

anonymized electronic mental health records ("CRIS secondary care database") were extracted on preconception risk factors including BMI, smoking, alcohol, substance misuse, micronutrient deficiencies and physical health diagnoses for women aged 15-40 with an episode of secondary mental health care (January 2008-December 2018) and no pregnancy codes ($n=3,633$) and a 4:1 age-matched comparison cohort ($n=14,532$).

Results: Women in contact with mental health services (whether with or without SMI diagnoses) had a higher prevalence of all risk factors and physical health diagnoses studied after adjustment for deprivation and ethnicity. Women from minority ethnic groups [79.5% of total sample] were less likely to be diagnosed with depression in primary care compared to White British women [adj OR 0.66 (0.55- 0.79) $p<0.001$] and Black women were more likely to have a severe mental illness [adj OR 3.41(2.63-4.43), $p<0.001$]. Black and Asian women were less likely to smoke or misuse substances and more likely to be vitaminD deficient. Black women were also significantly more likely to be overweight [adj OR 4.56(3.96-5.24) $p<0.001$] and have two or more physical health conditions [adj OR 2.98(2.19-4.07) $p<0.001$] than White British women after adjustment for deprivation and SMI diagnoses.

Conclusions: Our results highlight a need for culturally centered integrative models of care across primary and secondary mental health services.

Disclosure: Closing the Gap is funded by UK Research and Innovation and their support is gratefully acknowledged (Grant reference: ES/S004459/1). Any views expressed here are those of the project investigators and do not necessarily represent the views of the Closing

Keywords: Race; multi-morbidity; preconception; ethnic inequalities

Ethics and Psychiatry

EPV0761

Primum non nocere: psychosurgery in a case of severe anorexia nervosa. A case report

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doi: 10.1192/j.eurpsy.2022.1531

Introduction: Bilateral cingulotomy and anterior capsulotomy are two neurosurgical procedures which are reserved as a last resort for cases of severe OCD in Spain; these procedures are not approved in cases of AN.

Objectives: We present the case of a 29-year-old female patient who was diagnosed with anorexia nervosa (AN) when she was 15 (2006). Due to the severity of the case the patient needed to be hospitalized for many months due to excessive weight loss. She was also treated in an out-patient department and started several intensive psychotherapeutic procedures. In 2015 the patient's family took her to a private clinic where she was diagnosed with Obsessive-compulsive disorder (OCD) and had a bilateral cingulotomy and anterior capsulotomy.

Methods: A case report where the ethical implications of the case are weighed alongside a review of the relevant literature regarding neurosurgical treatments of AN.

Results: There were no significant short or long term improvements in terms of Body Mass Index or reduction of symptoms, the patient's cognitive functions showed a decline in neuropsychological tests. Contrary to that the patient has needed hospitalizations for at least 9 months per year since the surgery and has needed admission in the Intensive Care Unit at least 3 times because of extreme malnutrition. Due to her need for chronic hospitalization was institutionalized in a long-stay psychiatric hospital.

Conclusions: Psychosurgery is a controversial therapy which has limited evidence in cases of AN. Our case shows the way in which neurosurgical procedures can do more harm than good and worsen the prognosis of patients.

Disclosure: No significant relationships.

Keywords: Ethics; psychosurgery; Anorexia nervosa

EPV0762

Bulletin of the Regional Medical Chamber as a forum for ethical discourse in psychiatry and sexology

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doi: 10.1192/j.eurpsy.2022.1532

Introduction: Since last year there has been a lively ethical discussion in Poland about the influence of religion and new cultural currents on medical ethics. There are many ways to work towards increasing ethical sensitivity in education of mental health care professionals.

Objectives: This paper presents the ethical discourse in the bulletin "Primum" of Bydgoszcz Medical Chamber (24 chambers in Poland associate doctors and dentists): www.bil.org.pl/primum - English translations: www.dropbox.com/s/xthu7wyt56ecjwp/Primum_translations.docx?dl=0.

Methods: All texts dealing with issues described were collected and divided into three groups: promoting new currents of thought, faithful to tradition, others. Presented views were analyzed basing on Polish Code of Medical Ethics (nil.org.pl/uploaded_images/1574857770_kodeks-etyki-lekarskiej.pdf) and compared with dominating philosophical schools.

Results: A total of 33 articles were published: 20 presenting new approach to medical ethics, supported by the Editorial Board (72% of the total), 7 embedded in traditional values (22%), 6 without a clear stand or denying the discourse on ethical issues (6%). Articles presented philosophical views (personalism, virtue ethics, utilitarianism, constructionism), discussed ethical standards, actions contrary to the dignity of medical profession, value of human life, compliance of arguments with medical knowledge, principles of dealing with patients in terminal states, the duty of care for the pregnant woman and her child.

Conclusions: All texts show dilemmas in our environment, reflect views in Polish society and in ethical discourse around the world. Thanks to them, readers familiarize themselves with the contemporary ethical debate and form their own opinions; also they are encouraged to reach for the indicated sources and their own research.