



## 26th European Congress of Psychiatry EFPT/ECPC-EPA Symposium

### EFPT/ECPC-EPA Symposium: European Psychiatric Trainees' Research Projects: Key Findings

EFPT0001

#### How is EFPT bridging the gap between clinical practice and research among psychiatry trainees

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With a low proportion of medical graduates choosing psychiatry as a specialty and ongoing stigmatization from within the medical profession, recruitment into psychiatric training remains an issue in many European countries. This is partially caused by a great subjective and economic burden caused by mental disorders and the low public interest in their implications.

European Federation of Psychiatric Trainees (EFPT) is an umbrella organization which is represented by a national trainee association in each European country and aims to develop collaboration between psychiatric trainees. EFPT promotes high quality psychiatric training. Since actual training conditions in different European countries vary widely, the quality of training in some cases is limited due to scarce and inequitably distributed resources.

Research is a fundamental part of every medical discipline, and psychiatry is no exception. But in reality, it is quite hard to get funding for research to a young psychiatrist or psychiatry trainee. An exception is the EFPT Porto Research Award. It is a 10-year annual prize distinguishing each year one European psychiatric trainee that conducted a research project of a high standard. One of the main goals of the EFPT Porto Research Award is to encourage individuals in the early stages of their careers to perform research activities.

This presentation will describe how EFPT is bridging the gap between clinical practice and research among psychiatry trainees on the example of the first edition of EFPT Porto Research Award project: SSRI's vs BNZ in "Golden hours".

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EFPT0002

#### E-psychiatry in France

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*Introduction.*— The last century has witnessed numerous dramatic changes in mental health care. Diverse significant technology breakthroughs have created new possibilities of information access, human interactions, and provision of care. By the virtue of their youth, residents are often said to be more adaptive to new technologies. However, in such a permanently remodelling system, the French psychiatry residents association (AFFEP) wanted to evaluate the position of French residents regarding e-psychiatry.

*Method.*— We conducted an online survey, sent via email to every member of AFFEP. A total of 646 responses were collected from June to November 2015, which represents a response rate of 50.4%.

*Results.*— Residents are well connected on the personal side, but not that much on the professional side: 20% do not have access to an electronic tool on their workplace.

Regarding training, residents rely on technology (57%) and books (33%). Yet, most of them had never heard of MOOC before the study. It is also interesting to note that the residents who benefit from videoconferences do not want it as a way of training.

As for clinical practice, residents are very much in favour of the use of e-health technologies but the majority have never used them (91%) so far.

Finally, data security and burnout have been raised through this study, with 65% of residents accessing data at home outside of working hours.

*Conclusion.*— E-psychiatry is bringing fabulous changes to our daily practice. However, we need to train future psychiatrists to lead this society's profound changes.

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