G263(P) THE TREATMENT OF ANOREXIA NERVOSA IN ADOLESCENTS: A METASYNTHESIS OF PARENTS' PERSPECTIVES

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Background Anorexia nervosa (AN) is a severe eating disorder with onset typically in adolescence characterised by a distorted body image major and an intense fear of weight gain. It greatly impacts on adolescent growth, puberty and psychological development and is known to have the highest mortality of any psychiatric illness. Treatment is challenging and studies have established the central role of the family in recognition, treatment and recovery from anorexia.

Objectives The aim of this research was to perform a systematic review of all qualitative studies done on the views of parents on the treatment and recovery process of anorexia nervosa in their adolescent child.

Methods A systematic search of six databases: Medline, PsychINFO, CINAHL, EMBASE, Cochrane library and SSCI was conducted for qualitative studies regarding parents' views about the treatment of anorexia nervosa in adolescents. Quality of articles was assessed using the critical appraisal skills program (CASP). The chosen studies were analysed and key themes identified using thematic synthesis.

Results In total, the systematic search yielded 315 papers of which 14 studies from six countries met my inclusion criteria reporting the views of 202 parents. Four themes were developed from the analysis: Understanding the child and the disease, Experience of services and treatment modalities, the role of professionals and the concept of recovery.

Conclusion This is the first systematic review performed so far focussing solely on parents views on adolescent AN treatment and further highlights the importance of taking into account parents views in the treatment of adolescent anorexia. While they report relief in finding help at a very difficult time in their life, they continue to struggle with delays in finding help, judgmental attitudes of professionals and uncertainty about the future. Recognition by clinicians of the challenges faced by parents and families will help to provide better support, and a more holistic approach and hopefully reduce the burden of chronicity of adolescent anorexia into adulthood.

G264(P) CHILDREN'S MENTAL HEALTH WEEK – PROMOTING CHILDREN'S MENTAL WELL-BEING IN HOSPITAL

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Aims

- Raise awareness of ways you can look after your mental health and encourage people to think about practical ways to do so.
- Encourage people to talk about mental health and wellbeing
- Promote resources that can help with wellbeing and signpost to further support

Method Information boards and resource packs were developed that could be used on wards alongside the facilitated

stand in the Children's Hospital reception. The resources included information about local city based mental health organisations.

The structure of the week included a different focus for each day; physical activity, diet, relationships and sleep. This was to ensure the team could bring in normal day to day activities and associate these with positive mental wellbeing.

Information boards included signposting, resources to take away and a question based activity.

In advance of the week information and plans were shared with ward sisters, matrons and ward mental health champions to ensure staff were aware of the plans.

The area in reception had the same resources as wards but was staffed by teams from throughout the hospital including physiotherapists, psychology and dieticians.

Results Feedback from the event was positive. One young governor who was involved shared how 'it was brilliantly received by staff and parents. There was lots of interest in how to keep yourself happy and healthy which was great to see!'

A comment received in feedback from a staff member who helped facilitate the stand shared 'It felt very much like a mental health drop in clinic that provided a lot of advice in a short space of time. It felt helpful and is a service that is currently not available to parents.'

Conclusion The creation of opportunities to talk about mental health has been shown to be important both in engaging staff alongside reducing stigma and encouraging conversations with patients and families.

The use of information stands in reception and on wards was beneficial. It allowed engagement on the opportunities and provided informal support to families. The use of themes that linked practical and mental health was feedback as being particularly positive and gave a non-threatening way to engage in conversations for some people.

G265(P) EVALUATION OF THE 'HEAR GLUE EAR' APP TO SUPPORT CHILDREN WITH CHRONIC OTITIS MEDIA WITH EFFUSION

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Background Otitis Media with Effusion (OME), or Glue Ear, occurs in 1 in 5 pre-school children. This causes deafness at a critical developmental time, potentially affecting speech, learning and social development. Current practice involves a 'watchful waiting' period before grommets are considered. Studies show that parents feel unable to support their child during this period. 'Hear Glue Ear' is a novel app designed to provide reliable information on children's hearing progress as well as targeted activities to minimise developmental delay while they have OME.

Aims

- To evaluate acceptability and usability of the app for:
 - Children with/without OME
 - Parents/carers
 - Clinicians in community paediatrics
- To assess the accuracy of the app's hearing screen to monitor hearing from home.