

Image 2:

Multi-Dimensional Analysis of Referral Reasons, Discharge Plans, and Age Groups (Stacked)

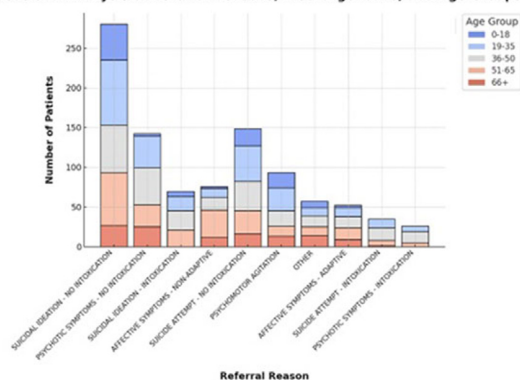
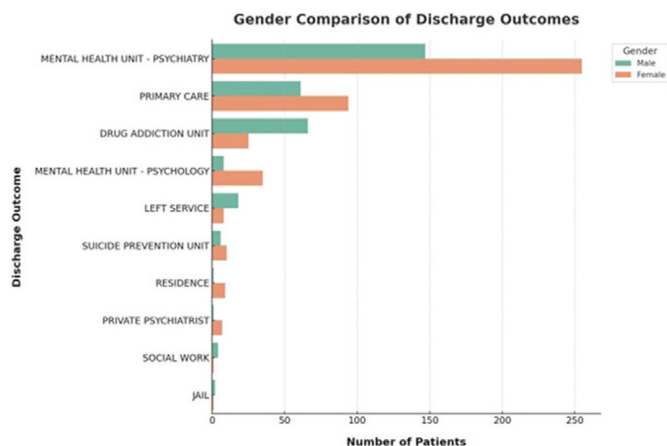


Image 3:



**Conclusions:** The main conclusions are:

- (1) More than 55% of patients present voluntarily, which could be interpreted as a positive indicator of mental health awareness, although it may also indicate a lack of prior support to prevent these crises.
- (2) Of the patients assessed, 64.3% are discharged and 22.1% are admitted, with a low rate of service abandonment (1.8%). 64.3% of the total number had prior follow-up, suggesting effective ongoing care.
- (3) More than 56% of the attendances received are women. It is essential to investigate whether this gender difference is due to a greater predisposition to seek help or differences in the incidence of psychiatric disorders.
- (4) Regarding the reason of consultation, there is a high prevalence of suicidal ideation without prior intoxication (22.1%), reflecting the importance of preventive strategies in mental health and early crisis intervention.

**Disclosure of Interest:** None Declared

## EPV0775

### Midazolam as a Sedative in Agitated or Aggressive Patients Before Psychiatric Admission

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**Introduction:** Managing agitated or aggressive patients prior to psychiatric admission is a critical challenge in clinical practice. When verbal de-escalation fails, effective pharmacological interventions, including benzodiazepines and neuroleptics, are necessary, either orally or via injectable forms. In some cases, physical restraint is inevitable, which is challenging and distressing for both patients and staff members. Midazolam, a short-acting benzodiazepine, is well-known for its rapid sedative effects and potential to minimize the need for physical restraint in such patients.

**Objectives:** To evaluate the efficacy of oral midazolam in providing rapid sedation in agitated patients, facilitating their pre-admission management to psychiatric units.

**Methods:** A review of clinical practices and relevant studies was conducted to assess the use of midazolam for sedation in patients displaying aggression or agitation prior to their admission to a psychiatric unit. The evaluation focused on the drug's pharmacological profile, including its onset of action, duration, and impact on patient care and staff workflow.

**Results:** Oral midazolam, due to its rapid onset and short duration of action, effectively provides sedation in acutely agitated patients. Its use significantly reduces the need for physical restraints or other invasive interventions, improving patient comfort and making the admission process smoother for the healthcare staff.

**Conclusions:** Midazolam presents a promising pharmacological option for pre-admission sedation of agitated or aggressive patients in psychiatric settings. Its rapid sedative effect, combined with its short duration, enhances patient management and minimizes the need for physical restraints, ultimately helping both patients and staff. Further research is needed to standardize its use in psychiatric emergencies.

**Keywords:** Midazolam, sedation, agitation, psychiatric admission, aggression, pre-admission management.

**Disclosure of Interest:** None Declared

## EPV0776

### Frequent Attenders in a Psychiatric Emergency Department: A Descriptive Analysis

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**Introduction:** Frequent attenders (FAs) are defined as patients who repeatedly visit emergency services, commonly characterized as those making  $\geq 4$  visits to the emergency department within a year (Pek et al. Ann Acad Med Singap 2022; 51:483-492). Their

identification is considered a potentially preventable misuse of resources (Pines et al. Acad Emerg Med 2011; 18).

