Abstract P035 Figure 1 CPAP Usage

Abstract P035 Figure 2 Excess mask leak

Discussion A novel remote monitoring system implemented within NHS Lothian did not significantly increase patient CPAP compliance. Excess leak from the mask was significantly reduced however, suggesting that compliance may be affected in a study inclusive of a greater number of patients and over a greater period of time. Therefore, more highly powered studies are required to determine if remote monitoring in the treatment of OSAHS patients can help to improve patient compliance.

P036 DESIGN AND DEVELOPMENT OF AN INNOVATIVE NECK STABILISING AID FOR CHILDREN WITH NARCOLEPSY

¹Gemma Wheeler, ²Lowri Thomas, ³Nathaniel Mills, ¹Joseph Langley, ²Heather Elphick*. ¹Sheffield Hallam University Lab4Living, Sheffield, UK; ²Sheffield Children's NHS Foundation Trust, Sheffield, UK; ³Children and Young People's MedTech Co-operative, Sheffield, UK

10.1136/bmjresp-2019-bssconf.36

Introduction Narcolepsy is a disabling neurological sleep disorder characterised by excessive daytime sleepiness and attacks of muscle weakness precipitated by strong emotions, known as cataplexy. A previous exploratory technology workshop with children from the Sheffield Children's Hospital narcolepsy clinic identified 'Head and neck support in the car' as their most important unmet need in terms of aids to daily living (32/39 participants). There is currently no suitable car seat or effective support on the market for these children. Therefore, this project aimed to design, develop and evaluate concepts for a neck stabilising aid for children with narcolepsy.

Methods Detailed 'needs capture' through a co-design workshop with children with narcolepsy and their parents to map and discuss their travel experiences resulted in an initial specification list. A second creative workshop for idea generation using existing products and early design concepts informed further development.

Results A detailed design specification list has been produced. Seven concept designs have been developed for further evaluation and selection at an upcoming 'dragon's den'-style workshop. Concepts will not reach prototype stage within the scope of the project so worksheets and interactive design activities will be used to capture early subjective user opinions.

Discussion The use of creative, co-design methods have proven effective in capturing the voices of children and families to ensure the project is generating meaningful solutions to the core issues in this area. The project is currently ongoing with a number of possible concepts being proposed and evaluated by children and families. The preliminary concepts and supporting evaluation data will be used to apply for future funding to develop the chosen concept to prototype level and beyond.

P037 BRIDGING THE GAP BETWEEN PATIENTS AND PATIENT-SUPPORT ORGANISATIONS: FOR PATIENTS WITH OBSTRUCTIVE SLEEP APNOEA

¹Sulaiman S Alsaif*, ²Chris Rogers, ^{1,3}Mary Morrell J, ⁴Annabel H Nickol, ^{1,3}Julia L Kelly. ¹National Heart and Lung Institute, Imperial College London, London, UK; ²The Sleep Apnoea Trust Association, Chinnor, UK; ³Clinical and Academic Unit of Sleep and Breathing, Royal Brompton Hospital, London, UK; ⁴Oxford Centre for Respiratory Medicine, Oxford University Hospitals NHS Foundation Trust, Oxford, UK

10.1136/bmjresp-2019-bssconf.37

Introduction Patient organisations play a key role in providing patient support, whilst facilitating patient-centred and participatory medicine. The Sleep Apnoea Trust Association (SATA) commissioned a patient review of their website. The objectives of this project were to improve communication between SATA, their members and other patients with Obstructive Sleep Apnoea (OSA), and to invite members' critique of SATA's website.

Methods A mixed-methods questionnaire of 15-items including Likert scales, multiple-choice, open-ended, and demographic questions was designed to assess members' needs and preferences for healthcare communication. The web-based questionnaire was informed by patients, their families and clinicians, and included a structured evaluation of website accessibility, readability, and information quality. 1,318 SATA members were invited by email to participate anonymously. Descriptive