-demographic variables associated to polypharmacy in assisted users by one Health Family Strategy in a northeast Brazilian capital (São Luís), 2015.

¹Test X², * Statistical significance p< 0,05.

About the health data, 84,80% are only hypertensive; 42,69% only diabetics and 27,49% have both. The majority does not present familiar antecedents for cardiovascular diseases (59,65%). And the health general auto perception showed that 56,14% does not consider themselves healthy (Table 2).

Variable	POLYPHARMACY		p-value ¹
	YES n (%)	NO n (%)	
Alcohol drinker			0.278
No	17 (89.47)	118 (77,63)	
Yes	2 (10.53)	34 (22,36)	
Smoker			0.355
No	18 (94.74)	133 (87.50)	
Yes	1 (5.26)	19 (12.50)	
Exercise Practice			0.837
No	15 (78.95)	123 (80.92)	
Yes	4 (21.05)	29 (19.08)	
Health auto-perception			0.102
No	14 (73.68)	82 (53.95)	
Yes	5 (26.32)	70 (46.05)	
Hypertension			0.201
No	1 (5.26)	25 (16.45)	

Yes	18 (94.74)	127 (83.55)	
Diabetes			< 0.001*
No	2 (10.53)	100 (65.79)	
Yes	17 (89.47)	52 (34.21)	
Familiar Antecedents Cardiovascular Disease			0.741
No	12 (63.16)	90 (59.21)	
Yes	7 (36.84)	62 (40.79)	
Chronic Kidney Disease			0.798
No	15 (78.95)	116 (76.32)	
Yes	4 (21.05)	36 (23.68)	
Stroke			0.071
No	9 (47.37)	103 (68.21)	
Yes	10 (52.63)	49 (32,23)	
Myocardial Infarction			0.626
No	13 (68.42)	112 (73.68)	
Yes	6 (31.58)	40 (26.32)	

Table 2: Health conditions profile associated to polypharmacy in assisted users by one Health Family Strategy in a northeast Brazilian capital (São Luís), 2015.

1Test X², * Statistical significance p< 0,05.

About the use of medicines, those who belongs to the cardiovascular system represents the pharmacologic group of antihypertensive and diuretics were prevalent (classification ATC 1^o and 3^o level: C02; C07; C08; C09; C03) with 27,05%; followed by those who belongs to the alimentary and metabolic treatment, represented by the oral anti-diabetics (classification ATC 1^o and 3^o level: A10B) with 7,06%; the active in the central nervous system (SNC) represented by the anti-depressives (N06A); anti-convulsing (N03A); anti-psychotics and neuroleptics (N03A) and at last, the musculoskeletal actives system represented by the anti-inflammatory (M01) all these with 4,70% of the total use of medicine (Table 3).

Medicine group (ATC 1)	Pharmacological group	ATC 3 rd level	n (%) Related to the group total ATC 1
C - Cardiovascular System	Antihypertensive and Diuretics	C02; C07; C08; C09; C03	23 (27,05)
	Antilipemic	C10	1 (1,17)
	Vasoprotectant and venotonic	C05B	1 (1,17)
A - Alimentary and metabolic treat	Anti-diabetics	A10B	6 (7,06)
	Antidiarrhoeal opioids (Antiemetic)	A04	1 (1,17)
	Antisecretors (Antiulcerous)	A02B	3 (3,53)
B- Blood and hematopoietic organs	Antiplatele agents and antithrombotic	B01; B02	2 (2,35)

	Anti-depressive	N06A	4 (4,70)
	Anti-convulsing	N03A	4 (4,70)
	Antiparksonian	N04A	1(1,17)
C- Nervous system	Antipsychotics and Neuroleptics	N05A	4 (4,70)
	Imidazopyridine (Non-Benzodiazepine)	N05C	1 (1,17)
	Antivertiginous	N07C	1 (1,17)
D- Antifungal-dermatological of systemic use	Antifungal	D01B	2 (2,35)
L-Immunomodulator and antineoplastic agents	Antineoplastic	L01	1 (1,17)
M- Musculoskeletal system	Antirreumatic (Anti-inflammatory action)	M01	1 (1,17)
	Anti-inflammatory	M01	4 (4,70)
	Muscular relaxant	M03	1 (1,17)
R- Respiratory system	Anti-histaminic	R06A	3 (3,53)
Others	Others	-	21 (24,70)
Total			85 (100)

Table 3: Medicine Anatomical Therapeutic Chemical classification system (1st level) and pharmacological (3rd level) of the used medicine by one Health Family Strategy in a northeast Brazilian capital (São Luís), 2015.

