the architectural aspirations, facilitating chance encounters and exchanges between researchers and clinicians. Additionally, the intention is for the art commissions to convey, in a creative way, the importance of research into rare diseases by engaging the building users and public. The art commissions are a celebration of the collaborative and visionary nature of the Zayed Centre for Research.

72 'KICKING UP OUR HEELS' WORKSHOP – AN ARTS INTERVENTION TO SUPPORT STAFF SELF CARE

¹Brian Lobel, ²Emily Underwood-Lee, ³Susie Hall. ¹Royal Central School of Speech and Drama, University of London; ²University of South UK; ³GOSH

10.1136/archdischild-2020-gosh.72

Professor Brian Lobel and Dr Emily Underwood-Lee will share their methods and findings from the 'Kicking Up Our Heels' GOSH Arts project which took place in Great Ormond Street Hospital in 2019 and 2020. The project encouraged parents and families of patients of Great Ormond Street to think about their own self-care. During this session you will be gently encouraged to think about your self care as a staff member at GOSH.

'Kicking Up Our Heels' used performance and visual art to involve parents/carers of children at GOSH in considering their own wellbeing as primary carers. Brian Lobel and Emily Underwood-Lee invited parents/carers to take part in a playful performative 'survey' about how they nurtured and looked after themselves whilst caring for a child in the hospital. In their responses parents were encouraged to get beyond the notion of the 'good parent' who subjugates their needs for those of their children. The responses were used by artist Emily Speed to design a permanent artwork, Cocoon, which was installed at GOSH in February 2020 and was accompanied by a paper booklet 'You are Doing a Great Job', which incorporated ideas and activities offered by parents to improve their own and others' wellbeing.

73 OH MY GOSH, YOU'RE WELCOME KITTEN! WORKING WITH MCU TO RE-INVISAGE SPACES FOR MENTAL HEALTH

Susie Hall. GOSH

10.1136/archdischild-2020-gosh.73

Madlove/GOSH Arts/Wellcome Trust.

Artist and mental health activist the vacuum cleaner was commissioned by The Wellcome Collection to create an exhibition piece for their new permanent gallery 'Being Human'. Working within Great Ormond Street Hospital's Child and Adolescent Mental Health unit, the vacuum cleaner (James Leadbitter) has collaborated with GOSH Arts and young people who have complex combinations of mental health disabilities.

By making a unique studio space in a temporarily disused part of the hospital, and through an in-depth process of exercises, tasks and making, he addressed themes of space, materiality, wellbeing and self-identification. These weekly interventions provided a platform for the young people with lived experience to take agency over future health care

delivery and challenging us to re-think, re-inspire and redesign healthy environments for mental distress. Through creating a vision of what mental health care could be like, and how we define our own experiences the process, which is naturally cathartic, he has also created a safe space to explore complex and challenging emotions and distress outside the confines of formal therapy. Equally it has offered adults and young people, care givers and care receivers relational experiences.

The outcomes of this unique and delicate process have informed a new artwork which takes the form of a play and touch model - containing a range of play objects, smells and textures that allow gallery visitors to create a healthy environment that would support our mental health. The outcomes were also shared in the brief to architects working on the new CAHMS unit at GOSH.

74 HYPERMOBILITY IN YOUNG BOYS WITH DUCHENNE MUSCULAR DYSTROPHY AND THE EFFECT ON ATTAINMENT OF WALKING AGE AND NORTH STAR AMBULATORY ASSESSMENT FUNCTIONAL SKILLS

¹Lianne Abbott, ¹Victoria Selby, ²Vandana Ayyar Gupta, ³Stephanie Wadsworth, ⁴Amy Wolfe, ²Mary Chesshyre, ²Giovanni Baranello, ²Mariacristina Scoto, ⁴Adnan Manzur, ⁴Marion Main, ²Francesco Muntori. ¹Great Ormond Street Hospital for Children NHS Trust; ²UCL Great Ormond Street Institute of Child Health; ³Great Ormond Street Hospital for Children NHS Foundation Trust; ⁴Great Ormond Street Hospital NHS Foundation Trust

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On average children with hypermobility achieve motor milestones later than peers without. This study looked at the prevalence of hypermobility in a sample of

Duchenne Muscular Dystrophy (DMD) and aimed to determine if hypermobility has an impact on walking age and delays attainment of functional skills assessed by the North Star Ambulatory Assessment (NSAA).

This is a retrospective study of 158 boys with DMD aged 3 to 8 years (± 3 months). During clinical appointments each boy was assessed using the NSAA, joint ranges measured and age of walking noted. Hypermobility was determined using the revised Beighton scale where a score above 4 is considered hypermobile.

The young DMD population had a higher percentage, 18%, of hypermobility compared to healthy controls, 7%. The pattern of hypermobility in DMD differed as well; knees and elbows were more commonly hypermobile compared to the expected ankles and thumbs. In DMD only 5% had hypermobile ankles compared to 22%. Hypermobility in DMD ankles often quickly tightened.

Non hypermobile DMD boys walked on average at 17.8 mths (range 10–36 mths). This was similar to hypermobile boys; average 19 mths (range 13–36 mths).

Hypermobility DMD boys were found to have a lower average NSAA at each age point than those who weren't hypermobile, approximately 6 months behind. Both DMD groups gained functional skills with increased age until 6.5 (non hypermobile) and 7 years (hypermobile). Both groups subsequently declined.

Hypermobility is more common in DMD and impacts development of later functional skills, however doesn't dramatically influence age of walking started. Hypermobility should