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**Introduction:** Home hospitalization is an alternative to conventional hospitalization in several areas of medicine. In Portugal, we are now starting to think about its implementation in Psychiatry, given the positive experience of its use in other countries.

**Objectives:** Understand the advantages and disadvantages of a home hospitalization model and its logistical and clinical framework in an integrated community-focused care model.

**Methods:** We performed a literature review using Pubmed databases and UpToDate on home hospitalization, inpatient care and community-focused care model

**Results:** We have found reports of centers with experience in home hospitalization in Psychiatry, but there is still a notable lack of studies in this area. There is a discrepancy between the care needs of patients and the existence of community services for the treatment of mental illness. Home hospitalization is considered when there is partial remission of the symptomatology that motivated the hospitalization. Albeit demanding inclusion criteria limit eligible patients, there are several advantages with this hospitalization model: 1) it favors agility in the transition from hospital to home, with direct observation of contextual factors that may influence psychiatric decompensation, 2) integrates the patient in his natural environment, promoting his autonomy,; 3) allows psychoeducation of the family; 3) guarantees the continuity of the therapeutic process initiated in the hospital, 4) optimizes resources and cost-effectiveness, 5) prevents relapses and the “revolving-door” phenomenon.

**Conclusions:** We have found that a model of home hospitalization is a valuable element that should be included in an integrated system of psychiatric care.

**Disclosure:** No significant relationships.

**Keywords:** home hospitalization; community-focused care model; inpatient care

## EPV0367

### Psychiatric care in university population

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**Introduction:** It is well-known that university students experience high levels of mental health problems (1). University life presents changes and challenges that can be stressful and may affect the mental health of its community (2,3). More than 20 years ago, the Social Affairs Service (SAS) of the University of Salamanca started a program that ensured the mental health care in their community.

The Psychiatric Care Unit is part of this program and its objectives are: 1) to detect serious mental disorders; 2) treat mild mental disorders; 3) give information to prevent illness and promote mental health; 4) serve as support in patients with previous follow-up that has been discontinued due to the beginning of their studies; 5) liaise with referral psychiatrists.

**Objectives:** To make known a Psychiatric Care Unit targeted in the university community

**Methods:** 18 people between 19 and 52 years old (22% male, 78% female) were evaluated between November and December of 2020 in the Psychiatric Care Unit of the Social Affairs Service (PCU-SAS, University of Salamanca). The assessment consisted in an interview carried out by a psychiatrist, in the presence of a medical graduate. Every patient belong to the university community (students/ staff).

**Results:** The most frequent diagnosis in the sample is Adjustment Disorder (F43.2). Substance use, eating disorders, low-self-concept, perfectionism and emotional dysregulation are very prevalent symptoms along our sample.

**Conclusions:** Universities should invest in creating environments that promote student and staff mental wellbeing. However, the current body of evidence is scarce and more research is needed to recommend what are the best strategies(4).

**Disclosure:** No significant relationships.

**Keywords:** university population; mental health care; mental health prevention; mental health promotion

## EPV0368

### Age-related differences in the use of relaxation techniques during intensive professional training

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**Introduction:** Intensive professional training is widely used in modern organizations, as it helps employees adapt to dynamic work and technology changes (Noe, 2010; Patrick, 2000). Relaxation techniques may reduce the negative effects of intense learning processes (i.e. fatigue, anxiety and stress). They can also enhance the productivity of the training itself by helping to achieve optimal states for the completion of learning goals.

**Objectives:** Our study concerns differences in mastering relaxation techniques by employees of younger and middle-age groups during intensive professional training.

**Methods:** Sample - 62 employees, participants of communication training. The 15-min session of progressive relaxation combined with autogenic formulae was conducted after 5 hours of intensive training. Measures: standard psychological and physiological functional state tests (Leonova & Kapitsa, 2003); an information perception task.

**Results:** The efficiency of the relaxation techniques varied between different age groups: younger participants (aged 20-30) were more successful in managing both tasks – learning new relaxation skills and achieving deeper rest (including more apparent positive physiological effects). They were also more prepared for completing the information perception task (they made less mistakes). Older participants (aged 30-50) experienced more difficulties with the new