

Conclusions: This study brings results that can help to understand the processes in a child with autism.

Keywords: autism; Development; social distancing; COVID19

EPP0304

An intensive neurofeedback alpha-training to improve sleep quality and stress modulation in health-care workers during the COVID-19 pandemic: A pilot study.

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Introduction: During the COVID-19 pandemic, health workers represented a group particularly vulnerable to work-related stress, but prevention and management of psychiatric symptoms are still under evaluation. Neurofeedback is a safe and non-invasive neuromodulation technique with the target of training participants in the self-regulation of neural substrates underlying specific psychiatric disorders. Protocols based on the increase of alpha frequencies, associated with the process of relaxation, are used for the treatment of stress, anxiety and sleep disturbances.

Objectives: The aim of the present study was to assess the effectiveness of an alpha-increase NF protocol for the treatment of stress in healthcare workers exposed to the COVID-19 pandemic.

Methods: Eighteen medical doctors belonging to the Sacco Hospital were recruited during the COVID-19 health emergency and underwent a 10 sessions NF alpha-increase protocol during two consecutive weeks. The level of stress was assessed at the beginning (T0) and at the end (T1) of the protocol through the following questionnaires: Severity of Acute Symptoms Stress (SASS), Copenhagen Burnout Inventory (CBI), Pittsburgh Sleep Quality Index (PSQI), Brief-COPE. Statistical analyses were performed with Paired Samples t-Test for continuous variables, setting significance at $p < 0.05$.

Results: A significant increase in alpha waves mean values between T0 and T1 was observed. In addition, a significant reduction in the PSQI test score between T0 and T1 was observed.

Conclusions: Alpha-increase protocol showed promising results in terms of stress modulation, sleep quality improvement and safety profile in a pilot sample of health-care workers. Larger controlled studies are warranted to confirm present results.

Keywords: sleepquality; Neurofeedback; stress; COVID-19

EPP0305

COVID-19 unit in psychiatric hospital

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Introduction: As coronavirus pandemic burst in Spain in March 2020, Zamudio Hospital -a monographic psychiatric institution-

was urged to create an specific Covid unit. It was destined to patients with psychiatric admission criteria, who in addition oscillated between positive asymptomatics or with mild symptoms to suspect cases or close contacts.

Objectives: To describe and analyse the characteristics of the unit and the patients who were admitted during the confinement period by Covid-19, between March 14th and June 21st 2020.

Methods: The patients' data were collected retrospectively. These data included: age; sex; admission criteria; diagnosis at discharge; confirmed/ suspected/contact case; presence/absence of symptoms; length of hospital stay; number of doctor on call assessment.

Results: An area within the hospital wards was reserved to COVID cases / suspected / contact patients requiring psychiatric care. The storing of material and PPE was held in the forementioned area, according to protocolary measures. 26 Patients (11 women and 15 men) were admitted to the unit. Mean age was 44 years old. Diagnosis at discharge were mainly Schizophrenia (31%), Schizoaffective disorder (23%), other psychosis (11,5%) and Bipolar disorder (8%). The mean hospital stay was 5 days. There were a total of 7 confirmed positive cases, all with asymptomatic-mild course.

Conclusions: The establishment of this unit has ensured a proper psychiatric care and a strict control of Covid-19 transmission within patients and staff members.

Keywords: Covid; Psychiatric hospital; integral care; psychosis

EPP0306

Difficulties in maintaining electroconvulsive treatment (ECT) in a psychiatric hospital during covid19 pandemic

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Introduction: ECT is an effective care with high level of recommendation. During the COVID19, new recommendations to protect patients and caregivers combined with the increasing use of medicines and medical devices (MD) for anesthesia, caused greater difficulties of supply. Even if vital for patients, it is challenging to maintain ECT in this environment.

Objectives: The aim of this study is to resume the measures implemented in order to maintain ECT during COVID19.

Methods: Retrospective analysis of measures implemented to maintain the ECT during COVID19.

Results: As FFP2 masks were restricted to intensive care units, our hospital were not supplied. After negotiations, the regional health agency (ARS) has granted us an allocation of 100 masks to maintain ECT. Our efficient stock management of personal protective equipment as well as our transparency on these stocks with ARS and sharing with other hospitals out of stock played a role in this agreement. We had to adapt our MDs references according to breaks of many ones and new recommendations. The university hospital helping us in supplying certain missing references. Considering the difficulties in supplying drugs and MDs, and limited availability of anesthetists, we have reduced the number of ECT. Prioritization of patients with vital indications had to be achieved.

