

This would correlate with our own findings, all be it with a small sample size.

As part of my role as Education Fellow, I plan to further develop and expand use of Simulation in the Western Trust to be able to offer more tailored and realistic training around the involuntary detention process as well as other areas in Psychiatry.

This initial data is promising in terms of assessing whether simulation can be used as a more effective teaching tool and something that we plan to roll out more regularly for rotational doctors where resources allow, improving their confidence and scope to deal with the stressful situation of assessing and completing their part of the involuntary detention process under the Mental Health (Northern Ireland) Order 1986.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

## Evaluating the Use of Balint Groups in Medical Student Psychiatric Education

Miss Adama Fullah<sup>1</sup>, Dr Harvey Markham<sup>2</sup>, Dr James Fallon<sup>1</sup> and Dr Poppy Riddle<sup>3</sup>

<sup>1</sup>Brighton and Sussex Medical School, Brighton, United Kingdom;

<sup>2</sup>University of Sussex, Brighton, United Kingdom and <sup>3</sup>Sussex Partnership NHS Foundation Trust, Worthing, United Kingdom

doi: [10.1192/bjo.2025.10273](https://doi.org/10.1192/bjo.2025.10273)

**Aims:** This qualitative research project examined the attitudes of third-year medical students to a new, weekly, one-hour, mandatory online Balint group during 4 weeks of their Psychiatry rotation.

**Methods:** All BSMS Year 3 students participated in 4 Balint group sessions as a compulsory part of their 5-week psychiatry rotation within a 10-week module. 193 students in the 2021–22 academic year took part in Balint groups as part of their formal psychiatry teaching. 81 participants completed part or all of the post-intervention questionnaire, which included free-text and Likert scale ratings. Thematic analysis of post-intervention free-text responses was conducted by three independent researchers.

**Results:** Four themes were identified.

Firstly, “Balint groups as a positive experience” with 86% (n=55 of 64) of respondents reporting they would consider attending Balint groups again as a medical student and 86% (n=53 of 61) that they would attend as qualified doctors. Students generally reported that they found Balint groups useful as a means to reflect upon clinical encounters.

Theme 2 was “Balint groups as a way to change clinical practice”, students described developing a greater understanding of how emotions may impact upon the clinical encounter. Within this theme, the subtheme of “Coping in clinical practice” emerged, with students reporting that Balint groups helped them manage feelings of isolation and improved reflective skills.

Theme 3 was “Balint groups as a way to explore perspectives”. Respondents reflected that Balint groups allowed them to explore different dimensions of the doctor-patient relationship. This included accepting that doctors may be impacted emotionally by patients and that the emotions of both the patient and the doctor can affect or challenge the clinical encounter and relationship.

Theme 4 centred around “Barriers to the experience”, with recurrent themes of time pressure, fear of being judged by others and some feelings that Balint groups were not relevant to their practice. Within this theme, some students seemed to misunderstand the aims of Balint groups. For example, some students wished that concrete

techniques and ‘coping strategies’ had been taught, a subtheme of an “expectation/reality mismatch”.

**Conclusion:** Our results show that students found the Balint group both well tolerated and useful. However, notably few mentioned the doctor-patient relationship in their feedback, despite it being the core aim of the Balint group. Our research shows that while Balint groups can benefit students in various ways, further work may be needed to help students understand their scope and purpose.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

## Developing a Bespoke Training Programme for Staff in a Psychiatric Intensive Care Unit: The Roxeth Ward Experience

Dr Mehtab Ghazi Rahman, Ms Aquino Lieu and Ms Alexandra Constantinescu

Cygnet Hospital Harrow, London, United Kingdom

doi: [10.1192/bjo.2025.10274](https://doi.org/10.1192/bjo.2025.10274)

**Aims:** Psychiatric Intensive Care Units (PICUs) present a unique and challenging environment for staff, requiring specialised knowledge and skills to manage complex clinical presentations and ensure patient safety. Currently, there is a gap in readily available, comprehensive training programmes specifically tailored for PICU staff. This project aimed to develop and evaluate a bespoke training programme for staff at Roxeth Ward PICU, addressing this gap and focusing on key clinical and operational challenges pertinent to the PICU setting. The programme sought to enhance staff competency, improve patient care, and create a more positive and therapeutic ward environment.

**Methods:** A bespoke training programme was designed and implemented for all staff at Roxeth Ward PICU, including nurses, psychiatrists, allied health professionals, and support staff. The programme incorporated a variety of interactive learning modalities to maximize engagement and knowledge retention. These included didactic lectures providing foundational knowledge, simulated scenarios (covering both mental health crises, such as managing acutely agitated patients, and medical emergencies, such as NMS), interactive group discussions to facilitate shared learning and problem-solving, and problem-based learning activities focused on real-world case studies encountered in the PICU. Topics covered a range of pertinent PICU issues, including the ward’s structure and processes, the function and purpose of operational/governance meetings, the safe and effective use of rapid tranquillisation and Acuphase, management of psychiatric emergencies, a comprehensive overview of the Mental Health Act and its legal implications for PICU practice, substance misuse management training, de-escalation techniques and strategies, quality improvement initiatives, the use of sensory modulation to create a therapeutic environment, understanding and applying knowledge of common mental health diagnoses, and the management of violence and aggression. Pre- and post-training assessments were conducted to evaluate the impact of the programme on staff knowledge, skills, and confidence.

**Results:** Quantitative feedback from the 35 participants demonstrated a substantial 64% improvement overall in knowledge and confidence following the training programme. These improvements were observed across all domains and topics covered in the training programme and a detailed breakdown of the results for each topic is included in the poster. Qualitative feedback from participants was overwhelmingly positive, with many staff highlighting the value of