**Objectives:** To identify and describe the frequent attenders of the Psychiatric Emergency Department at Hospital Universitario Infanta Cristina.

**Methods:** A descriptive analysis was carried out on all patients who made  $\geq 4$  visits to the emergency department at the hospital during 2023.

**Results:** We identified 28 frequent attenders (FAs) in our emergency department, 16 women and 11 men, who made a total of 162 visits to the emergency service. Of these, 23 patients were aged between 18 and 65 years, with a mean age of 32.87 years. The most common diagnosis was Personality Disorders, observed in 17 patients, followed by Depression in 16 patients. However, the patients with the highest number of visits on average were those diagnosed with Psychosis, recording an average of 8.30 visits per year, followed by those diagnosed with Personality Disorders, with an average of 7.76 visits per year. No patients with Bipolar Disorder were identified among the described FAs.

When analyzing temporal trends, the months with the highest number of visits from FAs were July, August, and September, with 22, 18, and 19 visits respectively. This pattern is mirrored among patients diagnosed with Psychosis, who made 30 visits during these months. In contrast, patients with Personality Disorders made 28 visits in these months, compared to 24 visits in April and 30 visits in January and February.

An additional noteworthy finding is that, out of the 162 visits made by FAs, only 20 resulted in hospital admission—14 women and 6 men. More than half of these admissions involved patients with neurotic spectrum disorders, specifically 7 cases of Personality Disorders and 6 cases of Depression.

Finally, it is worth noting that of the 162 visits made by FAs, 47 were due to suicidal ideation or attempts, with 29 of these cases involving women.

**Conclusions:** The analysis of these patients suggests that individuals with severe mental disorders may be more affected during summer months, often requiring urgent evaluations, while those with neurotic spectrum disorders seem to be more influenced by seasonality, with a higher likelihood of requiring hospitalization. Additionally, there is a significant gender bias, with women tending to visit the emergency department more frequently, presenting with more severe conditions, and having a higher rate of hospital admissions. Accurate characterization of these patients can facilitate the prevention of potential decompensations by enhancing monitoring strategies based on the data presented.

**Disclosure of Interest:** None Declared

## EPV0777

### Summary and review of data on psychiatric emergency care in 2023 in a hospital in the Community of Madrid

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**Introduction:** The term ‘*psychiatric emergency*’ refers to any situation in which certain psychopathological symptoms or behavioural disorders are perceived as disturbing, worrying or threatening by the

patient, their family/social environment or other health/social actors, thus motivating the request for urgent care.

**Objectives:** The aim of this poster is to analyse the data on psychiatric emergency care in 2023 at the Infanta Cristina University Hospital in Parla.

**Methods:** The computer record of all psychiatric care carried out in the hospital’s Emergency Department during 2023 has been reviewed.

**Results:** During 2023, a total of 1231 psychiatric emergencies were registered, of which 136 (11.05%) belonged to the child and adolescent population and 1095 (88.05%) to the adult population (i.e., over 18 years of age).

Of the 136 attendances in the child and adolescent population, 93 (68.38%) were of people identified as female and 43 (31.62%) as male.

Of the 1095 attendances in the adult population, 641 (58.54%) were of people identified as female and 444 (40.55%) as male.

In both the child and adolescent population and the adult population, the most frequent reason for consultation was “anxiety” (25% and 32.05%, respectively). However, it should be noted that, in both populations, two of the most frequent reasons for consultation were “autolytic ideation” (19.12% and 16.25%, respectively) and “autolytic attempt” (19.85% and 12.05%, respectively).

**Conclusions:** Women went to the psychiatric emergency department more frequently.

The percentage of children and adolescents who attended the psychiatric emergency department was high.

Although the most frequent reason for consultation was “anxiety”, it is important to be able to reflect on the high figures of “autolytic ideation” and “autolytic attempt”.

**Disclosure of Interest:** None Declared

## EPV0778

### Multiculturalism, Integration, and Mental Well-being in the Context of Emergency Departments: a Comparative Analysis Across Three Hospitals in Northern Italy

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**Introduction:** A migrant is any person who moves or has moved across an international border regardless of the legal status of the person, whether the movement is voluntary or not, the reasons for the movement or the length of stay. In recent decades, migratory flows have increased significantly also in Italy. The migration process has highlighted the need to explore the potential challenges within the local multicultural context, as well as the difficulties that migrant patients with mental health issues may face. The assistance, diagnosis, and treatment of patients of foreign origin have become essential aspects of the pursuit of overall well-being within the community.