Conclusion: Whilst not quite reaching the 80% compliance target overall, the integrated treatment booklet, with monitoring of re-orientation, significantly improved the cognitive/physical health tracking of patients undergoing ECT at SWH. With further operational change, full compliance is anticipated in the future. Returning to paper was universally supported by psychiatrists and managers, with clinical utility demonstrated within the ECT suite.

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An Internet Access Survey for People With Learning Disabilities in Wandsworth, London

Dr Haramrit Sohal, Dr Ayodele Peters and Dr Anna Sri

South West London and St George's Mental Health Trust, London, United Kingdom

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Aims: Research from the 2000s onward reveals significant digital access disparities for people with learning disabilities (LD). These individuals often have lower rates of computer ownership, internet use, and digital skills compared with their non-disabled peers. The situation is more pronounced for those with co-existing mental health conditions, leaving them further excluded from digital rights. Few studies have explored the reasons behind this digital divide or proposed solutions to improve internet access.

The study was aimed at gaining insight into the internet access and use of social media in patients with a Learning Disability in Wandsworth.

Methods: A retrospective cohort study was conducted involving fifty clients from the Psychiatry caseload of Wandsworth Mental Health and Learning Disability Team. The clients, selected randomly, had a range of intellectual disabilities and lived in different settings (e.g. with parents, independent housing with carers, or nursing homes). Data was gathered via an accessible paper survey between August 2024 and February 2025. Doctors filled out the forms in the presence of the clients or their carers to reduce recall bias. The survey collected demographic data and explored internet access, usage, and social media habits. It also included questions on internet safety and barriers to use. Chi-square tests were used to analyse relationships between variables.

Results: The study found that a significant number of clients had internet access. Most clients used the internet to watch videos on platforms like YouTube or Google, while some played online games. A smaller number used social media platforms, including Facebook, Instagram, and TikTok. However, many clients had limited understanding on cyber-safety and were unaware of accessibility features for those with visual or hearing impairments. Concerns were raised for a small group of clients who had shared personal or vulnerable information on social media. Thematic analysis identified four main barriers to digital inclusion: lack of access to devices, insufficient support from carers, lack of training, and physical/cognitive challenges.

Conclusion: The growing use of social media among individuals with intellectual disabilities highlights the need for targeted internet safety training. Without proper guidance, clients are at risk of online exploitation. In response, a one-day workshop on internet safety was organized with input from speech therapists, psychologists, and IT professionals. Feedback from participants will help assess the effectiveness of the training. The goal is to expand the study to other teams within Southwest London Trust and explore more objective data, such as device usage logs, alongside self-reported information.

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An Audit of the Mental Health Admissions to the Paediatric Assessment Unit (PAU) in the Royal Aberdeen Childrens Hospital (RACH)

Dr Billie-Jo Stephen

NHS Grampian, Aberdeen, United Kingdom

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Aims: To determine the number of mental health admissions to the Paediatric Assessment Unit in the Royal Aberdeen Childrens Hospital to provide a basis for implementing improvements to our knowledge and staffing so that we can provide a higher quality service for this group of patients.

Methods: Data was collected from 1 June 2023 to 31 May 2024. This period was used as any patient notes prior to 1 June 2023 were documented on paper, thus improving accuracy and consistency in collection method. Mental health admissions also included place of safety. Each patient who was admitted to PAU under these presenting complaints was noted from the nursing staff's admissions book and the relevant information was then collected from medical notes on the online system 'Trakcare'.

Results: There were 4898 admissions to PAU from 1 June 2023 to 31 May 2024. 98 of these admissions were due to mental health. This was 2% of the total admissions to PAU. 38% of patients had a pre-existing mental health diagnosis. The most common presentation was mixed overdose with paracetamol-only overdose being the second most common. The average time spent in PAU was 2.1 days which ranged from 1 day to 20 days. 87% of patients received a psychiatry review from either CAMHS or liaison psychiatry. Of the 98 patients who were admitted, 27% required treatment for paracetamol overdose and 7% required treatment and/or monitoring for anorexia. The remaining patients either received observation only with or without monitoring of vital signs. No patients required emergency psychiatric medications, such as antipsychotics or sedation. 75% of patients were followed up by CAMHS, 3% were admitted and 22% received no follow-up.

Conclusion: Mental health accounts for 2% of PAU admissions and can have prolonged stays – up to 20 days found in the audited year. In line with the RCPCH, paediatricians are to have a role in prevention, early recognition and holistic care of mental illness to help with the growing demand in young adults and children. This audit highlights the growing demand of mental health and why health professionals within paediatrics need to develop the experience and confidence to help manage these patients.

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