

Conclusions: The use of social media to get information about the pandemic had an impact on well-being and anxiety.

Disclosure: No significant relationships.

Keywords: COVID-19; Anxiety; well-being; who-5

EPV0188

Untangle those stethoscopes; never too early to start reflecting! Qualitative review of a reflective practice group for clinical undergraduate medical students

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Introduction: Equipping our medical students with as many tools as possible to cope with the challenges that they will inevitably face has never been more important than it is today.

Objectives: The aim of this study was to examine the effectiveness of a reflective practice (RP) group for medical students, particularly with adaptation to COVID-19 and transition to video.

Methods: A pilot programme of RP for 3rd year medical students commencing their clinical placement was run by the Sligo Medical Academy, NUIG in Ireland between January – April 2020. This group for nine students was initially run face-to-face but pivoted to an online group in March 2020 with the COVID-19 pandemic. Data was collected through one-to-one interviews with all student participants and the facilitator (n=10). Interviews were recorded and transcribed. Data were analysed using thematic content analysis.

Results: Our analysis identified four main discussion themes: transition to clinical environment, gender in the workplace, building professional identity and family and support systems. The students who continued the RP group over zoom during the COVID-19 pandemic particularly identified with the theme of support systems and solidarity. The smooth transition to zoom and its effectiveness in a time of social distancing were discussed. Identified challenges related primarily to timing of the RP group, particularly after a full day of placements or time differences for international students overseas.

Conclusions: Reflective practice programmes are not routinely offered to medical students in Ireland currently and this study gives recommendations on implementing and improving experiences of undergraduate training based on RP.

Disclosure: No significant relationships.

Keywords: Medical Education; COVID-19; Reflective Practice

EPV0189

The effect of views on the COVID-19 pandemic on the development of depressive symptoms in a sample of the elderly

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Introduction: The covid-19 virus pandemic is another risk factor not only for the lives of older people, but also for their mental health, as the threat is immediate and intense.

Objectives: The aim of the study was to investigate depression during the pandemic in a population of elderly people over 65 years of age living in the Greek countryside.

Methods: The research was synchronous and was conducted in the autumn of 2020 in Crete. The sample of the study was random and consisted of 200 elderly users of services of the Health Center of the Municipality of Phaistos, Crete. The Geriatric Depression Scale (GDS-15) was used to conduct the study in combination with 24 questions related to pandemic perceptions.

Results: 40.5% of the sample were men and 59.5% were women. The mean age was 75.70 years (SD $\pm$ 6.29). The mean value of GDS-15 was found to be 5.97 (SD, 3.07), while the comparison of depressive symptoms showed that women, lonely people and the elderly with chronic health problems are more vulnerable to the development of depressive symptoms. In relation to covid-19 and depressive symptoms, there was a positive correlation with twelve factors ($p < .05$) with the most important being the fear for their family health, sleep disorder, loneliness and inability to deal with the virus.

Conclusions: The research showed moderate depressive symptoms, while a clear effect of the pandemic due to Covid-19 was found on the emotional mood of the elderly, a fact that makes their psychosocial support necessary.

Disclosure: No significant relationships.

Keywords: GDS-15; Depression; Elderly; COVID-19

EPV0190

Clozapine treatment during the COVID-19 pandemic

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Introduction: Clozapine is an effective antipsychotic used in treatment-resistant schizophrenia. One of the serious complications of clozapine therapy is agranulocytosis, therefore regular monitoring of the level of white blood cells (WBC) in plasma is necessary. During acute inflammatory infections, including the COVID-19 infection, levels of clozapine may increase, by the CYP 450 system, leading to adverse effects such as sedation, hypersalivation and consequently to aspiration pneumonia.

Objectives: The aim of the study is to assess the validity of continuing clozapine treatment during the COVID-19 pandemic.

Methods: Brief literature review, based on research of scientific articles published in PubMed, using as keywords the terms “clozapine” and “COVID-19”.

