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Abstract

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ECP0001

Innovations in treatment of psychosis in southeast europe

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Abstract: Southeast Europe (SEE) is home to 70 million people living across 12 countries. These countries share similar socioeconomic background and tradition of healthcare systems, although many differences exist in the organisation of mental health care. The region has been called 'the blind spot on the global mental health map' due to lack of research and innovations in mental health care. In recent years European Commission has invested significant resources to improve mental health care of individuals with severe mental disorders in Southeast Europe. Two major, recently completed, projects are Recover-e and Impulse. This presentation will focus on findings from the Impulse study. We will start with an overview of evidence-based, non-pharmacological interventions for individuals with psychosis, with focus on what is offered and implemented in 12 SEE countries. Next, we will present key findings from the hybrid type II effectiveness-implementation psychosocial randomised-controlled trial. We will show an evidence-based approach how to improve psychosocial aspect of treatment of individuals with psychotic disorders. Mental health services that offer a combined-therapy approach, including psychosocial interventions and pharmacotherapy, can ensure holistic care, preferred by patients and their families. Discussion will include the role of implementation science tool in mental health care and sustainability of implemented interventions.

Disclosure of Interest: None Declared

ECP0002

Are we ready to be techno-digitalicus psychiatrists?

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Abstract: Digital mental health interventions and digital psychiatry have been rapidly implemented over the past decade, particularly with the intent to offer a potential solution in those problematic circumstances and logistic issues for which the current mental health service infrastructure is not able to adequately accommodate to the needs of most patients. Indeed, most mental health workforce does not always own an enough and appropriate theoretical either practical training in digital psychiatry and in delivering remote consultations safely and effectively. Most European countries do not have curricula-specific training requirements, either at core or higher specialty level, for psychiatry trainees to demonstrate competence in digital skills that may be considered essential to good clinical practice, including abilities and competencies needed to provide and deliver mental health interventions by using digital tools. The talk will provide an overview on the level of the current state-of-the-art of the European techno-digitalicus psychiatrist and psychiatry trainee.

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