

EV799

Changing pattern of clinical profile of first contact patients attending outpatient Services at the General Hospital Psychiatric Units in India over the last 50 years

M. Sood*, R. Ranjan, R.K. Chadda, S. Khandelwal
All India Institute of Medical Sciences, Psychiatry, Delhi, India

* Corresponding author.

Introduction Over the last eight decades, general hospital psychiatric units (GHPUs) have become important mental health service set-ups in India. This period has seen a large number of radical changes in the Indian society. In this background, it is important to know if it had any effects on the patients attending the GHPUs.

Methodology A total of five hundred subjects, attending a GHPU were recruited prospectively for the study. The subjects were assessed using a semi-structured proforma. A comparison was made with similar studies conducted in GHPU settings over the last 5 decades.

Results Neurotic, stress related and somatoform disorders was the commonest diagnostic group (33%) followed by psychotic disorders (17%) and mood disorders (15%). The finding is broadly similar to the studies done at different times in the last 5 decades. However, there were lesser number of patients with mental retardation, organic brain syndrome and seizure disorder.

Conclusion The study highlights the strengths of GHPU set-ups like inter-speciality referrals, fewer stigmas, patients travelling from far off places to seek treatment and involvement of family in the care of mentally ill.

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EV800

Seven years of occupational psychiatry in a Portuguese university hospital

L. Sousa*, A. Antunes, L. Bastos
Hospital de Santa Maria, Lisbon Academic Medical Center, Psychiatry and Mental Health, Lisbon, Portugal

* Corresponding author.

Introduction Occupational psychiatry is the field of psychiatry that focuses on work, its importance in the lives of individuals and work organizations. It gained visibility in the 2000 decade, after the creation of the Academy of Occupational and Organizational Psychiatry. Following that trend, occupational psychiatry outpatient started in 2008 at Hospital de Santa Maria.

Objective To describe the structure and functioning of that project; to characterize the population that has been referred to this subspecialty, as well as the main motives for referral; and to highlight some paradigmatic cases that deserve special attention.

Aims Call attention to the importance of occupational psychiatry at the individual and institutional level.

Methods All the patients ever referred to the occupational psychiatry consultation were considered for the analysis. Clinical information was obtained through medical records and interviews with the patients. Bibliographic research was conducted through the PubMed in the Medline library.

Results In our hospital, the prototype patient referred to occupational psychiatry is a middle-aged woman working as a medical assistant. The most frequent motives for referral were related to difficulties in accomplishing job duties and definite psychiatric diagnosis corresponded more often to the common mental disorders (anxiety, depression and adjustment disorders). At the institutional level, the initiative was received with great enthusiasm.

Conclusions As Freud stated “To Love and work are the cornerstone of our humanness”, in line with that we consider that occupational psychiatry should be taken as a priority in what concerns to mental health policies.

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EV801

Stigma and poor mental health literacy as barriers to service use among unemployed people with mental illness – a qualitative study

T. Staiger^{1,*}, T. Waldmann¹, S. Krumm², N. Rüsçh¹

¹ Ulm University, Department of Psychiatry II, Ulm, Germany

² Bezirkskrankenhaus Günzburg, Department of Psychiatry II, Günzburg, Germany

* Corresponding author.

Introduction/objectives Mental health problems were shown by different studies to be both: results of and risk factors for unemployment. However, unemployed people with mental health problems often have difficulties in finding and using mental health services and therefore do not benefit from therapies. Because unemployed individuals outside the healthcare system are a hard-to-reach group, barriers to but also facilities for mental health services are poorly understood.

Aims The aim of the study is to identify barriers and facilitators of help seeking and service use, based on experiences of unemployed people with mental health strains.

Methods We conducted 15 qualitative semi-structured interviews with unemployed individuals, facing self-reported mental health problems or mental illness. Topics included individual experiences with help-seeking and mental health service use, with a focus on barriers and facilitators. Interviews were audiotaped and transcribed verbatim. Transcripts were analyzed using qualitative content analysis and major themes were identified.

Results Patients fear adverse reactions of psychiatric medication. They report to be treated as “different” by their social environment and health professionals, which leads to a lack of self-esteem and inhibits them in their help seeking efforts. Social support and desire for change on the other hand can be strong motivational factors in searching for help.

Conclusion Perception of GPs towards mental health issues of their patients, and especially unemployed patients, has to be raised. Stigmatization of mental illnesses and help seeking should be reduced in practical context.

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EV803

Mental health improvement through physical therapy: Polish perspective

A.R. Szczegieliński^{1,*}, J. Szczegieliński²

¹ Medical University of Silesia, Department of Psychiatry and Psychotherapy, Katowice, Poland

² Opole University of Technology, Faculty of Physical Education and Physiotherapy, Opole, Poland

* Corresponding author.