Font: The author himself; WHO, 2016; ATC, 2017.

The evaluation of the relation between polypharmacy and socio-demographic variables showed that 11.11% (19/171) participants use five or more medicines, predominant in the female gender (73.68%); age higher or equal to 60 years old (63.16%); auto-declared skin color as not white (84,21%); with partner (73,68%); income less than 1 basic salary (63,16%); prevail those who does not have schooling or have until 8 years of study (36,84%); This analysis obtained some significant statistical association (p-value 0.045) only for the situational engagement variable (Table 1).

About the health variables, verified that 73.68% of those who are using multiple medicines does not consider themselves healthy; does not drink (89.47%) and smoke (94.74%). Had the verification even bigger of sedentary people in this group (78.95%), highlighting for the arterial hypertension (94,74%), compared to mellitus diabetes (89.47%). Besides the missing of chronicle kidney diseases in both groups (78.95%) and (76.32%) respectively and myocardial infarcts (68.42%) and (73.68%) respectively. However, prevailing differences were detected on the studied group to the stroke variables, obtaining a bigger prevalence of poly-medicine usage (52.63%) (Table 2).

DISCUSSION

The prevalence of polypharmacy observed in this present study (11.11%) was similar Nascimento et al. (2017) and to that of primary care in Germany (10%) (GRIMMSMANN, HIMMEL, 2009) and below 20.8% in adults primary care in Scotland (GUTHRIE *et al.*, 2015). Studies on polypharmacy in primary health care, including the general population, are scarce, and the incidence and prevalence of this phenomenon is strongly linked to multiple factors such like: social, economic, geographic; healthy situation; health auto-perception; intervention approach; interaction between the professional that prescribes and the patient; prescription quality; age; quantity of pathologies; marital state; income; schooling and auto-medication. All this factor can justify the fact this practice be characterized as a high impact around the world. Raising the chances to occur the inadequate medicine prescription, potentially unnecessary and dangerous for the user; precipitating possible adverse reactions and creating bigger wastes with non-pharmaceutics and pharmaceutics treatment (SALES, SALES, CASOTTI, 2017).

The polypharmacy has a relation with the risk raising and the seriousness of developing and adverse reaction to the medicine; negative medicinal interaction; cumulative toxicity; morbid-mortality raising; spent with health and loss of life quality (RILL, 2016). The poly-medication when done irrationally can end up in negative consequences to the treatment, for the public treasure and for the user safety (RIKER, SETTER, 2013). However, is worthy to register that besides what was quoted above, the polypharmacy when need, previously evaluating the risk/benefit, used rationally and monitored, contributes positively for the pathological control and for the better clinical state and raise of the user life quality (MARIN *et al.*, 2008).

Although most studies investigate polypharmacy in the elderly, the present study an important percentage among people under 60 years of age. In this way, these data need to be better understood to and qualify care in primary care.

When the effect of polypharmacy was tested in the socio-demographic variables was possible to find a statistically significant association (p-value 0.045) only for the marital situation. Nevertheless, there is a tendency of polypharmacy influence other variables, affecting even the treatment quality and the users lives that does not receive orientation and effective support from the health professionals and are not actives participants in the therapeutic process.

So, it is necessary to stimulate the pharmacological support to help directed orientations for the individual, the population e to the professionals involved at the caring and promoting health through actions like the rational use of medicines; adverse reactions; the collateral effects; the possible drug interaction; the promotion and following up the therapeutic adhesion and effective articulations of inter-subject in developed health in this scenario (VIEIRA, CASSIANI, 2014).

The active and positive familiar participation in the procedure referred to the caring

and pharmacological treatment and non-pharmacological is essential and represents a difference at the treatment results. Just as those who are using multiple medicines and suffer of cognitive deficit must have the family support aiming to remember then to use the medicines and help the treatment adherence and It is important to register that according to the literature, the majority of the researches point that being married (to have a partner) represents a factor of harm protection and collaborates to bigger adherence taxes of the treatment (ALMEIDA *et al.*, 2017).

The way how the patient perceives his or her mental state has a direct relation with the ways him or her face questions of auto-care and with their attitudes related to health and adherence of the medicinal and non-medicinal treatment (CONFORTIN, GIEHL, ANTES, 2015). Some studies associated that the negative health auto-perception weakens the practices of auto-caring and correct attitudes in the treatment, what complicates the clinical condition and collaborate to development of new harms to the health.

The health perception is a very useful instrument to personal evaluations in researches about health profile data collection, especially about the need of medicine as the most used resources on diseases treatment and represents a good indicator of the population health (CONFORTIN, GIEHL, ANTES, 2015). In the population are using multiple medicines does not consider themselves healthy is consistent because it is obvious the connection between health problem and use of medicines. This technique is useful, even, for the preparation and application of health strategies that may help the interventions pointing to a positive health perception and promotion of strategies that supports the people health quality, especially those who are poly-medicated.

