

Conclusions: This study brings results that can help to understand the processes in a child with autism.

Keywords: autism; Development; social distancing; COVID19

EPP0304

An intensive neurofeedback alpha-training to improve sleep quality and stress modulation in health-care workers during the COVID-19 pandemic: A pilot study.

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Introduction: During the COVID-19 pandemic, health workers represented a group particularly vulnerable to work-related stress, but prevention and management of psychiatric symptoms are still under evaluation. Neurofeedback is a safe and non-invasive neuromodulation technique with the target of training participants in the self-regulation of neural substrates underlying specific psychiatric disorders. Protocols based on the increase of alpha frequencies, associated with the process of relaxation, are used for the treatment of stress, anxiety and sleep disturbances.

Objectives: The aim of the present study was to assess the effectiveness of an alpha-increase NF protocol for the treatment of stress in healthcare workers exposed to the COVID-19 pandemic.

Methods: Eighteen medical doctors belonging to the Sacco Hospital were recruited during the COVID-19 health emergency and underwent a 10 sessions NF alpha-increase protocol during two consecutive weeks. The level of stress was assessed at the beginning (T0) and at the end (T1) of the protocol through the following questionnaires: Severity of Acute Symptoms Stress (SASS), Copenhagen Burnout Inventory (CBI), Pittsburgh Sleep Quality Index (PSQI), Brief-COPE. Statistical analyses were performed with Paired Samples t-Test for continuous variables, setting significance at $p < 0.05$.

Results: A significant increase in alpha waves mean values between T0 and T1 was observed. In addition, a significant reduction in the PSQI test score between T0 and T1 was observed.

Conclusions: Alpha-increase protocol showed promising results in terms of stress modulation, sleep quality improvement and safety profile in a pilot sample of health-care workers. Larger controlled studies are warranted to confirm present results.

Keywords: sleepquality; Neurofeedback; stress; COVID-19

EPP0305

COVID-19 unit in psychiatric hospital

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Introduction: As coronavirus pandemic burst in Spain in March 2020, Zamudio Hospital -a monographic psychiatric institution-

was urged to create an specific Covid unit. It was destined to patients with psychiatric admission criteria, who in addition oscillated between positive asymptomatics or with mild symptoms to suspect cases or close contacts.

Objectives: To describe and analyse the characteristics of the unit and the patients who were admitted during the confinement period by Covid-19, between March 14th and June 21st 2020.

Methods: The patients' data were collected retrospectively. These data included: age; sex; admission criteria; diagnosis at discharge; confirmed/ suspected/contact case; presence/absence of symptoms; length of hospital stay; number of doctor on call assessment.

Results: An area within the hospital wards was reserved to COVID cases / suspected / contact patients requiring psychiatric care. The storing of material and PPE was held in the forementioned area, according to protocolary measures. 26 Patients (11 women and 15 men) were admitted to the unit. Mean age was 44 years old. Diagnosis at discharge were mainly Schizophrenia (31%), Schizoaffective disorder (23%), other psychosis (11,5%) and Bipolar disorder (8%). The mean hospital stay was 5 days. There were a total of 7 confirmed positive cases, all with asymptomatic-mild course.

Conclusions: The establishment of this unit has ensured a proper psychiatric care and a strict control of Covid-19 transmission within patients and staff members.

Keywords: Covid; Psychiatric hospital; integral care; psychosis

EPP0306

Difficulties in maintaining electroconvulsive treatment (ECT) in a psychiatric hospital during covid19 pandemic

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Introduction: ECT is an effective care with high level of recommendation. During the COVID19, new recommendations to protect patients and caregivers combined with the increasing use of medicines and medical devices (MD) for anesthesia, caused greater difficulties of supply. Even if vital for patients, it is challenging to maintain ECT in this environment.

Objectives: The aim of this study is to resume the measures implemented in order to maintain ECT during COVID19.

Methods: Retrospective analysis of measures implemented to maintain the ECT during COVID19.

Results: As FFP2 masks were restricted to intensive care units, our hospital were not supplied. After negotiations, the regional health agency (ARS) has granted us an allocation of 100 masks to maintain ECT. Our efficient stock management of personal protective equipment as well as our transparency on these stocks with ARS and sharing with other hospitals out of stock played a role in this agreement. We had to adapt our MDs references according to breaks of many ones and new recommendations. The university hospital helping us in supplying certain missing references. Considering the difficulties in supplying drugs and MDs, and limited availability of anesthetists, we have reduced the number of ECT. Prioritization of patients with vital indications had to be achieved.