

EW0537

Hypnotic drugs in hospital. Evaluation of their use: From prescription to administrationS. Wise^{1,*}, S. Lukat¹, M. Dalle Pécal¹, C. Diviné¹, C. Henry²¹ Hôpital Albert-Chenevier, hôpitaux universitaires Henri-Mondor, AP-HP, service pharmacie, Créteil, France² Hôpital Albert-Chenevier, hôpitaux universitaires Henri-Mondor, pôle de psychiatrie universitaire, centres experts, Créteil, France

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In 2015, a French agency, Haute Autorité de santé (HAS), published recommendations for the use of hypnotic drugs. We evaluated the compliance with good practice in prescription and administration studying 3 hypnotics (lormetazepam, zolpidem, zopiclone) referenced in our establishment (psychiatry, rehabilitation, recuperative and long-term care) and melatonin (immediate release hospital preparation). Prescriptions were analyzed on a given day (dosage, length of treatment, prescription modalities). Night nursing practices were collected. Amongst 423 hospitalized patients, 105 had a hypnotic monotherapy, 3 an association melatonin/zopiclone and 6 a melatonin monotherapy. The most prescribed molecule was zopiclone (79%). Prevalence of hypnotic prescription was 25.5%. 17.6% of these prescriptions were for less than 28 days, 82.5% were at maximum dosage, 46.3% were in systematic mode and 53.7% in conditional mode. Amongst the 22 patients over 65 years old, only 8 received half hypnotic dose. Concerning the 9 prescriptions of melatonin, dosage varied from 3 to 9 mg, 1 was in conditional and only 1 specified terms of use. All 15 nurses met, adapt administration to the patient's bedtime. Five nurses have already woken up patients to give them hypnotics. The prevalence of patients with hypnotics is higher than the general French population (6.4%). HAS recommendations are not all followed: duration of prescription greater than 28 days, few dosage adaptations. Nurses generally respect hypnotic administration rules. Melatonin is not often prescribed and has no prescription or administration recommendations. Our results confirm the need to spread hypnotic and melatonin recommendations in health facilities. Hospital pharmacists can relay such recommendations.

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What do Tunisian general practitioners know about insomnia?

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Introduction Insomnia is the most prevalent sleep disorders and affects 10% of adults worldwide. It has major social and economic consequences. The aim of our study was to evaluate the knowledge of Tunisian general practitioners (GPs) about insomnia.

Methods A cross-sectional survey was carried out during the month of May 2016. Among the 193 GPs randomly selected from different areas of Sfax, in Tunisia, 127 participated to the study. The latter filled a questionnaire including items related to socio-demographic data and clinical features of insomnia.

Results Among our participants, 58.3% ($n=74$) were men and 41.7% ($n=53$) women. The average age was 47.91 ± 10.1 years. They have been working for 17.36 ± 10.7 years on average. Seventy-six of GPs had an individual training and a training by attending conferences or by continuous medical education. Most participants (80.3%) thought that they had some lacuna in the management of insomnia. Specific recommendations for the management and

treatment of insomnia were known by 7.2% of the GPs. As for theoretical knowledge about insomnia, 74.8% of participants ($n=95$) had a high score of correct answers. The latter was correlated to age ($P=0.013$) and to the male gender ($P=0.008$). However, it was neither correlated to the seniority of the GPs ($P=0.051$) nor to the knowledge of specific recommendations for the management of insomnia ($P=0.11$).

Conclusion Our results showed that the GPs had a rather good theoretical knowledge about insomnia. Yet, an improvement of the continuous medical education and a better knowledge of specific recommendations for the management of insomnia are needed.

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EW0539

The management of insomnia by Tunisian general practitioners

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Introduction Sleep disorders are common in clinical practice. However, they are relatively poorly understood by doctors. The aim of our study was to describe the management of insomnia by general practitioners (GPs).

Methods A cross-sectional survey was carried out during the month of Mai 2016. Among the 193 GPs randomly selected from different areas of Sfax, in Tunisia, 127 completed a questionnaire about the management of insomnia.

Results Among our participants, 46.5% stated that they often discuss the quality of sleep with their patients even when it is not their chief complaint. Forty-three percent reported that they are often consulted by insomniac patients. Twelve percent of GPs declared they know the "sleep diary". Homeopathic treatment was the most prescribed first line medication (45.3%). Sleep hygiene measures were commonly recommended by 82.7% of the GPs. Relaxation therapy was known by 46.7% of the GPs and used by 26.7%. Sleep-restriction therapy was known and used by respectively 15.8% and 9.2% of participants. Discussing the quality of sleep with patients was correlated to: the frequency of solicitation for insomnia ($P=0.00$), the knowledge of sleep diary ($P=0.031$), and the recommendation of sleep hygiene measures ($P=0.032$).

Conclusion Continuous medical education, especially concerning non-pharmacological treatment measures, could drastically improve the management of insomnia by Tunisian GPs.

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EW0540

Emotion processing abnormalities in eating disorders: An fMRI pilot studyP. Zemánková^{1,2,*}, M. Gajdoš³, T. Kašpárek¹, M. Bareš⁴¹ Masaryk University, Faculty of Medicine, Department of Psychiatry, Brno, Czech Republic² Central European Institute of Technology, Behavioural and Social Neuroscience, Brno, Czech Republic³ Central European Institute of Technology, Multimodal and Functional Imaging Laboratory, Brno, Czech Republic⁴ Masaryk University, Faculty of Medicine, First Department of Neurology, Brno, Czech Republic

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Introduction Abnormalities in emotional functioning is one of the key features of eating disorders (ED), such as anorexia nervosa (AN)