

**Results:** On successful completion of the course, trainees are expected to have achieved competencies to: Screen for and identify mental health problems in adults and children, and understand factors influencing them; Understand management options; Conduct interview-based functional developmental assessment for intellectual deficits; Conduct first-level brief psychosocial interventions; Make appropriate referrals to Mental Health Professionals and other health professionals.

**Conclusions:** This digitally-driven online course is a viable option for development of human resources on a large scale, in a resource-scarce (i.e. of mental health specialists) country such as India.

**Disclosure:** No significant relationships.

**Keywords:** community mental health; Psychologists; online training; mental health treatment gap

## EPV0716

### Should we despecialize the training? Postgraduate training in psychiatry in the time of the COVID-19 outbreak in Poland: Challenges & solutions

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doi: 10.1192/j.eurpsy.2021.2200

**Introduction:** The outbreak of the SARS-CoV-2 epidemic forced a change in the functioning of health care systems across the globe, requiring rapid adaptation to new conditions for the safe provision of services within all medical fields. General disruption has also affected the traditional program of a postgraduate training, which has been so far fixed with temporary solutions, but not given a proper evaluation in the times of big expectations and pressures from both patients and healthcare workers.

**Objectives:** Outbreak of the COVID-19 put psychiatry trainees and Early Career Psychiatrists in an unprecedented position of responsibility for treatment of a variety of comorbidities they had no prior experience with due to closure of specialized hospital departments and limited access to regular diagnostic tools. In addition to changes in clinical practice and deployment to unfamiliar ground, rescheduling of different components of regular training, transferring most of the educational activities to distance learning, limiting professional growth by canceling most courses and conferences only strengthened the feeling of uncertainty caused by constant adjustments of the final examinations' conditions.

**Methods:** The Speciality Training Section of the Polish Psychiatric Association decided to review changes forced by the COVID-19 outbreak in a traditional postgraduate training program in psychiatry.

**Results:** Identified shortcomings pose questions about the necessity of a solid revision of the training in order to cope with more demanding working conditions.

**Conclusions:** Presented recommendations may be the starting point for a discussion on the programs' evaluation across the entire region.

**Disclosure:** No significant relationships.

**Keywords:** Postgraduate training; COVID-19; Medical Education

## Women, gender and mental health

### EPV0718

#### "It is natural so it must be safe!": Cannabis use during pregnancy, an update

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doi: 10.1192/j.eurpsy.2021.2201

**Introduction:** Rates of cannabis use among pregnant women have been increasing. Psychiatrists may be required to provide counseling regarding marijuana use in pregnancy for their patients.

**Objectives:** To produce an up-to-date review of cannabis effects on pregnancy and the offspring.

**Methods:** We performed a non-systematic review of the literature apropos a clinical case.

**Results:** A 31-years-old, 22-weeks pregnant woman presented with severe anxiety, panic attacks and insomnia which she managed solely with cannabis. She had been previously treated with antidepressants and benzodiazepines with symptom remission but had suspended before her pregnancy without medical advice. She believed medication was more harmful to the baby than her cannabis use. There is little perception of risk concerning cannabis use in pregnant woman. Information on cannabis use is less likely to be obtained from healthcare providers than from anecdotal experiences, Internet searching and advice from friends and family. Prenatal use of cannabis has been associated with anaemia in the mother, whereas in the offspring it is associated with reduction in birth weight and greater likelihood of placement in intensive care units. There is insufficient evidence to support an association between marijuana use and any specific congenital abnormality, but also to demonstrate its safety.

**Conclusions:** It is essential for psychiatrists to have up-to-date knowledge of the effects of cannabis on the pregnancy and the offspring to properly counsel their patients. However, the effects of cannabis on maternal and foetal outcomes remain generally unknown. With rising numbers of female users, there is urgent need for further research.

**Disclosure:** No significant relationships.

**Keywords:** Cannabis; pregnancy

### EPV0719

#### Disenfranchised grief and early pregnancy loss – apropos a clinical case

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doi: 10.1192/j.eurpsy.2021.2202