

**Conclusions:** This audit has identified deficiencies in current discharge summary practices and gives recommendations for the development of local guidelines.

**Disclosure:** No significant relationships.

**Keywords:** discharge summaries; quality improvement; communication

## Rehabilitation and psychoeducation

### EPV0572

#### Medication preparation program in Liencres Hospital

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**Introduction:** The need to implement a program of autonomy in the handling of oral medication has been observed at the time of discharge from the hospital.

**Objectives:** - That the patient is able to know his medication, differentiating between active ingredient and commercial brand. - That the patient is able to interpret the guideline in the electronic prescription. - That the patient is able to prepare his weekly medication autonomously.

**Methods:** - The doctor in charge indicates the Program in those patients susceptible to benefit of the same and after consensus with the multidisciplinary team. He validates and prints the electronic prescription well in advance. Preferably the patient himself (alone or accompanied by family members or Educators) get their medication and a weekly "polydosis" at a pharmacy office bringing him with him to the Unit. - Occupational Therapy helps the patient interpret the electronic prescription guideline and place the weekly medication in the "polydosis" and works with the patient in forecasting execution tasks of medication needs for outpatient follow-up.

**Results:** The program is well accepted by patients. None of the patients included so far have had an early relapse.

**Conclusions:** The program has helped patients interpret the medical indications given mnesical and executive difficulties of patients with severe mental disorder.

**Disclosure:** No significant relationships.

**Keywords:** Rehabilitation; psychosis; Psychoeducation; medication

### EPV0573

#### Enhancing a nutrition and self-management: An intervention program via teletherapy for teenager with ADHD. A pilot case study

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**Introduction:** Several ADHD teenagers had difficult behavioral problems during countries closing down due to Covid-19 pandemic. One of these negative outcomes that parents cannot control children's behavior toward desired unhealthy food and the impulsive consequences. It was a great opportunity to convention a teletherapy program as a tool of intervention seeking for help to reduce uncontrolled self- management and nutrition, which may affect all sorts of childhood growth, development, health and behavior. Furthermore, it can affects daily life and academic success.

**Objectives:** We tried through our study to enhance the teletherapy as a therapeutic tool, during the first and second phase of Covid-19 pandemic, trying to help parents and patient to overcome the impulsive behavior by using a specific therapy technique based on nutrition and behavioral therapy

**Methods:** Our case study is a young girl aged 12:4 Yrs. In middle bilingual Arabic/ American School. The therapeutic program designed via teletherapy program using multi-media and thru multi phases sessions, to increase focus attention, emotional control and reduce impulsivity.

**Results:** The outcomes of the enhancing nutrition and behavior teletherapy program, showed significant improvement for the specific goal. Sensible change in the girl's impulsive behavior, more focusing, emotional control and more accepting about health nutrition habits.

**Conclusions:** The important finding that intensive, focused nutrition and self-management techniques provided via teletherapy as solitary program brought benefits to individual's, family and reduced impulsivity outcomes. In addition, family education to become an expert at learning simple techniques in daily life can bring a sense of pleasure for long life wellbeing.

**Disclosure:** No significant relationships.

**Keywords:** Nutrition; Self-management; Teletherapy; ADHD

### EPV0575

#### The psychosocial rehabilitation of the offending psychiatric patients: Looking the good practices

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**Introduction:** The Italian law 81/2014 has given a strong push to the design of therapeutic-rehabilitative paths for psychiatric patients who are offenders. This innovation requires a constant organizational effort on the part of mental health services to enforce the law. The rehabilitation team is represented by different professionals like psychiatrists, psychologists, nurses, psychiatric rehabilitation technicians, educators, social workers and others. They must be able to work in an integrated way among them and with private social sector.

**Objectives:** It is in our interest to reach an agreement between different professionals working in the rehabilitation-forensic field about good practices.

**Methods:** We have prepared a survey to identify good practices in the field of psychosocial rehabilitation of the offender psychiatric patient, involving different professionals who have expertise.

