

## EPV0402

### Burnout among pharmacists in Tunisia during COVID-19 pandemic

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**Introduction:** Both public and private sector pharmacists were instrumental in containing this health crisis in Tunisia. The high workload had a considerable impact on their mental health during the outbreak of the Corona Virus.

**Objectives:** This study aims to assess burnout and the psychological toll of the pandemic among pharmacists in Tunisia during covid-19.

**Methods:** 258 Tunisian pharmacists working in the public and private sector participated in a questionnaire. Burnout was assessed by the Maslach burnout scale. Regression analysis was used to assess the impact of the pandemic on Tunisian pharmacists.

**Results:** 80% of the respondents were women. Participants ranged in age from 22 to 62, 60% were married, 57% had at least one child, and 42% had been working for less than five years. The burnout scale revealed 76% burnout among them. Univariate linear regression showed that female gender ( $p = 0.014 < 0.05$ ) was associated with the development of burnout.

**Conclusions:** The considerable prevalence of burnout among pharmacists during the COVID-19 pandemic in Tunisia can be attributed to the enormous and overwhelming responsibilities that any health care worker endured.

**Disclosure:** No significant relationships.

**Keywords:** pharmacist; Impact; Covid-19; burnout

## EPV0403

### Mandatory containment of COVID-19 patients in Monastir: Legislative framework and impact on freedoms

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**Introduction:** Tunisia found itself in an exceptional situation during the covid 19 pandemic requiring a legal regime of exceptionality and sanitary necessity with a double challenge: the fight against the sanitary crisis, and the preservation of democratic gains

**Objectives:** To describe the legislative framework put in place concerning patients with COVID-19 who stayed at the compulsory containment and to discuss the legality of these emergency decisions

**Methods:** The authors conducted a descriptive cross-sectional study of patients with COVID-19 staying in the compulsory

containment centre of Monastir, with a review of the literature The data were collected through telephone calls. A review of the literature as well as a consultation of the different legislative

**Results:** The average age was  $41.39 \pm 1.26$  and the sex ratio was 1.17. Imported cases represented 45.3% of the sample and 23% of them expressed a desire to consult a specialist. The duration of mandatory confinement was on average  $35.86 \pm 1.31$  days with extremes ranging from 7 to 86 days. Concerning the legislative framework of the emergency decisions taken during the first wave, the President of the Republic and the Head of Government used Articles 80 and 70 of the Tunisian Constitution, respectively, to issue legislative texts announcing the state of emergency and accompanying. Thus, these legislative measures were restrictive of rights and freedoms and seriously threatened the fragile gains of our democracy

**Conclusions:** COVID-19 redefined not only the health system but also the economic conditions, as well as the normative and legislative system 2014

**Disclosure:** No significant relationships.

## EPV0405

### Preexisting mild cognitive impairment as a risk factor for COVID-19 infection: A scoping review and case reports

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**Introduction:** SARS-Co-V2 neuroinvasive ability might be the basis for the onset of delirium and neuropsychiatric outcomes.

**Objectives:** We hypothesized that some infected patients with preexisting cognitive dysfunction may present delirium as unique manifestation of COVID-19 infection or as a prodrome of a new episode consistent with the psychiatric history.

**Methods:** We conducted a PubMed literature search to verify whether cognitive impairment might predispose to COVID-19. We included three patients with mild cognitive impairment and delirium at admission for SARS-Co-V2 suspected infection. Delirium was diagnosed according to DSM-5 criteria, Cognitive Assessment Method and Coma Glasgow Scale.

**Results:** Literature analysis evidenced patients presenting delirium or delirium-like symptoms as clinical manifestation of COVID-19, plus a cognitive impairment, from mild to severe, which preexisted or was evidenced during the acute phase or after the infection. Most studies described delirium in patients with a past neurological/psychiatric history. Contrasting data emerged on the potential link between COVID-19 and delirium in patients with cognitive impairment and without a past neuropsychiatric history. Our patients had no history of other medical complications. Our first patient had no psychiatric history, the second reported only a depressive episode, and the third had story of bipolar disorder. Delirium resolved

completely after 2 days in the first patient. The other patients required 4 and 14 days to resolve: delirium appeared as the prodrome of a new psychiatric episode in line with their past history.

