

disorders and an increase in the existing psychopathological symptoms in children. However, in young children with normative development and in some children with autism spectrum disorder, the phenomenon of social isolation did not reveal any pronounced changes in the mental state towards deterioration; on the contrary, in a number of cases there is a weakening of previously manifested deviations, apparently associated with increased communication with the loved ones and increased parental attention.

Conclusions: Clinical and psychological services should offer preventive support to the entire family.

Disclosure: No significant relationships.

Keywords: COVID-19; pandemic; Deprivation; children

EPV0186

Protocol to maintain ECT in COVID-19 pandemic

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Introduction: Electroconvulsive therapy is a highly effective treatment for severe psychopharmacological resistant patients but it is also a procedure that involves open airway management and has been considered as an aerosol generating procedure. The COVID-19 pandemic, has resulted in reduction in ECT services internationally. The COVID-19 pandemic has dramatically and rapidly transformed hospitals in heavily affected areas, decreasing mental health services. The need to locate critical patients in spaces intended for anesthesia, where we usually administered ECT, has forced us to decrease the number of procedures and be highly selective. In the same way, continuation and maintenance ECT (m-ECT) have also been dramatically reduced. The risk of contagion urged us to develop a protocol involving other areas of the hospital

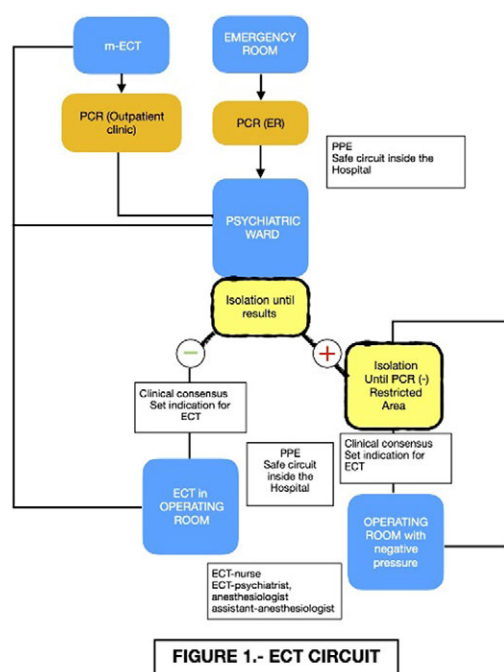


FIGURE 1.- ECT CIRCUIT

Objectives: To create a safe circuit from admission to the hospital to the ECT including emergency room and psychiatric Ward

Methods: Review of the literature and published protocols Workshops with Preventive Medicine, Anaesthesia and Emergency Service to elaborate a protocol Submission of the protocol to Management of the Hospital

Results: The protocol (Figure 1) began with the screening for COVID-19 in every patient. If the PCR was (+) the patient was not excluded. We moved treatment from the PACU into the OR and if a patient tested positive It was determined that the ECT was administered in the OR

That was provided with negative pressure. Circuits were established within the Psychiatric Ward and in the areas of the hospital involved to reduce risks and patients remained isolated until negative test was confirmed. The number of persons present in the treatment room was kept to the absolute minimum required and appropriate personal protective equipment was used, as prescribed by the WHO.

Conclusions: We must keep in mind treating the most vulnerable of our patients. ECT should be seen as an essential medical procedure and made available

Disclosure: No significant relationships.

Keywords: Affective disorders; ECT; COVID-19

EPV0187

Social medias in increasing anxiety around COVID-19 in Morocco

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Introduction: Discovered in December 2019, COVID has affected the entire planet, through direct exposure to its virus; SARS-COV-2, or indirectly through the media. Indeed, on January 20, 2020, the World Health Organization declared COVID-19 to be “a public health emergency of international concern.” Along with other public health crises and other collective trauma (terrorism, H1N1 epidemic or SARS-COV), exposure to publicized information on this virus generates psychiatric disorders, in particular anxiety and absence of well-being. Objective: To link exposure to information about this pandemic through social media and anxiety and lack of well-being.

Objectives: Explore the relationship between anxiety, well-being and exposure to social medias

Methods: Use of a questionnaire consisting of three sections, individual status and conditions, the French versions of the GAD-7 scale for anxiety (Generalized anxiety scale of 7items) and the WHO-5 (five well-being index). This questionnaire is dedicated to the general population who have not been in direct contact with the virus, but through the media.