The study analysis presented a statistically significant result ($p\text{-value}<0,001$) for the diabetes variable, obtained in comorbidity evaluations and pharmaceuticals therapy data associated to polypharmacy among the research's patient. This result is in line with other and coherent about the non-transmissible chronicle diseases epidemiological profile in Brazil, where diabetes is recognizing as an important public health problem with relevant biopsychosocial impacts (SCHMIDT *et al.*, 2011) and whose control and treatment presuppose the use of various medications. However, one of the limitations of this work refers to the analyzed as the concomitant use of multiple drugs (concept of polypharmacy), without taking the checked the reasons for the prescription of the medicinal products, in order to enable the evaluation of the of the use of each medicinal product.

The majority of the population using medicines that have an action on the cardiovascular system (TAC1-C) and alimentary and metabolic treat (TAC1-A) like antihypertensives and oral anti-diabetics observed in this investigation is a reflex of the sample distribution which is basically formed by porters of both diseases. Other pharmacological groups also appear distinguished in this study, the anti-depressives; the anti-convulsing; the antipsychotics and neuroleptics and anti-inflammatory.

Medicines that belong to the list of drugs potentially inappropriate for use in the elderly, according to Beers criterion (AMERICAN GERIATRICS SOCIETY, 2015).

The Beers criterion is an important health care for the elderly population and should be incorporated into the (medical records) to support the prescribing process and to identify situations that impair the patient's safety or that non-pharmacological measures may be more appropriate (AMERICAN GERIATRICS SOCIETY, 2015).

In a research done with elders in Goiânia (n=418) that obtained a bigger participation of the female gender very aged and a polypharmacy prevalence of 28% were detected similar prevalence to those found in the actual research about the use of medicines and its classification about the following results: cardiovascular (49,2%), alimentary and metabolic treat (18.0%) and nervous system (12.2%) (PAIVA *et al.*, 2014).

The expressive polypharmacy prevalence can be configured as a phenomenon really perceived in the communities and independent hospitals of the location and depend on socioeconomic aspects, cultural, psychological and the installed diseases quantitative. For instance, a study done in Barbacena/MG obtained 32,4% of polymedicated (≥ 5 medicines) for cardiovascular pathologies (PAIVA *et al.*, 2014). In Santa Caratina, in a studied of medicine use with 104 participants pointed 28,8% in a situation of polymedication (≥ 5 medicines) (GALATO, SILVA, TIBURCIO, 2010). In other case with 78 participants of SAH or MD listed in an FHS of Santo Ângelo city, in the State of Rio Grande do Sul, obtained 36,5% of polymedicated (AMES *et al.*, 2016). In São Paulo, a research about the use of medicine was done with 209 participants and obtained 46,4% of polymedicated (LUCCHETTI *et al.*, 2010).

In Curitiba, researchers analyzed the dietary consume, health state, population health condition and other standards in different neighborhood and observed the prevalence of 70% of less than 5 medicines used (1 to 4 drugs) daily and at Bahia, in the urban zone of Aiquara analyzed factors associated to polypharmacy in user attended by the local FHS and verified a prevalence of 55,1% of 272 participants in total and a 499 total medicines (classification ATC) (SALES, SALES, CASOTTI, 2017).

In Belém, authors studying polypharmacy and medicine interactions, evaluated 258 prescriptions of 85 interned patients and obtained an average value of 9,2 ($DP \pm 3,75$) drugs by patient, configuring polypharmacy. An epidemiological study promoted in urban sectors of the Brazilian northeast, pointed a prevalence of polymedication consume of 11% (Neves *et al.*, 2013).

In all these studies, about the medicine classifications was observed that the most highlighted in this polymedication scenario were those which acts is the cardiovascular system, diuretics, hypoglycemics and in few cases the psychotropics. The presence of these classifications in prescriptions evidences the need of therapeutic monitoring and general caring of this therapeutic resource, aiming to avoid undesirable events that may corroborate to leaving the treatment or to non-adhesion to it (RAMOS *et al.*,

2016).

The more complex is the prescription the bigger are the chances of having problems during its execution, it is necessary to stimulate moments of reflection by multiple looking that may be possible to discuss and adopt actions to rational medicine use to stimulate the correct prescription, functional and based not only on patient clinics, but also in socioeconomics and psychosocial factors originated of each situation is the user. This attitude can collaborate to make the multiprofessional in health field teamwork stronger, articulated and more effective. As important as the education stimulation by the prescriber, the augment of health services, the pharmacoepidemiological study and the adoption of measures about pharmacological assistance that fit to real and preponderant demands of the individual and or assisted communities (NEVES *et al.*, 2013).

