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## The contact phone and its contribution to the prospective cohort of the phase II Digitalis Study, in the municipality of Niteroi, Brazil

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**Background:** The digitalis study developed at the primary health care in the municipality of Niteroi (rj) with 633 adults registered in the family medicine program, showed a high prevalence (79%) of individuals aged  $\geq 45$  years at risk for developing heart failure. To follow up, a 5-year prospective cohort was proposed and approved in 04 steps, being the first the contact phone. Therefore, the main of this first step was to obtain by contact phone from the research participants, confirmed hospitalizations, deaths, and continuous use of medication and on aspects of self-care.

**Design, Sample and Methods:** Exploratory study composed of 173 individuals in the total sample of the ii-phase of the digitalis study, which is subject to approval by the ethical research committee of the Antônio Pedro university hospital, of the University of Federal Fluminense. The data were obtained from a structured questionnaire, in the period from 11 April to 20 June 2016, in different moments of the day, totaling 05 attempts per individual and using descriptive statistics analysis, for which the SPSS software, version 21 was used.

**Results:** 173 contacts analyzed, there is female predominance (55.5%), average age was 54 years, 57% hypertensive, 19, % diabetic, 22% smokers, 24% with BMI of  $\geq 30$ , and 14% have heart failure. In addition, we identified that there was 07 (4%) deaths, 40 (23%) cases of hospitalizations in the last 4 years, and 72% say make continuous use of drugs, such as antihypertensive, antidepressant, or hypoglycemic. As for the self-care aspects, 24 (13%) participants complained of difficulties in everyday activities such as: climbing stairs, walking, bathing, feeding or dressing.

**Conclusion:** The identification of the impairment of health condition of the individuals, either on the evolution of the chronic disease, or of the impact on their daily life, seeks to support to the actions of health policies of the Family Medicine Program in the municipality of Niterói, specially prevention, promotion and health rehabilitation.

### Biography

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