

**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

E. Jordan<sup>1</sup>, S. Patel<sup>2</sup>, E. Mcguire<sup>1</sup>, P. Noonan<sup>3</sup> and G. Mccarthy<sup>1\*</sup>

<sup>1</sup>Sligo Medical Academy, NUIG, Sligo, Ireland; <sup>2</sup>Aamhu - Psychiatry, University Hospital Galway, Galway, Ireland and <sup>3</sup>Gp, The Medical Centre, CO. LEITRIM, Ireland

\*Corresponding author.

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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 3<sup>rd</sup> 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

M. Mentis<sup>1\*</sup>, I. Lamprinakou<sup>2</sup>, C. Marneras<sup>3</sup>, A. Garantoudi<sup>4</sup> and I. Dritsas<sup>5</sup>

<sup>1</sup>Education And Social Work Sciences, University of Patras, Greece, Patras, Greece; <sup>2</sup>Health Center, Phaistos Health Center, Moires, Greece; <sup>3</sup>Pathological Clinic, University Hospital of Patras, Patras, Greece; <sup>4</sup>Psychology, Deree College, Athens, Greece and <sup>5</sup>Education And Social Work Sciences, University of Patras, Greece, patras, Greece

\*Corresponding author.

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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 ± 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

E. Dąbrowska\*, B. Galińska-Skok, D. Zalewski and A. Nobis

Department Of Psychiatry, Medical University of Białystok, Choroszcz, Poland

\*Corresponding author.

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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”.