- Co-ordinating the WP-rota takes commitment and personal time for the trainee lead – we suggest allocating 4 hours' admin time each fortnight for this.
- Taking on this role improves a trainee's leadership and management experience.

G394(P) CAMPHOR INGESTION - A RARE CAUSE OF ACUTE SEIZURE ATTACK

P Kadambi, MA Ramprakash, DLK Anusha, G Sowjanya. *Dept. of Paediatrics, Meenakshi Medical College Hospital and Research Centre, Kanchipuram, India*

10.1136/archdischild-2020-rcpch.338

Introduction Camphor is a toxic compound which is available freely over-the-counter (OTC) with potential to cause fatal seizures in paediatric age group when ingested. The lethal dose of camphor is 30 mg/kg. It is available in many Indian households as it is used for day to day religious rituals. In Indian context, there is limited data with respect to incidence, prevalence of camphor ingestion related seizures and its associated complications.

Case Report A 2 year old male child, second born to third degree consanguineously married couple completely immunized with known speech delay was brought to the emergency department with history of jerky movements of Right Upper Limb and 2 episodes of projectile vomiting four hours preceding arrival. On arrival, his airway was patent and vital signs were stable. His father gave a history of jerky movements of right upper limb while playing after which the child fell backwards followed by a 5 minute loss of consciousness. This was followed by 2 episodes of projectile vomiting non-blood tinged, non-bile stained. Neurological examination was unremarkable. Child was admitted in PICU and started on loading dose phenytoin (20 mg/kg/day) followed by maintenance (5 mg/kg/day). 24 hours post-admission, first fever was recorded and second episode of seizure recurred, noted to be of Generalised tonic clonic type. Tab. Clobazam 5 mg was added prophylactically. Lumbar puncture was done and reports within normal limits. Electroencephalogram showed generalized brain dysfunction with epileptic potentials. MRI Brain was normal. Upon enquiring the history again with the parents, they revealed a history of camphor ingestion (2 tablets -approximately 10 grams) on the day of seizures which they intentionally concealed initially considering it to be irrelevant. The child was discharged on oral maintenance phenytoin and came back for follow-up after a week at which all medications were stopped. At 3rd week follow up, the child is doing well with no seizure activities.

Conclusion Camphor ingestion is a rare, preventable cause of seizures. This case also re-emphasizes upon the importance of clinical history. There is also a need for centralized toxicology database for reporting such cases for benefit to the clinical community.

G395(P) MANAGEMENT OF A CASE OF SEVERE NEONATAL PNEUMONIA BY INDIGENOUS BUBBLE CPAP

P Kadambi, MA Ramprakash. *Dept. of Paediatrics, Meenakshi Medical College Hospital and Research Centre, Kanchipuram, India*

10.1136/archdischild-2020-rcpch.339

Introduction Continuous Positive Airway Pressure (CPAP) is a commonly employed technique in critical care setups. Indigenously developed low cost CPAP devices are helpful in reducing the need of mechanical ventilation and reduction of mortality while maintaining the standards of care.

Case Report A 26 day male neonate was brought to the outpatient department with complaints of cough and cold since 4 days, history of breathlessness and history of refusal of feeds from 1 day. On examination, respiratory rate was 70/min, oxygen saturation 92% at room air, work of breathing increased with distress and retractions. Baby was admitted under NICU and sepsis investigations done. Baby was started on IV fluids, Inj. Amoxyclav (50 mg/kg/day), Inj Amikacin (150 mg/kg/day) and on 4L O₂ thru nasal prongs. However, oxygen saturation continued to drop to 88%. Baby was started on indigenous bubble Continuous Positive Airway Pressure (CPAP) and feeds given as Expressed Breastmilk thru orogastric tube (10 ml/2 hrs). On Day 3, orogastric tube was removed and supervised EBM paladey feeds given. On Day 4, IV Fluids tapered and stopped while direct breastfeeds initiated under supervision. On Day 5, CPAP removed and kept on O₂ thru nasal prongs at 1/2L O₂. Trial to wean off O₂ attempted on Day 6 but not successful. Repeat X-Ray done and O₂ weaned on Day 7. Baby shifted to ward and kept under observation. Baby was discharged on Day 8 and came for follow up and is doing well.

Conclusion Our case highlights the efficacy of Indigenous bubble CPAP in management of respiratory distress preventing need for mechanical ventilation and the potential for use of this technique on large scale in low-resource setups. However, this can be done after validation by studies on large scale.

G396(P) A QUANTITATIVE AND QUALITATIVE ASSESSMENT OF SLEEP IN CHILDREN AGED 3-15 YEARS: A PILOT STUDY

P Kadambi, SC Nivedhidha. *Dept of Paediatrics, Meenakshi Medical College Hospital and Research Centre, Kanchipuram, India*

10.1136/archdischild-2020-rcpch.340

Introduction Sleep plays a vital role in good health, growth and well-being. Sleep disorders manifest with disturbance in quantity and quality. Previous studies have shown that sleep disorders are increasing in pediatric age group, which is attributed to increased usage of smartphones and also associated with lifestyle changes.

Aim To assess quality and quantity of sleep in children aged 3-15 years.

