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Keywords: Covid-19 pandemic; dysfunctional breathing; Self-Government styles

EPP0805

The image of a healthcare specialist on social media during the COVID-19 pandemic as a factor in the psychological stability of Internet users

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Introduction: As publications on social media have become an important regulator of group opinions, moods and psychological well-being during the spread of COVID-19, it seems necessary to study the contribution of various information as a source of preserving the psychological resources of the population.

Objectives: To analyze the content in communities created during the spread of the COVID-19 pandemic in order to assess the image of health professionals on social media.

Methods: Using datamining methods, we analyzed publications about medical staff in a large community 'StopCoronavirus.RF' which unites more than 400 thousand users.

Results: More than 700 thousand entries were 'liked' in the community from March 2020 to March 2021; more than 125000 thousand posts were shared, about 290 thousand comments were written, and all community publications were viewed more than 3 billion times. Publications about medical staff working in the 'red zones' in Russia are distinguished by the largest number of 'likes' (more than 5000) and comments (more than 300). In the publications and comments, the model of modern heroes saving human lives is emphasized. This type of information contributes to the reduction of anxiety and promotion of psychological safety in case of COVID-19 contraction through establishing confidence in the competence of medical staff and their involvement in the fight against the pandemic.

Conclusions: These results suggest that the image of a doctor on social media during the pandemic has acquired special value for the population. Publications on the work of medical staff in the 'red zones' help to cope with anxiety associated with the COVID-19 pandemic. The study was funded by RFBR, project number 20-04-60174.

Disclosure: No significant relationships.

Keywords: Covid-19; healthcare specialist; social media; psychological stability of Internet users

EPP0807

A novel approach to monitoring lithium blood levels and renal function in patients receiving lithium during the COVID-19 pandemic.

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Introduction: Lithium is commonly administered to patients in an outpatient department (OPD) setting. Regular monitoring of lithium levels and renal function in accordance with published guidelines is required. In our unit, this is usually performed at OPD review. During the COVID-19 pandemic, reviews were either postponed or done remotely.

Objectives: 1. To devise a system to ensure that patients receiving lithium had appropriate blood test monitoring in the absence of traditional OPD appointments. 2. To assess the efficacy of this intervention by recording blood test dates and comparing with pre-COVID compliance.

Methods: All outpatients receiving lithium, identified from the hospital database, received (1) a letter summarising the monitoring guidelines and (2) prospectively dated blood request forms. Patients at higher risk of contracting COVID-19 were advised to attend their primary care setting. Others were encouraged to attend primary care or our phlebotomy department. Compliance was measured by accessing the hospital's laboratory enquiry computer based system and compared with pre-COVID-19 figures. Information was anonymised, as per General Data Protection Regulations.

Results: 57 patients receiving lithium were identified. Prior to the first Irish lockdown in March 2020, 16 (28%) were overdue testing. Three months into the pandemic, 15 patients (26%) were overdue testing.

Conclusions: In the absence of routine outpatient appointments during the COVID-19 pandemic, the provision of written guidelines and completed blood request forms for patients receiving lithium was effective in ensuring monitoring of lithium levels and renal function. This system can be utilised as an alternative/adjunct to OPD review benefitting patients and health service delivery.

Disclosure: No significant relationships.

Keywords: Lithium; Covid-19

EPP0808

Quality of sleep and health-related quality of life among health care professionals treating patients with coronavirus disease-19

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Introduction: Health care professionals exposed to coronavirus disease 2019 (COVID-19) are facing high levels of stress.

Objectives: The aim was to evaluate the quality of sleep (QoS) and health-related quality of life (HRQoL), among health care professionals treating patients with COVID-19, as well as quantifying the magnitude of symptoms of depression and levels of anxiety.

Methods: We included 201 health care professionals in a cross-sectional, web-based study by applying 7-item Generalized Anxiety Disorder (GAD-7) Scale, Zung Self-rating Depression Scale, 36-item Health Survey of the Medical Outcomes Study Short Form (SF36), Pittsburgh Sleep Quality Index (PSQI) and additional survey constructed for the purpose of the study.

Results: Poor QoS and HRQoL correlated with high health anxiety and severe depressive symptoms and several demographic characteristics. Multiple linear regression analysis showed that higher scores on GAD-7 ($\beta = .71$, $p < .01$) and lower scores on mental health (MH) subscale on SF36 questionnaire ($\beta = -.69$; $p < .01$) were independent predictors of the higher PSQI score (adjusted $R^2 = .61$, $p < .01$ for overall model). Higher scores on GAD-7 ($\beta = .68$, $p < .01$) and worse self-perceived mental status ($\beta = .25$; $p < .05$) were independent predictors of the lower SF36 scores (adjusted $R^2 = .73$, $p < .01$ for overall model).

Conclusions: The major MH burden of health care professionals treating infected patients during the COVID-19 pandemic indicates that they need psychological support.

Disclosure: No significant relationships.

Keywords: Covid-19; Quality of sleep; health-related quality of life

EPP0809

Mental health service requirements after hospitalization due to COVID-19: a 1- year follow-up study

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Introduction: Long-term COVID-19 effects has been recently described as persistent and prolonged symptoms after an acute and severe SARS-COV-2 (1). An important concern is that the sequelae of severe COVID-19 may suppose a substantial outpatient's burden for the specialized services in reopening pandemic phase (2).

Objectives: To describe the frequency of mental health service use in COVID-19 hospitalized patients after discharge and to estimate the costs associated to the post- discharge consultations.

Methods: We used a 1-year follow-up cohort of 1455 COVID-19 inpatients hospitalized in La Paz University Hospital of Madrid,

Spain between March 16th and April 15th, 2020. Data were retrieved from Psychiatry Service (PS) electronic health records and we described the frequency of mental health reason for consultation. We used information published by the Madrid health Office to estimate the cost of initial and following appointments.

Results: Our sample consisted of 1,455 patients admitted with a COVID-19 diagnosis between March 16th and April 15th, 2020, and then discharged. Roughly half of them were men (776, 53%), 238 (16%) had a prior history of mental health problems, and 44 (3%) died. 193 participants (13%) visited the mental health department after being discharged. The total cost was estimated in 103,581 USD, of which two-thirds corresponded to patients with prior history of mental health problems.

Conclusions: Our results indicate that the mental health burden of severe COVID-19 inpatient s after discharge was substantial during the first year of follow-up. This generate important economic impact to mental health providers and society at large.

Disclosure: No significant relationships.

Keywords: Hospitalized; 1-year Follow-up; Covid-19; psychiatry

EPP0810

Emotional state of healthcare workers in hospital red-zone during COVID-19 Pandemic

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Introduction: The COVID-19 pandemic has a significant impact on the mental state of not only quarantined citizens and patients, but also health workers.

Objectives: The aim of the study was to assess of the mental health of doctors involved in work in the “red zone” during the COVID-19 pandemic.

Methods: 77 respondents were interviewed using the HADS questionnaires and the Maslach burnout test. For statistical data processing Microsoft Office Excel 2016, IBM SPSS were used.

Results: An increase on the depression scales was noted in 7%, anxiety in 23%, and anxiety and depression together 27%. According to the Maslach questionnaire, 32 (41.5%) doctors noted a reaction of the type of “emotional devastation”. 10 (12.9%) doctors noted a reaction “reduction of professional achievements”. Three doctors (3.8%) had a dehumanization reaction in the form of dull emotions to colleagues and patients.

Conclusions: Work in the “red zone” has a significant negative impact on the mental health of doctors and medical personnel

Disclosure: No significant relationships.

Keywords: healthcare; Covid-19; workers; red-zone