P48

DOES FLASH GLUCOSE MONITORING IMPROVE PATIENT SATISFACTION, SELF-MANAGEMENT & OVERALL HBA1C IN 12-16 YEAR OLD PATIENTS WITH SUBOPTIMAL CONTROL?

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Introduction Type 1 diabetes requires significant self-management including regular glucose testing, calculating appropriate doses of insulin, self injecting and preventing complications such as hypoglycemia, diabetic ketoacidosis and long term end organ changes. Adolescents have motivation but are also vulnerable in terms of making well balanced choices and self advocacy. The Flash Glucose monitoring system is a device that measures interstitial glucose level by scanning the sensor placed upon the arm. By scanning frequently there is more awareness of interstitial glucose levels which intuitively should improve overall self management. It also reduces the need to check blood sugars causing less finger pricks. Less motivated adolescents may find this quick, easy and convenient method of testing sugars a useful way to engage better with their day to day diabetes care. The aim of this study is 'Does flash glucose monitoring improve the HbA1c and overall satisfaction in 12-16 year old patients with type 1 diabetes with suboptimal levels?

Methods Flash glucose monitoring was made available to all patients with type 1 diabetes who fulfilled set criteria and after completing a training session. We included 12-16 year olds with HbA1c was 69 mmol/mol (8.5%) and above. Demographic details were recorded. We monitored their HbA1c at 3 and 6 months from starting flash glucose monitoring. We also asked them 2 questions:

- Do you feel the flash glucose monitoring system has made it easier for you to manage your diabetes on a day to day basis
- Do you think it will improve your overall HbA1c level?

Results

- 24 patients aged 12-16 years had HbA1c above 69 mmol/mol
- 8 were eliminated either due to recent diagnosis of type 1 diabetes (3) or refusal to use Libre (5) therefore N=16.
- Median HbA1c before starting Libre = 78 mmol/mol (mean=85), at 3 months 86 mmol/mol (mean=85) and 6 months 73 mmol/mol (mean 73) $p=0.016$
- At 3 months all felt Libre made it easier to manage day to day sugar levels

Conclusion There was a significant fall in HbA1c ($P=0.016$) 6 months after using Flash Glucose monitoring.

P49

CYPROHEPTADINE AS AN APPETITE STIMULANT IN THE TREATMENT IN FEEDING DISORDERS

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Background Cyproheptadine is an antihistamine with appetite stimulant side-effects. Our service has used Cyproheptadine for feeding disorders in a limited number of patients since 2013 when effects of first line psychological intervention had

been limited. Indications were persistent underweight and failure to tube wean. Here we present carer feedback and growth data from with its use.

Methods Retrospective data from all children using Cyproheptadine from 2013-2017 as part of a registered service assessment. Parents completed online questionnaires on their perceived benefits and difficulties using cyproheptadine. Growth data at time from initiation and 6 months reviews was retrieved from patient charts for underweight children.

Results 10 children were prescribed Cyproheptadine, 8 for underweight and 2 to support gastrostomy tube weaning. 2 patients ceased the medication soon after starting (1 due to side effect; 1 due to parental perceived poor efficacy). 9 parents (90%) completed the patient satisfaction survey. There were no serious side adverse effects reported. 8 (88%) of parents said it improved interest in food, and 8 (88%) in amount eaten. Of the 6 children using Cyproheptadine for underweight both weight z-score and BMI z-score had increased at 6 month follow-up compared to baseline (weight z-score median -2.9 to -2.5 ($p=0.03$); BMI z-score -3.4 to -2.5 ($p=0.04$)).

Conclusions From our small number of patient data, Cyproheptadine appears to be safe, effectively improves appetite and quantity eaten by a majority of parents; and also appears to have a positive impact on weight gain in feeding disorders. Further study of its use in this group is needed.

P50

THE INTERNATIONAL ASSOCIATION FOR ADOLESCENT HEALTH- THE YOUNG PROFESSIONALS NETWORK: THE LEADERSHIP AND MENTORSHIP COMMITTEE

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Aims/Objectives

- Provide diverse opportunities for early career professionals to advance their knowledge, skills and experience in global adolescent health.
- Promote collaboration and build relationships between early career professionals and more experienced professionals and leaders in adolescent health.

Background The IAAH is a multidisciplinary, non-government organization with a broad focus on youth health (10-24 years). IAAH was established in 1987 and is committed to the principles of youth empowerment in all aspects of its affairs and supports the United Nations Convention on the Rights of the Child (1989). Our goal at present is to launch a Young Professionals Network.