**Conclusions:** Clinicians should acknowledge the possibility that COVID-19 infection may appear as delirium and acute psychiatric sequelae as unique manifestation.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; delirium; SARS-Co-V2; mild cognitive impairment

## EPV0406

### Impact of Covid-19 on mental health of Portuguese health professionals – longitudinal study, phase I

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**Introduction:** The Covid-19 pandemic brought enormous challenges for health professionals. As in past epidemics, the uncertainty, danger and fear of contamination and an excessive load of work under dramatic conditions may contribute to aggravate the mental health of health professionals.

**Objectives:** Explore how the Covid-19 crisis impacted the mental health of healthcare workers and how their mental status relates with perspectives on the recent past and near future.

**Methods:** A longitudinal study will be applied in two phases, Q1 and Q2, one year apart, to evaluate depression, anxiety and post-traumatic stress among health professionals from a healthcare center in Portugal. Phase Q1 is concluded and comprised the *Depression, Anxiety and Stress Scale* (DASS-21), the *Impact of Event Scale – Revised* (IES-R) and a questionnaire about the past and the future.

**Results:** The IES-R scale revealed that nurses are at a higher risk of developing post-traumatic stress disorder (PTSD) than other professionals. The levels of depression and anxiety in the DASS-21 show no significant differences. Interestingly, professionals who worked almost exclusively at inpatient wards show higher levels of depression, anxiety and stress than those who worked at several hospital units (emergency, inpatient and outpatient units). A positive correlation was found between depression and anxiety and negative perspectives about the past and the future.

**Conclusions:** Covid-19 posed a terrible challenge for health professionals. Its impact on the mental health of healthcare workers may be significant even after the pandemic is under control.

**Disclosure:** No significant relationships.

**Keywords:** health professionals; Covid-19; Impact on mental health

## EPV0407

### Anxiety among frontline healthcare professionals during the coronavirus pandemic

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**Introduction:** Anxiety has become a topical issue since the arrival of the coronavirus pandemic, especially for frontline healthcare professionals as they deal with patients affected by the Covid-19.

**Objectives:** Objectify anxiety in frontline medical and paramedical staff and study its associated factors.

**Methods:** We conducted a national descriptive and analytical cross-sectional study via a survey over a 2-month period from September to October 2020. We used “Beck Anxiety Inventory” to screen anxiety as well as “Brief Cope Scale” to detect probable correlations between anxiety and coping mechanisms.

**Results:** We collected 78 persons. The mean age was 29.86 years. 35.9% moved out of home. 39.7% worked in Covid units. 7.7% had personal psychiatric history. 76.9% provided direct care to patients with Coronavirus. The frontline staff reported that only 29.5% of patients were stables. Only 48.4% received adequate training of protection against Covid-19. 64.1% of professionals did PCR test and only 16.7% of them tested positive. We objectified an increase of 6.4% in the anxiolytics use. Stigma affected 57.7% of professionals. We highlighted a link between anxiety and social support strategy (p=0.048). 92.3 % of the staff suffered from anxiety according to Beck Anxiety Inventory.

**Conclusions:** Screening anxiety among frontline medical and paramedical staff might enhance their productivity and thus provide patients with the best care.

**Disclosure:** No significant relationships.

**Keywords:** Coronavirus-2019; frontline staff; Anxiety

## EPV0408

### Relationship between personality, adherence to (mental) health behaviours and psychological distress during the COVID-19 pandemic

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**Introduction:** Public health authorities around the world have been disseminating messages to support mental health and psychosocial well-being during the COVID-19 pandemic. Based on the Portuguese guidelines, we have developed the Adherence Scale to the Recommendations for Mental Health during the COVID-19 Pandemic (ASR-MH-COVID19) to better understand this health behaviour.