

## EPV1987

**Enhancing Medical Resident Confidence in Managing Anxiety and Depression on the Medical Floor Through Evidence-Based Guidelines**J. Li<sup>1\*</sup>, M. Khan<sup>1</sup> and H. Raai<sup>1</sup><sup>1</sup>Department of Psychiatry and Behavioral Health, SBH Health System, Bronx, United States

\*Corresponding author.

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**Introduction:** Medical and psychiatric conditions often coexist, with complex interrelationships that affect patient outcomes. Medical conditions can induce mental illness through psychological or physiological effects, while mental illness may hinder engagement in medical care due to barriers such as poor motivation and functional impairment. Anxiety and depression are among the most common psychiatric conditions encountered on medical floors, and improved management of these conditions can enhance patient outcomes and increase post-discharge follow-up.

**Objectives:** The objective of this project was to improve the confidence of medical professionals in treating anxiety and depression on the medical floor by establishing an evidence-based approach for identifying and managing these conditions. The guidelines developed serve as a protocol for rapid, safe interventions, improving outcomes and reducing inefficient healthcare utilization.

**Methods:** A survey was conducted among 18 medical residents to assess their confidence in evaluating and managing anxiety and depression, and determining when a psychiatric consult is necessary. After completing the initial survey, residents were provided with a stepwise guideline for managing anxiety and depression on the medical floor. A post-guideline survey was then conducted to assess changes in their confidence levels and understanding.

**Results:** Pre-intervention survey results showed 85.7% of residents were comfortable identifying anxiety, 64.3% with identifying major depressive disorder (MDD), and 71.4% with differentiating MDD from bipolar depression. However, only 64.3% felt comfortable treating anxiety, and 50% initiating treatment for MDD. Post-guideline survey results showed improvements in several areas, including 90% confidence in identifying anxiety and 70.2% in diagnosing MDD. Notably, all residents felt comfortable continuing treatment for depression, and knowledge of medication side effects increased to 100%.

**Conclusions:** The results suggest that medical residents on the floor showed improved confidence in evaluating and managing anxiety and depression after receiving the guideline. There was increased comfort with knowledge of medications and their side effects, although some discomfort remained in initiating treatment and titrating medications. Implementing universal screening protocols and further educational interventions, such as didactic sessions on specific medications and their side effects, can help address these gaps and enhance psychiatric care on the medical floor.

**Disclosure of Interest:** None Declared

## EPV1988

**The Benefits of Active Participation in the European Federation of Psychiatric Trainees (EFPT) for Psychiatric Trainees Across Europe**F. M. Monshizadeh Tehrani<sup>1\*</sup>, N. de Ridder<sup>1</sup>, V. H. Santos<sup>1</sup> and M. Konings<sup>2</sup><sup>1</sup>European Federation of Psychiatric Trainees, Brussels, Belgium and<sup>2</sup>President, European Federation of Psychiatric Trainees, Brussels, Belgium

\*Corresponding author.

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**Introduction:** The European Federation of Psychiatric Trainees (EFPT) unites general adult psychiatry (GAP) and child and adolescent psychiatry (CAP) trainees' associations across Europe, fostering collaboration, education, and professional growth. Trainees across Europe can become EFPT members through their national associations (NTA). Residency can be challenging, with demanding workloads and academic pressures. Having a supportive network like EFPT can ease these difficulties by providing access to valuable resources, support, and collaboration. This abstract highlights the benefits of active participation in EFPT for GAP and CAP trainees across Europe.

**Objectives:** To explore the diverse benefits provided by EFPT for GAP and CAP trainees across Europe, focusing on professional development, research collaborations, and international exchanges. This abstract highlights strategies for maximizing these opportunities and overcoming the challenges of international psychiatric training.

**Methods:** A review of EFPT's initiatives, project descriptions, website data, and participant feedback was conducted. This analysis covered webinars, courses, research projects, clinical exchanges, and cultural experiences. Data were gathered from EFPT's resources and European trainees' feedbacks, emphasizing networking, research collaboration, and cultural exchange as key benefits for trainees.

**Results:** EFPT offers a broad range of benefits for GAP and CAP trainees throughout Europe, including:

- **Networking Opportunities:** Trainees can establish professional connections with peers and experienced psychiatrists from across Europe, fostering collaboration, mentorship, and knowledge sharing.
- **International Participation:** Trainees have access to international congresses, webinars, and specialized courses that enhance clinical and research skills, exposing them to diverse perspectives and practices.
- **Clinical Exchange Programs:** Through EFPT's exchange programs, trainees gain insights into different healthcare systems, broadening their understanding of child and adolescent mental health treatment across Europe and enhancing their cultural competence.
- **Cultural Enrichment:** EFPT's annual forum, including events like Cultural Night, allows trainees to engage in cultural exchange through music, food, and dance, fostering camaraderie and promoting overall well-being among young psychiatrists.

**Conclusions:** Active participation in EFPT offers European psychiatric trainees unique opportunities beyond traditional training, contributing to both professional growth and personal development. By encouraging involvement in EFPT, trainees can enhance their skills, broaden their networks, and foster international collaboration, ultimately strengthening the psychiatric community across Europe.

**Disclosure of Interest:** None Declared