

## P01-220 - THE PSY-MED UNIT (PMU); A UNIQUE INTEGRATED APPROACH FOR CHILDREN WITH INVALIDATING THERAPY RESISTANT FUNCTIONAL COMPLAINTS!

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**Objective:** PMU, Emma Children's Hospital, AMC Amsterdam, tertiary referral centre for children with invalidating functional complaints (at least two present):

- impact on their social/family life's
- given up their hobbies
- school absenteeism

Complaints; long-lasting (> 3 months) and therapy resistant

PMU-approach:

- integrated approach starting at intake by paediatrician and psychiatrist/psychotherapist; → Explanation; body and mind belong together
- Validation of complaints by full history and thorough physical examination → Complaints are real, no doubt.
- Explanation of complaints by models (stress model, brain-gut axis, sensitisation model)
- Individual treatment (rehabilitation, graded exercise, cognitive behavioural therapy etc.)

### Methods:

- Retrospective observational study (charts) in children with abdominal pain (ap) and headache as primary complaint
- Measuring persistence of complaints/ invalidation level

### Results:

- 66 pt evaluated (42 pt with ap, 24 pt with headache), 43 girls (65.2%) Age at first visit; mean 13.5 yr (range 6-17):
  - 34 pt finished treatment
  - 19 pt in treatment
  - 6 pt one consult planned
  - 5 pt no follow-up after intake
  - 2 pt no complaints at moment of intake
- Duration complaints: >2 yrs in 31 pt (47.0%), school absenteeism ≥ 20% in 46 pt (69.7%), 33,3% visited > 5 care providers for complaints.

- 16 pt (47.1%) treatment < 6 months
- 25 pt (73,5%) lost/minimized complaints, 22 pt (64.7%) no school absenteeism.

**Conclusion:** PMU-approach; good results for this serious invalidated patient group with therapy resistant functional complaints. Note; relative small group, not yet long term follow-up.