This research's participant population is under medicine influence and need to be under active medicinal monitoring to do regular evaluations of polymedicated health and thus, do, always it is necessary, the interventions about the adequate doses, how to and time to use, taking away and/or substitutions of actives, aiming to reach the hoped results and bring more rationality and safety to the use. In this pharmaceutics process, the most indicated to support the multiprofessional health team involved in the caring of the user with associated pathologies and that's why the use of multiple medicines (polypharmacy) for using effectively and capably to guarantee that the medicines present good performance and the results of the therapeutic plan be reached efficiently and with quality without any great harm for the user, in case it happens.

Moreover, about this, it is possible to verify in literature works that defend the opportune idea of needing to develop strategies to strengthen the pharmaceutics actuation at clinical field, social and educational, developing actions based in science and safe, focusing on the patient and his/her major needs, filling the lack of information, overall about medicine, because when used correctly configure an protection element and a strong ally in the treatment, but, if used irrationally can present a threat to the user health and a fragility in the therapeutic plan.

Finally, this study has limitations, for example the sample size and the regionalism; although, all information obtained in this research are relevant and serve as base to trace new actuations plans of the multiprofessional team competently and that answer positively the need of major health in the assisted population.

CONCLUSION

The prevalence of polypharmacy found in this study was considered low compared to other studies; however, knowing the profile of the community using polypharmacy allows us to adjust existing health actions and develop new ones, in order to improve indicators of morbidity and mortality, disability and quality of life of

patients with chronic non-transmissible diseases using medication.

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ÍNDICE REMISSIVO

A

Adesão 2, 23, 24, 28, 43, 44, 45, 46, 49, 51, 52, 53, 61, 64, 92, 93, 94, 95, 96, 97, 98, 99, 100, 118, 120, 121, 122, 123, 124, 127, 128, 129, 130, 160, 161, 179, 201, 220, 229

Adesão ao tratamento 23, 43, 44, 45, 46, 49, 51, 52, 53, 92, 93, 94, 95, 96, 97, 98, 99, 118, 120, 121, 123, 124, 127, 129, 130, 160, 161, 229

Aedes aegypti 206, 207, 213, 214

Aminoglicosídeo 192, 194, 195

Ansiedade 4, 5, 72, 118, 120, 121, 122, 123, 124, 125, 126, 127, 129, 130, 131, 215, 217, 220, 223, 224, 232

Antibióticos 33, 34, 36, 38, 112, 113, 114, 115, 116, 117

Atenção farmacêutica 168

Atenção primária à saúde 53, 168

Atividade antioxidante 101, 103, 105, 106, 109, 110

B

Banco de leite 182, 184, 185, 188, 190

Bioquímica do esporte 146

C

Café 215, 216, 217, 219, 220, 221, 222, 223, 224, 225, 226

Cafeína 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226

Câncer 35, 38, 40, 41, 54, 55, 83, 85, 86, 87, 88, 89, 90, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 221, 223, 225, 227, 228, 229, 231, 235, 236

Câncer de boca 55

Câncer de faringe 55

Cicatrização 11, 14, 101, 102, 103, 104, 108, 109, 110

Contraceptivos orais 112, 113, 114, 117, 224

Controle biológico 206

Cooperação 92, 97

Criança 18, 168, 182, 183, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205

Cuidados de Enfermagem 196, 197, 198

D

Depressão 2, 72, 100, 110, 118, 120, 121, 123, 126, 129, 131, 194, 212, 220, 223, 232

Diabetes 8, 9, 10, 11, 12, 13, 14, 15, 19, 22, 23, 24, 25, 26, 27, 28, 29, 30, 64, 72, 78, 79, 147, 154, 159, 160, 161, 164, 165, 167, 168, 169, 170, 171, 173, 174, 176, 222, 223

Diabetes Mellitus 8, 9, 10, 11, 12, 13, 14, 15, 19, 23, 24, 25, 26, 27, 28, 29, 30, 78, 79, 159, 160, 161, 164, 165, 167, 168

Dieta 11, 15, 25, 26, 38, 39, 59, 60, 61, 62, 63, 64, 65, 71, 146, 160, 220, 223, 229, 234, 235
Doação de leite 181, 182, 183, 184, 185, 186, 187, 188, 189, 190
Doença celíaca 59, 60, 61, 62, 63, 64, 65
Doenças crônicas não transmissíveis 67, 69, 70, 159, 160, 167, 168, 179, 228
Drogas ilícitas 1, 2, 3, 4, 6