Methodology Institutional Ethics Committee approval was obtained. 52 children were recruited for the study from Meenakshi Medical College Hospital, Kanchipuram, India. After obtaining consent, Pediatric Sleep Questionnaire (PSQ) was administered after collecting clinical history. History of duration of smartphone usage, TV Screen time, history of hospitalizations, time spent outdoors was also collected. Anthropometry and clinical examination was done. Data was tabulated and analysed using SPSS V17.0.

Results 4 out of 52 children (7.69%) in the study had poor quality sleep (PSQ Score $\geq$ 5). 24 out of 52 children (46.1%) had deficient quantity of sleep as per WHO recommendations. Children born with low birth weight had comparatively poorer quality of sleep ($r=0.331$ $p=0.015$).

Conclusion Quality and quantity of sleep was affected in children aged 3–15 years. Low birth weight children are at a greater risk of suffering from poor sleep quality. However, this finding is to be confirmed in larger study.

G397(P) A RARE CASE OF UVULITIS

¹E Yousif, ²AP Petkar. ¹Paediatric, UHNM, Stoke on Trent, UK; ²Paediatric, Russells Hall Hospital, Dudley, UK

10.1136/archdischild-2020-rcpch.341

An isolated Uvulitis, or edema of the uvula is infrequently reported.¹ This condition sometimes develops as a consequence of anaphylaxis and angioedema. In nearly half of cases, no etiology is apparent.

The present study examines the case of a 12-year-old girl, admitted with an inability to speak or swallow saliva. The symptoms developed over several hours prior to her admission. In the evening, she experienced gagging and vomiting. The patient provided a history of unable to swallow saliva and drooling large amounts, no pain in the throat or difficulty breathing. The examination revealed a swelling in the back of her throat. The findings are consistent with the diagnosis of uvulitis. Interestingly, the patient had dyed her hair prior to developing her symptoms. She was initially treated with IV dexamethasone in the emergency department and two additional doses were provided in the ward. The patient was also started on intravenous co-amoxiclav and intravenous fluid because of the difficulty swallowing and was subsequently seen by the ENT team. Her symptoms improve overnight and eventually, she was discharged home on oral Phenoxyethylpenicillin with a follow-up.

Overall, the case is interesting on two levels- it highlights this uncommonly reported disorder with the potential for significant morbidity. Additionally, the physician should be cautious in attributing dysphagia or respiratory distress to uvulitis alone, because of the recognized association with epiglottitis^{2 3} or allergy.⁴

Future research should focus on assessing the causes of uvulitis as well as the diverse symptoms that may be experienced by patients in response to this infection.

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G398(P) STRENGTHENING OF JUNIOR DOCTORS THROUGH SHARED LEARNING OF EVIDENCE BASED PAEDIATRICS

MBKC Dayasiri, S Rao. Department of Paediatrics, Oxford University Hospital, Oxford, UK

10.1136/archdischild-2020-rcpch.342

Background Journal Club is an education platform for junior doctors and it is highly useful for sharing knowledge and

practice which in turn leads to improved care. However, this forum was infrequently held, poorly attended and given less priority and trainees had less interest according to 2018 online survey at department of paediatrics, John Radcliffe hospital, Oxford.

Methods Journal Club was conducted over one year with incorporation of new organisational measures. Trainees invited to present in Journal Club and trainee had the ownership of the choice of article. Presenters encouraged with formal written feedbacks for their e-portfolio. Junior doctors were guided but had their own choice for selecting themes. Each session was advertised by regular weekly emails to improve attendance. Resource articles were distributed in advance to promote discussion and peer learning. Online survey was conducted to assess the impact of the changes after thirteen months following these interventions.

Results Fifty weekly Journal Clubs were held over 13 months. 55 junior and senior trainees presented with presentation rate being 93%. Thirty trainees and consultants responded to online survey. 87% were satisfied about session length. 100% believed topics were relevant. 96% believed the journal club was at least somewhat relevant to their clinical practice. 100% believed the alert emails were useful. 100% believed resource articles were at least somewhat helpful.

Conclusion Provision of written feedbacks, regular and friendly reminders for participation, and distribution of resources articles prior to Journal Club meeting were associated with improved participation and overall satisfaction among both presenters and attenders.

G399(P) ABSTRACT WITHDRAWN

G400(P) NURTURING YOUR INNER CHILD: PAEDIATRIC STAFF WELL-BEING PROGRAMME

¹T Benzaken, ²L Roe, ²R Talker, ³E Fukari-Irvine, ²B Williams. ¹General Paediatrics and Neonatology, Northwick Park Hospital, London, UK; ²General Paediatrics, Northwick Park Hospital, London, UK; ³Neonatology, Northwick Park Hospital, London, UK

10.1136/archdischild-2020-rcpch.343

Aims Evidence has shown that doctors' well-being and mental health is increasingly affected by rising demands on their workloads.¹ Low morale and high stress levels are increasingly leading to trainee burnout.² Paediatrics has seen a yearly decline in the workforce since 2015.³ Applicants for paediatric training fell from 800 in 2015 to 580 in 2017,³ contributing to an average rota vacancy rate of 14%.³ We aimed to set up a paediatric staff activity programme, in a busy district general hospital, to increase staff well-being and improve morale in the work-place.

Methods Between September 2018 and August 2019 we implemented an activity programme to all staff members across the paediatric department, introducing a variety of activities including yoga, hip-hop and running club. All sessions were run by trainees and were catered to suit all abilities. Sessions took place in hospital grounds and were free of charge. The sessions initially ran on a monthly basis, but the frequency was later increased.