Conclusions: The prioritization of some services by the regulatory agency causes many supply difficulties for the others. It would be important to reassess the priority of ECT in such crisis because most of the time other caregivers and regulatory agencies are not aware how they are vital for patients.

Keywords: ECT; Pharmacy; COVID-19; supply

EPP0307

Symptoms of depression and anxiety among health care workers during COVID-19 pandemic in latvia: A cohort study.

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Introduction: Studies from the beginning of 2020 show that symptoms of depression and anxiety are increasing among health care workers. It is important to assess the dynamics of health care workers mental health.

Objectives: To assess the dynamic of symptoms of depression and anxiety among health care workers over a 3-month period during the COVID-19 pandemic in Latvia.

Methods: A longitudinal cohort study of symptoms of depression and anxiety in the population of physicians, physician assistants and nurses in Latvia during the COVID-19 pandemic. Symptoms of depression were assessed using the Patient Health Questionnaire-9 (PHQ-9) scale, symptoms of anxiety were assessed using the General Anxiety Disorder (GAD-7) scale, cut-off score for both scales was 10. Initial data was collected on April-May 2020 with a 3 month follow-up.. Data was analyzed using SPSS- Related-Samples McNemar test.

Results: 348 physicians were initially included (women 83,9%, mean age 45,17±14,02) and 376 physicians assistants and nurses (women 88,2%, mean age 39,99±12,97). After the 3-month follow up 189 physicians (women 88,40%, mean age 45,01±13,57) and 141 physicians assistants and nurses were left (women 88,00%, mean age 39,96 ±12,59). During the 3 months symptoms of depression among physicians rose from 26,80% (n=94) to 27,5% (n=52), symptoms of anxiety from 17,70% (n=62) to 20,6% (n=39). Depression symptoms among physician assistants and nurses dropped from 25,50% (n=96) to 23,9% (n=34), symptoms of anxiety stayed almost the same 18,20% (n=68) to 18,30% (n=26). Symptoms of depression among physicians changed from 26,80% (n=94) to 27,5% (n=52), symptoms of anxiety from 17,70% (n=62) to 20,6% (n=39), changes were not statistically significant (p=0,281; p=0,725). Symptoms of depression among physician assistants and nurses changed from 25,50% (n=96) to 23,9% (n=34), symptoms of anxiety from 18,20% (n=68) to 18,30% (n=26), changes were not statistically significant (p=0,405; p=0,664).

Conclusions: No change in the dynamics of symptoms of depression and anxiety among health care workers over a 3-month period during the COVID-19 pandemic in Latvia was observed.

Keywords: physicians mental health; health care workers; Depression; Anxiety

EPP0310

The psychological burden of long-term care facilities personnel during the SARS-COV-2 pandemic – a national survey in poland.

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Introduction: The high COVID-19 morbidity and mortality are observed among residents in long-term care facilities (LTCF) worldwide. Employees of LTCF, who are facing a critical epidemiological situation endangering the vulnerable residents, are exposed to pandemic's psychological consequences daily.

Objectives: The main aim of this study was to assess psychological consequences (somatic symptoms, anxiety and insomnia, social dysfunction, and depression) among LTCF employees exposed to the SARS-CoV-2 pandemic crisis. Moreover, we investigated if factors such as: personal protective equipment (PPE) availability, safety guidelines or access to psychiatric and psychological support at the workplace, correlated with the level of psychological distress experienced by personnel.

Methods: A cross-sectional study was conducted among personnel of LTCF in Poland. The survey consisted of the sociodemographic section, the authors' questionnaire with questions related to COVID-19 exposure, working conditions, access to PPE and mental health services, GHQ Questionnaire-28.

Results: show that access to PPE (P= .018), to workplace safety guidelines (P= .031), psychological support at workplace (P<0.01), fixed shift schedule (P= .05) and feeling that the right number of staff are employed in the workplace (P= .009), were related to the lower severity of psychopathological symptoms evaluated with the GHQ-28.

Conclusions: The study indicates an evidence that LTCF personnel are susceptible to the development of anxiety, depression, insomnia and social dysfunction during the pandemic crisis. However, these can be modified by: access to PPE, safety guidelines and psychological support. Findings from this study lay a basis for effective interventions aiming to support psychological health within this group.

Keywords: COVID-19; long term care facilities; Psychological Distress

EPP0311

Smart care facilities space for employees

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