E

Educação em Saúde 41, 43, 52, 66, 68, 69, 70, 73, 76, 77, 78, 79, 98, 120, 122, 129, 132
Efeitos 2, 4, 5, 12, 24, 29, 33, 34, 35, 36, 39, 40, 42, 80, 82, 85, 95, 106, 109, 111, 112, 117, 118, 128, 129, 130, 147, 153, 191, 192, 193, 195, 211, 215, 217, 218, 219, 220, 221, 223, 224, 225, 226, 227, 229, 231, 232, 233, 234, 235, 236
Efeitos adversos 2, 80, 95, 215, 217, 219, 221, 223, 224
Embriologia 132, 133, 135, 136, 140
Enfermagem 6, 8, 9, 17, 18, 19, 20, 27, 28, 29, 30, 31, 41, 53, 67, 79, 97, 99, 117, 132, 134, 136, 137, 139, 167, 181, 182, 189, 190, 196, 197, 198, 200, 201, 202, 203, 204, 205, 225, 226, 238

F

Fatores de risco 15, 25, 26, 28, 147, 167, 215
Fentanil 80, 81
Formação em Saúde 66
Funcionários de uma Instituição de Ensino Superior 159

G

Gene p53 55
Glicose sanguínea 146, 152
Glomerulonefrite membranosa 92
Glúten 59, 60, 61, 62, 63, 64, 65

H

Handebol 145, 146, 147, 148, 150, 151, 152, 153, 154, 155, 156, 157
Hanseníase 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53
Hiperêmese gravídica 1, 4
Hipertensão 10, 13, 14, 30, 72, 76, 78, 79, 147, 159, 160, 161, 165, 166, 167, 168, 180
HIV 85, 90, 91, 118, 119, 120, 122, 125, 129, 130, 131

I

Idoso 18, 32, 33, 34, 35, 68, 69, 70, 75
Interação medicamentosa 112, 113, 114, 115, 116, 117

L

Liga Acadêmica 132, 133, 134, 135

N

Nefrose lipoide 92

O

Oncologia 8, 86, 196, 197, 198, 200, 201, 202, 204, 205, 235, 236, 237

P

Pacientes 3, 5, 8, 9, 10, 11, 12, 14, 15, 18, 21, 23, 25, 26, 27, 30, 31, 32, 34, 35, 38, 39, 40, 41, 44, 46, 49, 52, 53, 55, 56, 57, 60, 62, 63, 64, 65, 80, 81, 83, 85, 86, 87, 88, 89, 92, 93, 94, 95, 96, 97, 98, 99, 100, 119, 120, 121, 122, 124, 125, 129, 130, 135, 168, 179, 191, 192, 193, 194, 195, 198, 202, 203, 221, 222, 224, 227, 229, 230, 231, 232, 234, 235, 236

Parede Torácica 80, 81

Pediatria 37, 42, 197, 200, 203, 205

Perda auditiva 191, 192, 193, 194, 195

Prevalência 3, 4, 13, 38, 43, 48, 83, 84, 86, 87, 89, 117, 155, 159, 160, 161, 162, 164, 165, 166, 167, 168, 179, 223, 225

Probiótico 32, 35, 38, 40

Projeto de extensão 133, 136, 143

Promoção em Saúde 66, 181, 189

Prontuários 83, 86, 87, 193, 195

Q

Qualidade De Vida 10, 11, 22, 24, 27, 28, 32, 33, 34, 35, 38, 39, 41, 60, 61, 63, 64, 65, 66, 68, 69, 73, 77, 78, 79, 93, 95, 97, 118, 121, 129, 168, 189, 194, 195, 198, 203, 217, 229

R

Radicais livres 101, 102, 103, 105, 108, 109, 222

Reprodução Humana 132, 133, 135, 141

Rigidez 80, 81

Roedores 206

S

Saúde Pública 2, 9, 10, 27, 30, 44, 52, 53, 63, 64, 99, 119, 131, 159, 179, 183, 190, 214, 226, 228, 235, 236, 238

T

Terapia Cognitivo-Comportamental 118, 121, 125, 129, 131

Toxicidade aguda 206, 211, 212

Toxoplasma gondii 83, 84, 86, 90, 91

Tratamento Farmacológico 24, 43, 44, 45, 46, 92, 94, 95

Trigo 59, 60, 61

Tuberculose multirresistente 192

U

UFRGS 6, 132, 133, 134, 135, 136, 137, 138, 140, 144

Uso da maconha 1, 4, 5

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