Results The International Association for Adolescent Health (IAAH) Young Professionals Network (YPN) is a multidisciplinary community of students, trainees, early career professionals (including health care providers, researchers, public health practitioners, advocates, scientists, social workers, pharmacists) who are interested in improving the health of adolescents locally, nationally, and globally. The group provides a forum for members to share training opportunities in adolescent health and supports networking, mentorship, and leadership development for trainees and early career professionals. The YPN consists of the following committees:

- Leadership and Mentorship
- Education and Training

- Community Engagement
- Communications

Conclusion Promoting collaboration and supporting relationships between early career professionals is key within the adolescent healthcare field. Facilitating mentorship between the IAAH Young Professionals Network and IAAH Council fosters knowledge dissemination and leadership opportunities. The IAAH Young Professionals Network encourages applicants from diverse backgrounds, including, but not limited to: students, trainees, early career professionals (including health care providers, researchers, public health practitioners, advocates, scientists, social workers, pharmacists, nutritionists, health allies) who have a strong interest and/or experience in the adolescent health field. To the best of the authors knowledge, the IAAH-YPN network is the first global, inter-disciplinary global adolescent health initiative of its kind.

P51 NUTRITIONAL INTERVENTIONS FOR ADOLESCENTS USING E-HEALTH TECHNOLOGIES (ICTS): A SYSTEMATIC REVIEW

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Aims To identify e-health technologies and their main characteristics used for nutritional interventions for adolescents and to evaluate the quality and effectiveness of the studies.

Methods The full protocol is available on the PROSPERO website (#CRD42016035882). A search was conducted across five databases (PubMed/MEDLINE, Scielo.ORG, Web of Science, PsycINFO, and Scopus) to identify papers describing nutritional interventions that used ICTs designed mainly for healthy adolescents. Full and original papers of randomized controlled trials, quasi-experimental or observational studies, published from 2005 to 2015, were included. The Effective Public Health Practice Project Quality Assessment Tool was used to assess study quality. Data was collected based on the guidance from the Centre for Reviews and Dissemination on undertaking reviews in healthcare

Results The search yielded 559 titles and abstracts. The number of studies which met the inclusion criteria was eleven. Recruitment of participants was mostly at schools. The follow-up of studies ranged from two weeks to two years. Interventional strategies included computer games, programs, text messages, and interactive CD-ROMs. More than 80% of studies (9 of 11) used computer-mediated Information and Communication Technologies. Five studies focused on multiple behaviours simultaneously. 6 interventions were developed based on a theoretical basis. Participants were exposed to interventions only once, daily, weekly, or according to a pre-determined number of lessons. Five studies had significant outcomes. All interventions that used games had significant outcomes. The quality assessment considered three studies as weak due to the non-representativeness of their samples and usage of non-validated questionnaires.

Conclusion Besides the heterogeneity and poor quality of the analyzed studies, it can be suggested that long-term interventions for adolescents that make use of frequent exposure to technological resources, and that have a theoretical component aimed at a single health behaviour change, tend to be more successful. Games showed to be a promising e-health platform for health education with adolescents.

P52 MIGRANT YOUTH AND THE IMPACT OF CULTURAL VALUES, SOCIAL NETWORKS, ACCULTURATION AND CONDOM USE INTENTION AND BEHAVIOUR

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Background Migrant health and adolescent well-being have become the focus point in current HIV intervention discourses as this particular cohort has an increased vulnerability to STIs such as HIV. As consistent use of condoms has a protective measure against STIs it is important to understand the key determinants that impact on their risky behaviours. In addition, it evaluates the extend that socio-cultural values and acculturation can predict condom use intentions among African youth residing in South Africa.

Methods Qualitative methodological approach was utilised with purposive and snowballing sampling techniques to explore migrant youth's intentions and behaviour towards condom use within their socio-cultural contexts. The study also measures their rate of acculturation and assimilation within the current youth culture in South Africa regarding sexual risky behaviour and their psychology around condom use intentions and behaviour. A sample were drawn from Sub-Saharan African descent who migrate to South Africa. The mean age of respondents were 23 years ranging from 20 years to 25 years, with an equal gender distribution.

Results The results indicated that young migrants have a good knowledge of condom use and dual protection against pregnancies and sexual transmitted infections. However, the use of condoms, even when freely available, is a contested issue as cultural values and traditional social networks have an impact on their intentions and behaviour towards condom use. Traditional gendered norms in sexual relationships and gendered expectations of condom use are current issues that migrant youth are grappling with. The nexus between cultural values and safer sexual choices places young migrants at risk as they are currently outside of the realms of socio-cultural contexts, with higher education expectations and delay of marriage customs.

Conclusion The study provide more insight into the current realities of transitioning young migrants who live outside of the boundaries of current socio-cultural paradigms.

P53 SEX, BODY IMAGE AND RELATIONSHIPS: YOUNG PEOPLE WITH CANCER INFORMATION AND SUPPORT PREFERENCES

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Aims Adolescents and young adults (AYA) diagnosed with cancer, broadly those aged 16-29, are known to have distinctive psychosocial and medical needs related to age and transitioning through significant life milestones at the time of diagnosis/