Results: Research studies indicate that SARS-COV2 infection in patients treated with clozapine does not significantly reduce the level of neutrophils, despite commonly observed leucopenia with lymphopenia. Due to pandemic, existing WBC scheme has been modified with a trend towards less frequent measurements. To minimize the side effects of clozapine during infection, it is recommended to reduce the dose of clozapine by half and continue lower dose until 3 days after fever has subsided. Additionally, there have been reports of psychosis recurrence after discontinuation of clozapine causing difficulties in treatment COVID-19 as also comorbid mental disease.

Conclusions: Treatment of clozapine is associated with higher risk of COVID-19 complications and at the same time COVID-19 infection may increase clozapine toxicity. Therefore, the risks of COVID-19 infection present a challenge for safe clozapine use. Further research will be needed to assess these dependencies and strategies.

Disclosure: No significant relationships.

Keywords: COVID-19; treatment-resistant schizophrenia; clozapine; coronavirus

EPV0193

Experiences and perceptions from non-internal medicine clinicians deployed to COVID-19 units

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Introduction: When New York City became an epicenter of the COVID-19 pandemic, healthcare workers from an array of specialties were deployed to work on general medicine units with limited time for clinical retraining.

Objectives: This study assesses the subjective experience and perceived preparedness of a cohort of non-internal medicine clinicians who were deployed to assist with inpatient management of patients with COVID-19 in the Spring of 2020.

Methods: An online survey was distributed to clinicians (residents, fellows, attendings, nurse practitioners, and physician assistants) who cared for patients in roles outside their usual specialties during the pandemic at the Montefiore Health System in the Bronx, NY.

Results: 85/169 (50.3%) clinicians responded. 16.5% reported strong feelings of preparedness prior to deployment ($\geq 7/10$ Likert scale). 'Access to appropriate and efficient review materials prior to deployment' was ranked as 6/10, overall level of stress as 8/10 and concern for contracting COVID-19 while deployed as 8/10. Responses regarding 'general feelings of preparedness' had a weak negative association with 'feelings of frustration about one's circumstance' ($r = -0.39$, $p < 0.001$). Weak negative associations were found between feelings of 'access to adequate review materials' and 'overall stress levels' ($r = -0.31$, $p < 0.001$). A moderate positive association was found between 'feelings of access to adequate review materials' and 'feeling on top of one's work responsibilities' ($r = 0.40$, $p < 0.001$).

Conclusions: The majority of respondents did not feel adequately prepared to care for patients with COVID-19 prior to deployment and had both high stress levels and fear of contracting COVID-19 in the first wave of the pandemic.

Disclosure: No significant relationships.

Keywords: deployment; preparedness; COVID-19; stress

EPV0194

Online counseling experience of Turkish counselor candidates throughout COVID-19 pandemic

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Introduction: As in many areas of life, the covid-19 epidemic has had a great impact on psychological counselor training. Although studies and practices on online counseling are increasing every day in the world, there has not been a psychological counseling method preferred by experts in Turkey, which comes from community culture and, where physical contact is important, until the pandemic.

Objectives: The examination of the opinions of the students studying in the last year of the psychological counseling and guidance undergraduate program during the pandemic regarding online counseling, where they perform their first psychological counseling experience.

Methods: The study was conducted with 10 counseling students, 9 women and 1 Man. The age range of the students is 22-24 and the average age is 20.6. The students' opinions are taken with open-ended questions such as "Can you share your views on online counseling before online counseling?" The reflection letter that the students responded to was subjected to content analysis.

Results: The findings of the study show that there are four themes: Emotions before the counseling process, Thoughts before the counseling process, Therapeutic relationship, Online counseling in professional life. For example; in online counseling, negative emotions such as anxiety, excitement, fear, anxiety, stress, anxiety, as well as feeling comfortable and safe are among the positive feelings they experience in their therapeutic relationships.

Conclusions: As a result, although students have a positive view of online counseling, they mainly prefer to do it face-to-face. The findings were discussed taking into account Turkish culture.

Disclosure: No significant relationships.

Keywords: online counseling; COVID-19; Turkish Counselor Candidates; Therapeutic relationship

EPV0195

Depression and anxiety in hospitalized children with epilepsy during COVID-19 pandemic: Preliminary findings of a cross-sectional study

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