

about parents' involvement clinical visits and autonomy of parents in decision-making processes.

PO-0890 THE SELF-RESPECT AND SCHOOL SUCCESS OF THE HEALTHY SIBLINGS OF THE MENTALLY DISABLED CHILDREN

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Background This descriptive study was conducted in order to determine the self-respect and school success of the healthy siblings of the trainable mentally disabled children.

Methods The data of the study was collected by informative data form and Coopersmith Self-Esteem Scale between. The school grades of the healthy siblings at the end of the year were obtained from e-school system. The healthy siblings of 91 mentally disabled children who are getting private training and who have siblings were included in the study.

Results The healthy siblings of the mentally disabled children included in the study, 42.8% were between the ages of 12–14 and 57.1% were female, 42.8% were attending second-level primary school classes. The self-respect point average of the healthy siblings of the mentally disabled children was 59.2 ± 14.9 ; and 69.2% of them had medium level, 27.5% of them high level of self-respect. The self-respect of the healthy siblings was affected by the gender of the mentally disabled sibling and the employment status of the father. The school success level of 60.4% of the healthy siblings at the end of the year was found to be 'good'.

Conclusion Supporting the self-respect and school success of the healthy siblings of the mentally disabled children in a way that they would not be affected by their siblings' disability, the families' sparing enough time for the daily needs of the healthy children and their performances at school, improving the cooperation between parents.

PO-0891 YOUR NEW FRIEND, CALLED CHANGE: EFFECTIVE IMPLEMENTATIONS ON YOUR WARD BY TRAINING THE KEY PLAYERS

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Background and aims Continuous quality improvement (QI) in healthcare is necessary. However many publications prove that often the implementation of innovations fails in daily hospital practice. We found a lack of knowledge and skills within the executing staff of our children's clinic in this field. The aim was to develop and realise an efficient and effective training to empower the responsible staff nurses in order to improve the success rate of QI implementation projects on the wards.

Methods After a critical analysis we developed basic principles for this training:

- 'learning on the job'; students are using their own project during the course

- focus on key elements of implementation and necessary competencies
- immediately applicable in daily practice
- the use of already in-hospital available knowledge
- thorough quantitative and qualitative evaluations (oral and written).

Results In 2013 we developed, realised and evaluated this implementation training;

- developed by 6 professionals from 4 different fields
- training in 4 daily periods (afternoons) in a 3–4 weeks interval

- based on 4 implementation key-topics and 7 implementation competencies

- 14 students; simultaneously invested in their own QI projects

- student-scores (scale: 1–5) mean total training: 3.5

- high scores: applicability (4.4), personal learning efficiency (3.6), trainers (3.9).

Discussion/conclusion We successfully designed and realised a training to improve the implementation knowledge and skills of the nursing staff. At present we are improving the training (based on the evaluation figures), in the next phase we will implement this training hospital-wide.

PO-0892 ASK A STUDENT; THE LOGICAL SOLUTION. A, PROVEN EFFECTIVE, PATHWAY TO CONTINUOUSLY UPDATE YOUR PROTOCOLS AND THE PERMANENT AVAILABILITY OF NURSE STUDENT GRADUATION SUBJECTS

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Background and aims It is important to continuously optimise the nursing protocols based on the latest available evidence. Besides this paediatric nurse students are often searching for suitable graduation subjects. The aim was to develop and implement an efficient and effective model combining and meeting these demands, regarding the nursing staff of our children's hospital.

Methods We designed a systematic procedure, combining different key elements:

- Finding evidence based answers to clinical problems.
- Continuous input to optimise the nursing protocols.
- Permanent available student graduation subjects (thesis).
- Motivating both nursing staff and nurse students.

Results After development (2011), we implemented, evaluated and improved this method in 2012.

- The procedure contains 5 steps (from graduation subject to presenting results).

- Clear agreements about results and deadlines (form for each project + written approval).

- Clear description of steps and responsibilities of the 5 different professionals involved.

- 2012–2013: 49 recommendations/graduation subjects, resulting in 27 adjusted/updated protocols.

- Start 2014: our databank contains 100 graduation subjects to improve the protocols.

- Efficient use of the already local available EBP knowledge and skills.

Discussion/conclusion We successfully designed, implemented, evaluated and improved an effective and efficient intervention in a children's hospital. We found a solution for: (a) the permanent

need for the latest available evidence to improve our nursing protocols and (b) the availability of suitable graduation subjects in this instrument.

