Results: Both in the group with video conference BT and in the group with traditional BT, we found a decrease in motor, vocal, and total tics and global severity score. The quality of life increased in both groups. These effects were not statistically significant different between the groups.

Conclusion: The effectiveness of BT via video conference seems to be as effective as traditional BT. If further analyses confirm these results, we will offer video conference treatment to all the patients who find it difficult to meet physically.

PO24 – Paediatric nurse reception (PNR) at the children's emergency department in Gothenburg

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Theme: Accreditation and quality improvement.

Keywords: Paediatric nurse reception.

Background: The children's ER receives 50,000 patients yearly. The majority of the patients have mild discomforts. Can these patients be treated by a paediatric nurse?

Aim: How satisfied are the families? What is the revisiting frequency?

Methods: The pilot study was performed under two weeks in October 2015. A paediatric nurse performed a clinical evaluation and took appropriate action based on condition. The nurse filled in the study protocol. Interviews were made by telephone.

Result: The PNR had 131 patients during the time of the study. 12% of the patients were transferred to the emergency department. Two out of the 131 patients returned to the ER within 14 days. Parents of children who were treated at the PNR were very satisfied.

Conclusion: The revisiting frequency was very low.

PO25 – Catastrophe simulation through an interactive board game

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Theme: Multidisciplinary team working.

Keywords: Catastrophe simulation, catastrophe training.

Aim: Catastrophes are rare, which means that the habit of dealing with them is small and all while there are high demands on well-functioning work routines. The purpose is to increase

the participants' experience and knowledge about catastrophes.

Methods: The exercise consisted of an interactive board game. The board game represents a map of the ER. Personnel, patients and others were illustrated as game cards. The participants were introduced to a specific situation. The game was played in real time.

Result: The game has been used in regional paediatric educations. The evaluation showed that the game is realistic, educational and has given the participants an increased knowledge and security for potential future catastrophes. The physician class gave the game a 5,8/6 points.

Conclusion: Simulation through interactive role play is considered to be a valuable and educational way of preparing for a catastrophe.

PO26 – Physical activity – young people's behaviours in Vila Nova de Famalicão

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Theme: Physical activity

Keywords: Adolescent, health behaviours, physical exercise, social determinants.

Physical activity in adolescence is of major significance considering body, emotional and behavioural changes. A quantitative, descriptive and transversal study was performed to analyse the physical activity of adolescents from a school community in Vila Nova de Famalicão. A self-administered questionnaire was applied to 1614 adolescents attending secondary and higher education in the academic year 2013/2014, aged between 14-21 years. From total participants, 56.9% were female and 86.5% attended secondary school. From the participants engaged in physical activities over the previous week, during 20 minutes, with an increase in sweating and/or in respiratory frequency, 24.9% referred twice and 12.7% did not engage in any activities; at least 30 minutes duration, with no visible physiological changes, 10.4% with daily activities and 41.9% with no activities and 19.3% (twice) and 7.6% (daily) refereed activities to strengthen muscles. Physical activity needs to be promoted to achieve physical and emotional wellbeing among young people.

PO27 – Road safety – young people's behaviours in Vila Nova de Famalicão

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Theme: Accidents