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CÂMARA DE LOBOS

Book of Abstracts

I INTERNATIONAL CONFERENCE ON HEALTH AND
INCLUSION IN TIMES OF PANDEMIC

ACSS-RAQUEL LOMBARDI



Technical Data Sheet

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WELCOME TO THE FIRST INTERNATIONAL CONFERENCE ON HEALTH AND INCLUSION IN TIMES OF PANDEMIC- ACSS RAQUEL LOMBARDI

The 1st International Conference on Health and Inclusion in Times of Pandemic to be held on the 21st,22nd,23rd of May 2021, ACSS Raquel Lombardi, with the support of Câmara de Lobos City Hall, will be a pioneer event in the Autonomous Region of Madeira, where several professionals (regional, national and international) linked to education, health and inclusion decided to reflect and share their knowledge and experiences in the face of the pandemic situation that is changing the world as we know it today.

It is also a moment of reunion (although semi-presence) of various professionals from the mentioned areas with society in general. The aim is centred on a return to closer contact with the community and with peers to jointly reflect on the doubts and particularities that have notoriously arisen in each of us in these times of pandemic.

This conference comes, therefore, in a year that is intended to be a turning point for COVID19 and in which the need to broaden and update knowledge regarding the promotion of health education and the inclusion of the individual in the community becomes essential.

It is a time to reflect, but also to work together and build a better and more solid future for all people, regardless of their nationality or origin.

The programme was designed to respond to all these challenges in three areas: Education, Health and Inclusion. It will integrate 3 blocks of plenary sessions, being the first: "Education and Health - actions and Trajectories in Pandemic Times"; the second: "Health Promotion in COVID 19- Activities and Strategies Needed to Increase Health Literacy and Inclusion"; and the third: Inclusion: Current Perceptions and Expectations.

The sessions are spread over 3 days of hard work, held by reference speakers, reports and testimonies in parallel sessions where also professionals and individuals from society in general can give their testimony and disseminate their work in the area.

The articles and reports/testimonies are presented in the following sections of this book, the former aiming at the presentation of scientific research resulting from academic work, projects and experiences of each professional speaker and the latter aiming at the presentation of practical (and very personal) experiences of several individuals from society who also wanted to leave their testimonies here. The format chosen to record these testimonies was considered the most appropriate for the disclosure of experiences that did not meet the formal structure of an article.

The texts included are the responsibility of their authors and aim to contribute to the dissemination of work in the area of education/health and inclusion at an international level by portraying the communications actually presented over the three days of the conference.

We thank you for your presence (online or in person), and for your contribution in the certainty that all of us will leave more enriched and confident in a future that is close to social reunion and conviviality.

Welcome to the 1st International Conference on Health and Inclusion in Times of Pandemic!

The organising committee

Raquel Lombardi

Manuel Morais

Cláudia Aguiar

HONOR COMMITTEE

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Regional Health Director, Dr Herberto Jesus representing the Regional Secretary for Health and Civil Protection Pedro Ramos.

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Digital Literacy in Mental Health - The Case of Addictions.

Author: Susana Henriques (Lisbon/Portugal)

D. in Sociology. Assistant Professor at the Department of Education and Distance Learning at Universidade Aberta (UAb). Researcher at CIES-ISCTE (Centre for Research and Studies in Sociology of ISCTE - Instituto Universitário de Lisboa) and LE@D - Laboratory for Distance Learning and eLearning of UAb. Executive Vice-coordinator of the Unit for the Development of Local Learning Centres of the UAb. Responsible for 1st, 2nd and 3rd cycle curricular units. Supervision of master's theses and doctoral dissertations. Develops research in two lines: a) Education, distance education, namely in what concerns continuous and advanced teacher training (pedagogical supervision, school management and administration, educational leadership), online training (addressed to higher education teachers); b) Education and health promotion, namely in what concerns addictions and addictive behaviours prevention. In this area, she develops work in the training of professionals who intervene in these fields. Several communications and publications related to these themes.

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Summary:

The World Health Organization (WHO) defines health literacy as the set of cognitive and social skills and the ability of individuals to access, understand and use information to promote and maintain good health. Health literacy, then, implies the knowledge, motivation and skills of people to access, understand, evaluate and apply health information in order to make judgements and daily decisions related to health care, disease prevention and health promotion, maintaining or improving their quality of life throughout the life cycle. It is therefore the ability to make informed health decisions in everyday life. In this sense, health literacy skills act as protectors against health problems and health risks. Digital technologies, being an integral part of daily life in today's societies, have been assuming a growing role in the field of mental health. More specifically, in the field of addictions with and without substance. The use of digital technologies in addictions carries risks and potentialities that are directly related to the citizens' digital literacy levels. Starting from this framework, the communication has the following objectives: i) to present and discuss the importance of health literacy for the mobilisation of community assets in the promotion of addiction prevention; ii) to clarify the concepts of e-health (computer-based digital technologies) em-health (digital mobile technologies); iii) to present some examples (national and international) that support the reflection on the risks and potentialities offered by the available technological tools - intervention in prevention, treatment and harm reduction. In summary, it is important to underline that, regarding the effectiveness of the interventions, there seems to be positive evidence. However,

more research is needed focused on assessing the quality of the tools - e-health and m-health -, the intervention strategies and the outcomes. A final note for the ethical and data protection issues that also pose important challenges at a national, European, global level... and require the design of policy strategies.

THANKS

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