Results Sixteen patients were approached, of which 10 participants were recruited, with IT issues precluding participation in 30%. Of the 24 virtual clinic sessions, 21 (88%) were successful. Mean age of participants was 11.9 ± 3.3 years with a mean duration of diabetes of 5.5 ± 3.2 years. Mean duration of clinic appointments decreased over time from 30 to 23 mins (p=0.04) with an average of 4 setting changes per appointment. Mean HbA1c decreased from 7.8% (62 mmol/mol) pre-intervention to 7.6% (60 mmol/mol) just afterwards, with a sustained decrement to 7.2% (55 mmol/mol) at 6 months post-intervention (p=0.005). Satisfaction was rated as excellent by 100% of participants, with 100% wishing for such a service to be a continued part of their child's care.

Conclusion This prospective observational cohort study showed that connection by 'virtual clinic' is feasible in rural Ireland, with high rates of user satisfaction and a positive impact on overall glycaemic control of participants.

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OC67 CAREER SATISFACTION AMONG PEDIATRIC RESIDENTS IN TWO EUROPEAN COUNTRIES (IRELAND AND TURKEY): A COMPARATIVE STUDY

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Aim The aim of this study was to conduct a nationwide evaluation of career satisfaction and training experience among residents in pediatrics in both Ireland and Turkey.

Patients and methods Questionnaires were designed by the authors and distributed electronically in Turkey to paediatric residents. The same questionnaire was translated to English and distributed to pediatric residents in Ireland in paper format. Data was collected on demographics (age, gender), characteristics of training institution, exposure to physical or psychological violence, average number of night shifts per month and usage of antidepressants and was analysed using SPSS. Five hundred residents (332 (66.4%) female, 168 (33.6%) male) in Turkey and sixty-one residents (46 (75.4%) female, 15 (24.6%) male) in Ireland completed the questionnaire.

Results Resident satisfaction was approximated using a composite score of academic and professional satisfaction. Resident satisfaction was rated higher in Ireland than in Turkey (p<0.001) with 42 (68.9%) participants in Ireland and 138 (27.6%) participants in Turkey satisfied with their training when analysed by this method.Four hundred (80%) Turkish residents and 33 (54.1%) Irish residents had considered resigning one or more times during their training, which represented a significant difference between the two countries (p<0.01). The average number of night shifts per month for Turkish and Irish residents was 7.37 and 4.44 respectively (p<0.001). Turkish residents were more likely to be taking antidepressant medication at the time of the survey (12.4% Turkish residents vs. 1.6% Irish residents, p<0.001). One-hundred and thirteen residents (22.6%) in Turkey and eleven (18%) residents in Ireland were subjected to physical violence by patients and/or relatives (p=0.08). Four hundred sixty-seven (93.4%) Turkish residents and thirty-eight (62.3%) Irish residents were exposed to psychological violence (p<0.001). There was no significant difference between sex, marital status, living alone, having a child or duration of training (p>0.05)

Conclusion This international comparative study describes a wide variation in the level of career satisfaction among residents in pediatrics. Irish residents were reportedly more satisfied with training, less likely to have considered resigning from residency, worked fewer night shifts, reported lower rates of antidepressant use and less exposure to violence at work than their Turkish peers. Regional, cultural and social factors as well as variation in working conditions may impact resident satisfaction. Measures such as reducing frequency of night shifts and support from occupational health may improve resident experience. Collaboration between national training organisations may inspire ideas for positive change.

OC68 THE BACKPACK WEIGHTS OF PRIMARY SCHOOL STUDENTS AND THEIR BACKPACK USE STATUS

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Objective Inappropriate backpack use may cause several health problems in children such as shoulder, waist, back pain and postural disorders. These problems reduce the quality of life of children and affect their success in their educational lives. The aim of this study was to determine the usage and weight of backpacks carried by primary school children.

Method This descriptive cross-sectional study was carried out in fall semester of 2016–2017 academic year. The sample of the study consisted of 374 students aged between 6–11 years, selected by random sampling method from three different public primary schools in Ankara, the capital city of Turkey. Data was gathered a personal information form and ideal backpack usage checklist based on literature. Descriptive statistics, independent t test and one way ANOVA were used for data analysis.

Results 53.9% of the children participating in the study were male, the mean age was 8.33 ± 1.32 years. The mean backpack weight was 4.03 kg and represented 14.4% of their body weight. 96.2% of them carried backpacks with both straps, 54.2% of the backpacks had not full contact with their backs, 42.1% of the backpacks stands below on their back and none of them using a waist belt. As children aged and classes increased, the weight of carrying bag increased (p<0.01).

Conclusion The result of this study indicated that the children of primary schools carried backpacks heavier than 10% of their body weights and had inappropriate backpack usage. The results show the necessity of taking measures for appropriate backpack use and informing children, families and teachers.

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