learning, and linked to each learning outcome. This was accessible to all emergency medicine trainees. Anonymised and voluntary feedback was collected following a period of use.

Results A total of 31 trainees completed the online survey. 9.6% felt it was impossible to stay up to date with resources, and 61.3% felt it was extremely difficult. 29.0% knew of some resources but found it difficult to organise and remember the location of the those most useful. 87.1% of trainees felt it would be useful to have online resources collated and mapped to the sub-specialty syllabus. Implementation of the Trello board has allowed trainees across the UK to input FOAMed resources. In addition, centres across the UK have engaged with the Trello board, sharing their local teaching sessions, capitalising on the use of online forums. Feedback has been extremely positive.

Conclusions With the movement to online teaching during lockdown, this has made specialty teaching more accessible. But with this comes increasing difficulty in managing multiple media sources of teaching. The Trello board collates resources, making it more accessible and easier to navigate relevant FOAMed. It allows for local teaching to be shared at a national level and promotes team ethos within the national specialty. In addition, by organising resources to key capabilities specific to PEM Syllabus, user experience was greatly improved.

Paediatric Mental Health Association

1209

EMOTIONAL AND BEHAVIOURAL PROBLEMS AND REACTIVE ATTACHMENT DISORDER IN A SAMPLE OF CHILDREN IN FOSTER CARE INVITED TO A RANDOMISED CONTROLLED TRIAL

¹Paula Oliveira, ²Lydia Barge, ³Eloise Stevens, ⁴Pasco Fearon. ¹Anna Freud National Centre for Children and Families; ²UCL; ³ANCCF; ⁴University College London (UCL)

10.1136/archdischild-2021-rcpch.476

Background Children in care are at increased risk for mental health problems, related to their adverse experiences often involving maltreatment, separation from and frequent changes in caregivers. These mental health problems include reactive attachment disorder (RAD), characterised by a failure in seeking or responding to comfort from carers when hurt or distressed, and social and emotional unresponsiveness. This talk presents data from a trial with foster children presenting RAD symptoms.

Objectives This talk aims to describe the 'Nurturing Change' trial and to present children's baseline levels of attachment difficulties, emotional and behavioural problems. Associations between children's attachment difficulties and several psychopathology syndromes will also be explored.

Methods The 'Nurturing Change' study is a feasibility and pilot randomised controlled trial (RCT) of a video-feedback parenting intervention for foster and kinship carers looking after children under 7 years old, presenting attachment difficulties in the realm of RAD. RAD symptoms were assessed via caregiver questionnaires as well as the semi-structured Disturbances of Attachment Interview. Several measures of children's emotional-behavioural functioning were also collected,

including the Child Behaviour Check List (CBCL), the Strengths and Difficulties Questionnaire, and the Development and Well-Being Assessment.

Results Out of more than 300 children invited to the study, the carers of nearly 100 children were initially screened for attachment difficulties using questionnaires, with 67 completing the Disturbances of Attachment Interview. Of these, 30 families proceeded to be recruited into the RCT, from which baseline data was collected (including the measures of children's emotional-behavioural functioning). Approximately one third of children met criteria for RAD, according to the interview data. However, it is unclear if the prevalence in this sample is representative of the population of children in foster and kinship care in the UK due to low response rate and potential non-randomness of non-responses. Analyses of the remaining findings are still ongoing, but the CBCL results, for example, reveal high levels of emotional-behavioural problems, with many sub-scales in the clinical range, such as Externalising and Total problems.

Conclusions The study brings to light the challenges of completing research in the foster care context in the UK. However, stakeholders were unanimous that research of this kind is urgently needed. The high levels of social, emotional and behavioural difficulties found highlight the vulnerability of children in care and the need for evidence-based interventions to address them. Feasibility insights for a future trial of the current intervention will be discussed. Regarding children's psychopathology results, first, the significance of the prevalence of RAD symptoms that we found will be discussed in relation to existing data from children in foster and institutional care worldwide, as well as the limitations of a RAD 'research diagnosis' and the difficulties around the RAD clinical diagnosis more broadly. Second, the significance of children's level of difficulties in the other scales and association between their psychopathology symptoms and attachment problems will be discussed.

British Academy of Childhood Disability

1210

IMPROVING THE MANAGEMENT OF MENSTRUAL PROBLEMS IN YOUNG PEOPLE WITH PHYSICAL DISABILITIES OR LEARNING DIFFICULTIES – INITIAL INSIGHTS FROM A PILOT SURVEY

Daniel Buxton, Anna Bates, Fiona Straw. Nottingham University Hospitals NHS Trust

10.1136/archdischild-2021-rcpch.477

Background Puberty and menarche can be a challenging time for young people with additional needs resulting from physical disabilities or learning difficulties. Patients and carers often turn to clinicians for advice for managing anything from normal menstruation to problems including dysmenorrhea and menorrhagia. It is important that doctors who see young people with disabilities have a good understanding of these issues, recognising the distress they may cause. Paediatricians should have skills and knowledge sufficient to initially assess and manage these problems and an awareness of where to signpost or refer to locally.

Objectives To assess current knowledge and understanding of the management of menstruation difficulties in young people