

EPP1445

Evidence-based practice a relevant piece to update knowledge in mental health nursingC. Laranjeira^{1*}, A. Querido¹ and O. Valentim²¹Citechcare, Polytechnic of Leiria, Leiria, Portugal and ²School Of Health Sciences, Polytechnic of Leiria, Leiria, Portugal

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Introduction: Web Journal Club as a collaborative learning method, is an effective method to enhance the knowledge base of nursing students, their presentation skills, problem-solving skills and ability to critically appraise literature.

Objectives: To describe the experience of an online journal club on education of MHN undergraduate students.

Methods: We implemented a journal club in the online classroom with a total of 24 Portuguese undergraduate students enrolled in clinical training of MHN (sixth semester). Over a two-week period, five 2-hour online journal club sessions were conducted in April 2020. During each session, five journal articles were presented synchronously to a live online audience via the Zoom Classroom technology. After all sessions, students were invited by e-mail to complete an anonymous and voluntary online questionnaire via Google Forms.

Results: All students were all very positive about the journal club sessions and found the opportunity to discuss and reflect on practice issues in depth very helpful. They found the sessions supportive, they helped to bond the group, they learnt a great deal from each others experiences, and they felt that they gained in confidence as a group. Survey results also indicated that few participants experienced technical difficulties during sessions.

Conclusions: This pedagogical practice enhances gains in the various actors involved: 1) in students, contributing to their learning process and acquisition of competences, articulating research and clinical practice; and 2) lastly, even more indirectly, in people receiving care, since an evidence-based practice ensures safe and quality of nursing care delivery.

Keywords: Evidence-based practice; Nursing education; Mental Health Nursing; Journal Club

EPP1444

Medical education in the midst of the COVID-19 pandemic: The challenge of collaborative learning in three European countries.D. Gurrea Salas^{1*}, R. Palma Álvarez² and S.M. Toparlak¹¹Mental Health Center, Klinikum stuttgart, stuttgart, Germany and²Psychiatry, Hospital Universitari Vall d'Hebron, Barcelona, Spain

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Introduction: COVID19 keeps being a challenge, not only facing the outbreak and the treatment of the cases, but also in the education sector. Most learning centres and high schools in the world are closed to avoid further outbreaks, as well as institutes for psychotherapy throughout the world.

Objectives: To gain a better knowledge and understanding about alternatives identified in the scope of psychiatric trainee training, through the support provided by digital resources.

Methods: Systematic review on PubMed and Uptodate databases since declaration of the COVID-19 pandemic in March 2020 was performed using the keywords: Distance Education, Pandemia, COVID-19, Medical Residency. Discussing online-learning.

Results: The described European countries (Germany, Spain, United Kingdom) used different strategies to maintain the e-learning. Practical undergraduate education was replaced in countries like Spain by “problem-based learning” tasks, clarifying and commenting case reports or videos through working groups. The increase of the resources from teachers and trainers wasn't taken in account for the preparation of the digital program. Social inequities for the digital access for groups of students or clients were also claimed.

Conclusions: Each of the described countries adopted different strategies regarding continuing training of residents, their assessment and their certification. Covid-19 should set down a trend of social collaborative learning as part of resident training and asset hybrid or even digital methods for the mental health training.

Keywords: training programs; E-Learning; COVID-19; collaborative learning

Women, gender and mental health

EPP1445

Prevalence and correlates of depression among the trans-genders of Pakistan

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Introduction: Census conducted by government of Pakistan in 2017 has shown that more than 10000 trans-genders live in Pakistan. HIV, illicit substance use and mental health issues including depression are the main health problems faced by this part of community

Objectives: To assess the prevalence of depression among the transgender population and analyze the relationship of socio-demographic factors with depression.