Results: We were able to collect 209 participants, they were essentially females with a mean age of 28yo, 17,7% had psychiatric history of anxiety and depression, the median use of social medias was 5.7 hours per day. And they were essentially getting their information about the pandemic from Instagram, Facebook, the Moroccan ministry of health's website and electronic newspapers. 31,1% of our participants had anxiety which was above a Chinese study, and had a poor well-being.

Conclusions: The use of social media to get information about the pandemic had an impact on well-being and anxiety.

Disclosure: No significant relationships.

Keywords: COVID-19; Anxiety; well-being; who-5

EPV0188

Untangle those stethoscopes; never too early to start reflecting! Qualitative review of a reflective practice group for clinical undergraduate medical students

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Introduction: Equipping our medical students with as many tools as possible to cope with the challenges that they will inevitably face has never been more important than it is today.

Objectives: The aim of this study was to examine the effectiveness of a reflective practice (RP) group for medical students, particularly with adaptation to COVID-19 and transition to video.

Methods: A pilot programme of RP for 3rd year medical students commencing their clinical placement was run by the Sligo Medical Academy, NUIG in Ireland between January – April 2020. This group for nine students was initially run face-to-face but pivoted to an online group in March 2020 with the COVID-19 pandemic. Data was collected through one-to-one interviews with all student participants and the facilitator (n=10). Interviews were recorded and transcribed. Data were analysed using thematic content analysis.

Results: Our analysis identified four main discussion themes: transition to clinical environment, gender in the workplace, building professional identity and family and support systems. The students who continued the RP group over zoom during the COVID-19 pandemic particularly identified with the theme of support systems and solidarity. The smooth transition to zoom and its effectiveness in a time of social distancing were discussed. Identified challenges related primarily to timing of the RP group, particularly after a full day of placements or time differences for international students overseas.

Conclusions: Reflective practice programmes are not routinely offered to medical students in Ireland currently and this study gives recommendations on implementing and improving experiences of undergraduate training based on RP.

Disclosure: No significant relationships.

Keywords: Medical Education; COVID-19; Reflective Practice

EPV0189

The effect of views on the COVID-19 pandemic on the development of depressive symptoms in a sample of the elderly

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Introduction: The covid-19 virus pandemic is another risk factor not only for the lives of older people, but also for their mental health, as the threat is immediate and intense.

Objectives: The aim of the study was to investigate depression during the pandemic in a population of elderly people over 65 years of age living in the Greek countryside.

Methods: The research was synchronous and was conducted in the autumn of 2020 in Crete. The sample of the study was random and consisted of 200 elderly users of services of the Health Center of the Municipality of Phaistos, Crete. The Geriatric Depression Scale (GDS-15) was used to conduct the study in combination with 24 questions related to pandemic perceptions.

Results: 40.5% of the sample were men and 59.5% were women. The mean age was 75.70 years (SD $\pm$ 6.29). The mean value of GDS-15 was found to be 5.97 (SD, 3.07), while the comparison of depressive symptoms showed that women, lonely people and the elderly with chronic health problems are more vulnerable to the development of depressive symptoms. In relation to covid-19 and depressive symptoms, there was a positive correlation with twelve factors ($p < .05$) with the most important being the fear for their family health, sleep disorder, loneliness and inability to deal with the virus.

Conclusions: The research showed moderate depressive symptoms, while a clear effect of the pandemic due to Covid-19 was found on the emotional mood of the elderly, a fact that makes their psychosocial support necessary.

Disclosure: No significant relationships.

Keywords: GDS-15; Depression; Elderly; COVID-19

EPV0190

Clozapine treatment during the COVID-19 pandemic

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Introduction: Clozapine is an effective antipsychotic used in treatment-resistant schizophrenia. One of the serious complications of clozapine therapy is agranulocytosis, therefore regular monitoring of the level of white blood cells (WBC) in plasma is necessary. During acute inflammatory infections, including the COVID-19 infection, levels of clozapine may increase, by the CYP 450 system, leading to adverse effects such as sedation, hypersalivation and consequently to aspiration pneumonia.

Objectives: The aim of the study is to assess the validity of continuing clozapine treatment during the COVID-19 pandemic.

Methods: Brief literature review, based on research of scientific articles published in PubMed, using as keywords the terms “clozapine” and “COVID-19”.