Among people suffering from mental conditions increased prevalence of diabetes, cardiovascular disease, hypertension and respiratory disease is observed, with considerably higher levels of morbidity and mortality. Still, mental conditions are neglected and not treated equally to other medical states in Poland. It is commonly believed that psychiatric patients are violent and unpredictable,

even though they are more likely to be a victim of violence themselves. This attitude, reinforced by media coverage and observed also among health care workers, results in unwillingness to have any relations with mental patients due to fear of them being aggressive. Connection between physical well-being and mental health is well known. Physical therapists have necessary knowledge and skills to support development of individual independence, anxiety management and lifestyle control in order to keep patients healthier. It can be done by specially designed treatment programmes consisting of exercises, manual techniques and physical medicine procedures. Lack of understanding of this valuable connection results in insufficient emphasis on the presence of physiotherapist in the multidisciplinary therapeutic team on psychiatric wards nationwide. The study focuses on summary of the current situation in Poland and starts discussion on possible areas of improvements. *Disclosure of interest* The authors have not supplied their declaration of competing interest.

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EV804

Experience of burnout syndrome in resident physicians

P. Cigarroa-Vázquez¹, I. Vargas-Huicochea^{2,*}

¹ National Autonomous University of Mexico UNAM, Program of Masters in Mental Health, Mexico City, Mexico

² Instituto Nacional de Psiquiatría "Ramón de la Fuente Muñiz", Division of Clinical Research, Mexico City, Mexico

* Corresponding author.

Medical residents, as a population that is in formation and that represents the workforce in public hospitals, are in a particularly vulnerable situation for the development of burnout syndrome (BOS), defined as a psychosocial disease in response to chronic stress in the work environment. This study analyzed the impact of BOS on a personal level, residents' ways of coping, and the perceived needs to prevent it.

Objectives To analyze the experience of BOS in medical residents of Mexico City.

Methods Qualitative design with a phenomenological approach. Semi-structured interviews were conducted. Participants were medical residents in training who agreed to participate. Data analysis was based meaning categorization and condensation, as well as some elements of discourse analysis.

Results We had interviews with residents of gynaecology, otorhinolaryngology, family medicine and psychiatry. We have found that there are some specific aspects that contribute to the development BOS:

- the hidden curriculum that has become evident through unnecessary punishments;
- various roles to be met simultaneously by residents;
- the basic needs like sleeping and eating right are not being met due to excessive workload.
- impact in general health.

Conclusions It is necessary to make visible the complexity of the BOS and its impact on trainees to prevent deterioration in the quality of life and overall health status. It would be to achieve the satisfaction of basic needs as essential conditions for physical and mental well-being of all human beings, and more so for those whose task is to contribute to the health of others.

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Mental health policies

EV805

Improving Ghana's mental health care through task shifting – psychiatrists and health policy directors views

V. Agyapong^{1,*}, E. McAuliffe², C. Farren³

¹ University of Alberta, Department of Psychiatry, Fort McMurray, Canada

² University College Dublin, School of Nursing, Midwifery and Health Systems, Dublin, Ireland

³ University of Dublin, Trinity College, Department of Psychiatry, Dublin, Ireland

* Corresponding author.

Background Currently, Ghana has only twelfth psychiatrists in active service providing for the mental health needs of a population of nearly 25 million people. Ghana has therefore adopted a system of task-shifting to address the critical shortage of psychiatrists.

Aim To examine the perception of psychiatrists and health policy directors about the government's policy to expand mental health care delivery in Ghana through a system of task-shifting from psychiatrists to community mental health workers (CMHWs).

Methods A self-administered semi-structured questionnaire was developed and administered to 11 psychiatrists and 29 health policy directors.

Results Only one psychiatrist and 3 (10.3%) health policy directors reported they were not aware of task-shifting within Ghana's mental health delivery system. Ten (91.1%) psychiatrists and 23 (79.3%) health policy directors were aware of a policy of the Government of Ghana to improve on the human resource base within mental health through a system task-shifting. Overall, 5 (45.5%) of the psychiatrists and 9 (31%) health policy directors perceived there are some resistance to the implementation of a policy of task shifting including resistance from traditional and spiritual healers, some psychiatrists, some community psychiatric nurses and psychologists. The majority of psychiatrists and health policy directors were of the view that CMHWs should be allowed to assess, diagnose and treat most of the common mental disorders.

Conclusion Psychiatrists and health policy directors in Ghana support Governments policy to expand on mental health care delivery through a system of task-shifting despite their knowledge of resistance from certain professionals.

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EV810

Mental health systems development in UAE

A. Haque

UAE University, Psychology and Counseling, Al-Ain, United Arab Emirates

Background This paper examines the historical development of mental health services in the UAE including formation of federal laws associated with mental health and ministerial decrees. It also discusses cultural considerations in mental health practice in a society that is highly pluralistic and populated mainly by foreigners. The sharia aspects of mental health are also addressed.

Aims The aims of the paper are to familiarize readers in above areas and encourage further work in the area of mental health in UAE.

Methods The research is based on literature review.