Methods: The sample population comprised of one hundred and forty two transgender people of Rawalpindi and Islamabad. Beck depressive inventory II (BDI-II) was used to record the presence and severity of the depressive symptoms. Depressive symptoms were categorized as mild, moderate and severe. Relationship of the age, smoking, family income, illicit substance use and education was studied with the presence of depressive symptoms among these transgender population of twin cities of Pakistan

Results: A total of 142 transgender people were included in the final analysis. Mean age of the study participants was 39.55 ± 6.18. Out of these, 45.1% had no depressive symptoms while 31.7% had mild, 12.7% had moderate and 10.6% had severe

depressive symptomatology. After applying the binary logistic regression we found that presence of depressive symptoms had significant association with illicit substance use among the target population.

Conclusions: This study showed a high prevalence of depressive symptoms among transgender population of twin cities of Pakistan. Use of illicit substances like tobacco, cannabis, opiates and alcohol should be discouraged and those using these should be routinely screened for the presence of other mental health issues in order to timely diagnose and treat them

Keywords: depression; socio-demographic factors; trans-genders

EPP1447

Improving depression screening in HIV positive pregnant women

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Introduction: Depression is a common complication of pregnancy and the postpartum period. Up to 70% percent of women report depressive symptoms during their pregnancy, and approximately 10-16% meet full criteria for major depressive disorder. Women with a history of perinatal or non-perinatal major depression are likely to relapse during pregnancy. Research shows that exposure to untreated depression and stress can have negative consequences on the birth outcome and child development. Given the harmful effects of this disease on both the mother and child, it is essential that all pregnant patients be screened for depression. Literature review did not reflect many studies that focus on depression screening in this population, let alone in pregnant patients with Human Immunodeficiency Virus (HIV). Our study focuses on the impact the mandatory screening tool had on the incidence of depression screening in pregnant HIV patients.

Objectives: - Gain understanding of the Family Focused HIV Health Care Program for Women - Understand the importance of a mandatory screening tool for depression

Methods: Using standardized Quality Improvement tools Implementation of screening tool in notes & enforcing a hard stop in the medical records

Results: We noted both qualitative & quantitative improvement in depression screening. Qualitatively the screening has been standardized by creating a universal workflow by the inclusion of screening tools (PHQ2 and PHQ9) in Electronic Medical records. Quantitatively there has been a 34.9% improvement in screening by the case managers in the post interventional quarter.

Conclusions: Significant improvement noted in the incidence of depression screening by implementation a mandatory screening tool

Keywords: women's mental health; HIV; Depression; Depression screening

EPP1448

Translating theory into practice – dealing with pre- and post- menopausal women patients with schizophrenia

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Introduction: Much has been written about psychosocial treatments (psychoeducation) in schizophrenia. However, for the psychiatric hospital as an organization wishing to create a service guided by an international wave of research there is a need for solutions which are practical and effective in addressing the gender issues and women patients' needs.

Objectives: This paper looks at and describes the process employed to develop a guidance document to enable the psychoeducation to provide information and to offer support to its women patients (pre- and post- menopausal age) in dealing with schizophrenia. Essential to this project was the understanding that the guidance would be easy to understand and practical whilst maintaining its strong foundation of research and good practice.

Methods: Women patient profile in a schizophrenia group hospitalized at the Moscow-based Psychiatric Hospital was analyzed.

Results: Females of pre- and post- menopausal age actually outnumber males. Such women patients are unique in their needs and demands for health services. This is important subgroup, and some psychosocial interventions should be developed for them. Mental health professionals should be familiar with the unique health problems of these women, and the potential that psychoeducation have to increase their health awareness (information on menopause and aging, oestrogens and depression, on other somatic and psychological influences around menopause, on effects of physical activity etc.).

Conclusions: The implications of this guidance document to enable the psychoeducation for mental health promotion are discussed, in particular the gendered nature of perception of psychosocial treatments in schizophrenia.

Keywords: Psychoeducation; women; Menopause; schizophrenia

EPP1449

Examining online postings on a russian internet self-harm message board: Further evidence of addiction to self-harm?

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