

EPV1270

Evaluation of the knowledge in seismotherapy of the nurses of the neuropsychiatry pole

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Introduction: Electroconvulsive therapy, also known as seismotherapy or electroshock therapy, consists of passing an alternating current of variable intensity between two electrodes placed on either side of the patient's skull to create a generalized convulsive seizure with therapeutic effects.

Objectives: To evaluate the knowledge of the nurses of the neuropsychiatry pole of the Military Hospital of Tunis in seismotherapy.

Methods: Descriptive study, carried out in February 2021 in the pole of neuropsychiatry of the Military Hospital of Tunis (Services of psychiatry, neurology and neurosurgery). We developed for this study a form gathering sociodemographic questions and technical questions on seismotherapy (indications, contraindication, monitoring parameters ...).

Results: Thirty-nine (39) nurses agreed to answer the questionnaire. The average age was 37 years, 12 men and 27 women, with a sex ratio of 0.44. The majority (62%) of the participants had no idea about seismotherapy, 92% had never attended a session, 90% had no specific training, 87% thought that seismotherapy was indicated for all psychiatric illnesses. Seismotherapy was feasible on an empty stomach for 13% and after free and informed consent of the patient for only 33%.

Conclusions: Although included in the nursing curriculum, the knowledge in seismotherapy of the nurses of the neuropsychiatry pole seems limited. A specific training program is indicated in anticipation of the establishment of a seismotherapy unit at the Military Hospital of Tunis.

Disclosure: No significant relationships.

Keywords: general hospital; Nurses; seismotherapy; knowledge evaluation

EPV1269

Psychosocial skills of ICU healthcare staff providing care to patients with COVID-19

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Introduction: The COVID-19 crisis has imposed deep improvements in ICU responsiveness face to unprecedented and uncertain situations. In addition to strengthening logistics resources, this

responsiveness required the development of psychosocial skills of healthcare providers, especially in ICU.

Objectives: To assess extrinsic factors interfering with psychosocial skills of the staff working in COVID-19 ICU and to analyze the different dimensions of these skills.

Methods: This is an observational descriptive study conducted at the COVID-19 ICU of an Academic Hospital, during a one-month period. All healthcare providers were enrolled. Data collection was based on a self-administered questionnaire including: socio-demographic factors; the general perception of work in covid-19 ICU and psychosocial skills. Six dimensions were explored separately, then by a standardized scale ranging from 0 to 100. Three levels of satisfaction were considered.

Results: Fifty-five healthcare providers were enrolled. The average age was 32 years. The sex ratio was 0.25. Mean scales of satisfaction were 53.6 for professional status and occupational security; 62.4 for working conditions and 69.8 for relational aspects. The most altered extrinsic factors were satisfaction regarding the salary and satisfaction regarding the administration policy with mean scores of 15 and 10 respectively. Satisfying psychosocial skills were creative and critical thoughts, self-awareness and empathy for others, communication and interpersonal relationships. Whereas the most impaired skills were stress management and problems solving, with mean scales of 49.6 and 68.3 respectively.

Conclusions: Psychosocial skills were generally acceptable. However, they could be improved by specific actions targeting extrinsic factors.

Disclosure: No significant relationships.

Keywords: Covid-19; Psychosocial skills; healthcare staff

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Improving Awareness of Safe Sleeping Practices for Babies on a Mother and Baby Psychiatric Unit

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Introduction: SIDS is the sudden, unexpected and unexplained death of a baby. Safe sleeping practices can help to reduce a baby's risk of SIDS. At the Coombe Wood Mother & Baby Unit (MBU), it was found that many patients were opting to co-sleep with their babies which contradicts safe sleeping guidelines.

Objectives: To improve patient awareness of the condition SIDS and to implement an interactive training session improving awareness of safe sleeping practices for babies. To improve patients' confidence in implementing safe sleeping practices for their babies; thus reducing the risk of SIDS occurring.

Methods: The Lullaby Trust™ is a charity that raises awareness of SIDS and provides expert advice on safe sleep for babies. An interactive training session for patients was organised by incorporating published materials from The Lullaby Trust™, facilitated by medical and occupational therapy staff on the MBU. The