

to increase. The aim of the study was to estimate the quality of sleep habits in children with CP.

**Materials and Methods:** 93 boys and girls with CP aged 1-18 years participated in the study. A control group included 300 healthy children matched in age. The study was conducted using internally developed questionnaires of sleep disorders and sleep habits in the Department of Developmental Neurology of the Poznan University of Medical Sciences.

**Results:** The health status of a child with CP was most frequently estimated as fairly good. In our study, 53.7% children with CP slept with another person in the same bed, 78.5 % of children slept in one room with other family members. Almost 53.3% of children with CP needed over 20 minutes to fall asleep, while in the CG only 35.0%; it was statistically significant difference. Day naps occurred in 41.9% of CP children and 27.7% of healthy ones. The statistical analysis shows a significant correlation between CP and the sleep habits.

**Conclusions:** The quality of sleep habits in children with CP was significantly different than in the CG children. Additional research on larger group of patients with CP is needed to correlate the prevalence of sleep disorder symptoms with motor impairment, Gross Motor Function Classification System (GMFCS) level and epilepsy.

## P0206

Sleep habits and sleep disorders in children with headache

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**Purpose:** The purpose of the study was to investigate the sleep habits and sleep disorders in children and adolescents with headache.

**Methods:** Three hundred children and adolescents with headache and 284 children without headache were investigated using a questionnaire developed by the authors.

**Results:** In Our study we observed difference is all the more important as some phenomena like bed co-sleeping (27.7%) and watching TV (20.3%) during falling asleep and sleep disorders awakenings from night sleep (43.7%), sleep talking (48.3%), snoring (27.3%), bruxizm (23.3%), nightmares (16.7%), sleep terror (9.0%) are observed statistically more frequently in children with headache.

**Conclusions:** Sleep habits described by parents in the children with headache are significantly different than those in healthy. Sleep disorders are very common in the group of children with headache. There is a need of additional research to find correlation between the different types, frequency of headache and sleep habits and disorders.

## Poster Session III: Miscellaneous

### P0207

Deliberate self harm in the emergency department: An audit on psychosocial assessments

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**Background and Aims:** The Emergency Department serves a population of over 300,000 people. This comprise a mix of different nationalities such as Irish, Other EAA citizens and non-EAA nationals.

Presentation to the Emergency Department after deliberate self harm is quite common. Although patient assessment do not reliably predict risk of future self harm (Hawthorn et al, 1995), they can identify treatable psychiatric disorders and other psychosocial problems.

**Methods:** All records of patients aged 16 years and over, presenting to the Emergency department with deliberate self harm between 1st January 2006 to 31st December 2006 were examined. The quality of assessments analysed using an audit protocol developed from the Royal College of Psychiatrist guidelines for assessment following self harm in adult (RCPsych Council report 2004).

**Results:** A total of 319 patients presented within this period of which 284 case notes were traceable. Alcohol consumption prior to deliberate self harm was documented in only 75% of cases.

Also majority of precipitating factors for deliberate self harm were social issues but patients' social circumstances were assessed in only 57% of cases.

**Conclusion:** At the end of the assessments, over 70% of patients were discharged home, some without proper details of social support network. Also alcohol consumption need be assessed in all patients presenting with deliberate self harm (Royal college of Physician guidelines).

In conclusion, the assessments within this period fall short of the Royal College of Psychiatrist guidelines.



### P0208

Quality care: Fears and expectations of patients and relatives in admission process

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