

Data on experience of living with SCD was collected from 46 CYP [21 (11–15 y/o) and 8 (16–18 y/o)] and 47 carers [12 (carers of 12–15 y/o) and 6 (carers of 16–18 y/o)].

YP and carers across the age groups had similar worries:

- Missed educational opportunities
- Disease impact on future career
- Well-being and social health
- Pain

Helpful interventions suggested

- Improved education and awareness
- Improved hospital experience
- Access to a supportive community
- Advancement in research

Conclusions

1. YPSCD are interested in educational health events in a non-clinical setting.
2. Engagement events are a platform for equipping YPSCD with skills required to transition to adult care.
3. YPSCD and their carers have similar worries about their chronic health condition.
4. Transition-specific workshops provide an opportunity for discussing issues and strategies to overcome them.
5. Workshops designed for YPSCD without their carers may be helpful to encourage participation and address their concerns.
6. Generic, disease-specific transition workshops can complement individual transition work provided by local healthcare teams.

Poster

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AMBULATORY BLOOD PRESSURE MONITORING FOR UNMASKING HYPERTENSION AMONG ADOLESCENTS WITH STRESS

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Objectives To identify masked hypertension amongst adolescents presenting to Paediatrics OPD with physical symptoms of stress using ambulatory blood pressure monitoring. To find the correlation of various parameters of Hypertension (Masked Hypertension, Nocturnal Hypertension, Elevated Blood Pressure) with different domains of stress amongst adolescents using adolescent stress questionnaire.

Methods Adolescents (13–18 years of age) presenting to Paediatrics OPD of AIIMS Jodhpur with somatic symptoms attributable to stress were prospectively enrolled from January 2019 to March 2020. Ambulatory blood pressure monitoring was performed on those meeting inclusion criteria to identify masked hypertension and various BP phenotypes followed by administration of a self instructed Adolescent Stress Questionnaire.

Results Seventy adolescents aged 15.78 ± 1.12 years were evaluated. There was female (1.7:1) preponderance with headache (62.9%) and pain abdomen (27.1%) being the most common identifying symptoms. The prevalence of masked hypertension, white coat hypertension and elevated BP was 12.8%, 5.7%, and 4.2% respectively as depicted in Image 1.

55.55% of these hypertensive subjects were also identified to have an abnormal nocturnal dipping pattern.

The stress of future uncertainty was the most prevalent followed by stress of school performance and school attendance. Those with elevated blood pressure had higher stress of peer pressure stress, interaction with teachers, school performance and overall stress of emerging responsibility as an adult as described in table 1. There was no significant association identified between sex, age, duration, or number of symptoms with the 10 domains of the Adolescent stress questionnaire, and hypertension among adolescents.

Conclusions Adolescents visiting health care centers with non-specific complaints might have masked hypertension and such population is at increased risk of developing hypertension in the future. ABPM may unmask various forms of hypertension amongst adolescents with somatic symptoms of stress. Early lifestyle modification and proper counseling can modify the risk of progression to sustained hypertension. The stress of future uncertainty seems to be perceived as a common cause of distress among mid-adolescence.

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IMPROVING KNOWLEDGE, ATTITUDE AND PRACTICE ON REPRODUCTIVE HEALTH IN ADOLESCENT GIRLS ATTENDING MONASTIC SCHOOL THROUGH INTERACTIVE HEALTH EDUCATION

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Objectives The objectives of the study was to assess improving knowledge, attitude and practice on reproductive health in adolescent girls attending monastic school (Ba Ka schools) through interactive health education.

Methods A school-based interventional study was conducted in two monastic schools situated in Mingalardon Township, Myanmar, using quantitative questionnaires and focus group discussion (FGD) during May to December, 2018. Altogether 150 adolescent girls involved in the quantitative survey and 18 participated in the qualitative study. Improvement of knowledge, attitude and practice of adolescent girls were assessed after six health education sessions by interactive small group discussion which are conducted by trained community volunteers. Six topics regarding reproductive health were puberty changes, reproductive anatomy and physiology, DOs and DON'Ts during menstruation, nutrition, hand hygiene, STIs including HIV/AIDS.

Results Proportions of age group among study population were early adolescent 80% and mid adolescent 19% and late 1%. Majority of adolescent girls showed ignorance of puberty changes, reproductive anatomy and physiology. Misperceptions of reproductive organs, fertile period, mechanisms of menstruation were observed. A variety of menstrual beliefs, taboos, dietary and behavioural restrictions are highly prevalent among adolescents.

Among the adolescent girls in this study, knowledge, attitude and practice of proper hand washing practices, knowledge about nutrition, knowledge, perception and practice about STIs and HIV/AIDS, and knowledge about contraception were also assessed.