PO-0893 **WHAT DO THE MOTHERS' PREFER FOR MATERIALS ABOUT CHILDREN'S CARE?: CLOTHING, HYGENIC CARE AND NUTRITION**

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Background and aims Immature organ systems of children are often less capable of fending off chemical assaults. Subtle damage to developing bodies may lead to disease later in life. Mothers need to have a careful consideration. As fragile living being children need to be carefully protected and need proper clothing, hygienic care and healthy nutrition. The aim of this study was determining preference of mothers' about cloths, hygienic materials (especially toiletries) and nutrition for their children.

Methods A descriptive quantitative approach was used in study. The data were obtained from 198 mothers who has child in different ages by a questionnaire designed by researchers. Data was evaluated using the descriptive statistics available in the Statistical Package for Social Sciences Software (SPSS 16.0).

Results Most of the mothers were (43,4%) between 26–30, high-school graduate (% 34,3) and housewife (66,2%), the salary of (45,5%) 1001–1500 TL. The mother's selection criteria for their children's clothes, hygienic materials, shoes and food are; for clothes according to texture (cotton) (50,8%), for hygienic material according to be hypoallergic (50,3%), for shoes according to flexibility (39,1%), for food according to experience (66%).

Conclusion It is shown that the mothers' preference were focus on the best things they can effort. The age, economical status and job didn't influence their decision directly.

PO-0894 **MY HANDS CLEAN, I AM HEALTHY**

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Background and aims Hygen education is one of the most important self-care activity in pre-school children. We can protect the chilrens from mycrobic diseases by teaching the principles of hand hygiene, toilet hygiene and bathing. The purpose of the study is teaching true techniques of hand washing, rules of toilet and bathing hygiene to pre-school children.

Methods This study performed with 150 pre-school children between the age of 3–6 during the Child Health and Illnesses Nursing Course. Four nursing students prepared a powerpoint presentation about microbes, preventions, hand, bathing, toilet hygiene by the help of their lecturer. They presented powerpoint presentation to the pre-school students, next showed videos about hand, toilet and bath hygiene, learnt true hand washing technique by demonstration.

Results Although benefits of hygiene and harm of microbes learning ability of children changed according to the age most of the students achieved the goals of the studies. 90% of 4 years of students washed their hands in true technique, 80% of 5 years old students obeyed hygiene rules for toilet and bathing and 73% of 6 years old students count the benefits of hygiene and harm of microbes.

Conclusion The learning activities of children can be supported by explanation, demoststration and application. Nursing students can perform great role on teaching the subjects regarding protection and promoting of health. If the student see the true role model behind them, they can learn true activity easily.

PO-0894a **THE EFFICACY OF MECHANICAL VIBRATION OF HEEL STICK PAIN IN TERM NEONATES**

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Background and aims During 80's most paediatricians believed that newborns do not feel pain because of immature peripheral nervous system and incomplete myelinization; which turned out to be false. Today, either non-pharmacologic or pharmacological analgesia during invasive procedures is mandatory. On the other hand vibration is very well known for pain relief since 40's. In this study we aimed to evaluate the effectiveness of mechanical vibration application to avoid pain sensation during heel puncture in newborn babies.

Methods This study is a prospective single centre, randomised clinical trial. Sixty healthy term neonates were divided into 2 for Control (sucrose) and Study groups (sucrose+vibration). Heel puncture was applied to these babies for the 1st time during routine testing for metabolic disease screening. Data of the participants were recorded and NIPS was used to evaluate the behavioural response of neonates during pain.

Results Cronbach's alpha coefficient for NIPS scoring system was found as 0.85 during procedure and as 0.87 after procedure. Reliability of the study was found to be high. Mean of NIPS scores in study and control groups were significantly higher during procedure and after procedure ($p < 0.001$).

Conclusions Mechanical vibration is found to be effective in decreasing pain sensation in neonates and can be applied as one of non-pharmacologic methods.

Nursing-Neonatal Others

PO-0895 **RURAL RESEARCH REVIVED**

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Background and aims Our remote Local Neonatal Unit (LNNU) is located in Cornwall, and is 180 miles from the nearest tertiary centre. We already had research experience, but the lack of dedicated nurse support was inhibiting further research participation. Our aim was to promote neonatal research to facilitate inclusion in more studies.