**Results:** This audit revealed, in everybody's opinion, that these offending citizens have received a security measure capable of having greater control over their actions in a therapeutic-rehabilitative perspective but it is fundamental to educate them also to exercise their own safety for a social shared culture. Ensuring the safety of the offender during the therapeutic-rehabilitative path is as important as responding to a society's need for social security.

**Conclusions:** Satisfying a society's need for security, established by the Judge and the Law, all this cannot be separated from the active exercise of security of the offending psychiatric patient towards himself, through psychoeducation. The safety towards others and towards oneself can constitute a good practice in the field of psychosocial rehabilitation.

**Disclosure:** No significant relationships.

**Keywords:** Offending psychiatric patient; Psychoeducation; Psychosocial rehabilitation; Law

## EPV0576

### Physical training for inpatients

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**Introduction:** There is a high degree of comorbidity between serious mental illness (SMI) and substance use disorders (SUD) and cardiovascular disorders. Other life-style related disorders are also common in patients with SMI and SUD. Consequently, comorbidity with somatic diseases contributes to a dramatic reduction in life-expectancy for these patient groups. Physical training has been shown to have positive effects also for mental health, but there has been little systematic use of physical training as part of the treatment for patients suffering from SMI and SUD in Norwegian health care.

**Objectives:** To present a new project on physical training for patients suffering from SMI and SUD.

**Methods:** We briefly describe a project in a major Norwegian hospital, where physical exercise will be offered as part of the treatment for patients suffering from SMI and SUD.

**Results:** The Division for Substance Use and Mental Health now offers an exercise room for inpatients at the main clinic in Tromsø, Norway. The exercise room contains various equipment including treadmills and equipment for strength training. This facility has recently been made available and is currently being used by a selection of patients. A study of user experiences is forthcoming and a systematic study of effects of physical exercise for patients suffering from SMI and SUD is being planned.

**Conclusions:** Physical exercise has been shown to have positive effects also on mental health. In one major Norwegian hospital, facilities are now offered for inpatients suffering from SMI or SUD. The effects of physical exercise on patients with SMI and SUD will be examined.

**Disclosure:** No significant relationships.

**Keywords:** Exercise; Physical training; mental health; Rehabilitation

## EPV0577

### Improve health care access is possible. A case report

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**Introduction:** Within the hub and spoke organizational model provided by the Emilia Romagna Region for assistance to people with autism spectrum disorder (ASD), Cesena ward of psychiatry represents the hospital Hub. Here, a dedicated team (doctors, psychologist, case manager) creates individualized pathways to ensure second-level specialist diagnostics and the management of comorbidities affecting subjects diagnosed with Autism Spectrum Disorder and Intellectual Disability (ID).

**Objectives:** We report the case of a 23-year-old man, who from the age of 6 was opposed to any instrumental diagnostic investigation.

**Methods:** In order to guarantee the patient's full collaboration in carrying out essential diagnostic activities, short behavioural paths were created including video modelling. The Vi.Co app was used and a new app was created to target behaviors that could not be included in Vi.Co

**Results:** It was thus possible to make the patient compliant with the execution of blood samples, ECG, MRI of the brain in sedation and CT dental scan.

**Conclusions:** In our case, communication support systems and behavioral strategies have proved to be excellent allies in significantly improving the quality of care for our young patient. Considering the worst prognosis of pathologies and the reduced life expectancy of subjects suffering from ASD and ID, known in the literature, in our opinion, the first essential step becomes facilitating access to care for these patients.

**Disclosure:** No significant relationships.

**Keywords:** Video modeling; autism spectrum disorder; intellectual disability; access to care

## EPV0578

### The relation between communicative internet usage and the quality of the social adaptation in men with mental disorders

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**Introduction:** The internet is now widely used by people with mental disorders, and it is important to understand whether the internet use can affect the mental state of such people.