



## Health practices & stress management among healthcare professionals in Portugal

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### ABSTRACT

**Introduction:** Healthcare professionals' information deficits can jeopardize the effectiveness and safety of their prescriptions.

**Objectives:** To characterize the experience with (self-)healthcare and stress management practices of healthcare professionals living in Portugal.

**Methods:** After approval and dissemination of the study (email, social networks, OPP-Ordem dos Psicólogos Portugueses), data was collected via Google Forms. Of the 578 participants, 174 were healthcare professionals: 22-70 years old, mostly married (49.4%) women (92%).

**Results:** The sample, without diagnosed physical (52.9%) or psychological (78.2%) health problems, used prescribed medication (49.4%) and self-medicated (10.3%), took some care with their health (68.4%); considered it possible to reconcile non-conventional practices and conventional practices (95.4%); used both (71.3%) and reconcile non-conventional practices frequently/somewhat frequently (41.3%); 6.9% used a reconcile non-conventional practices against the advice of a Healthcare professionals, and 10.9% had some negative experience with reconcile non-conventional practices. Of the 87.4% regularly followed by a conventional healthcare professional, 26.4% spoke to them about reconcile non-conventional practices and 28.2% informed them when using one. More than 20% had no knowledge about: anthroposophic, Ayurvedic, functional, integrative, Tibetan, Traditional Japanese medicine; balneology; chiropractic; dance/movement therapy; herbalism; phytotherapy; nutritional therapy; religious/spiritual therapy; therapeutic touch; thermalism; traditional healing ceremonies; shamanism. More than 30% used: aesthetic/relaxation/therapeutic massages; pilates; online information search; natural/home remedies (/from pharmacies); psychotherapy; sauna/turkish bath; supplements. To deal with stress, more than 30% never used: religious activities, alcohol, illicit drugs, drawing/painting, photography, smoking, games.

**Conclusion:** Many healthcare professionals resorted to non-evidence based instead of effective/safe practices. I.e., their knowledge and practice may put theirs and their patients' health at risk.

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