

EPV0037

Exploring treatment specifics of addictive disorder in a young adult living in a post-war middle income country with rapid social and cultural transition: a qualitative case report

N. Agani

of Psychiatry, University Clinical Centre of Kosova, Pristina, Kosovo
doi: 10.1192/j.eurpsy.2024.840

Introduction: Addictive disorder, characterized by the tendency to abuse an illicit substance or manifest a repeated risky behavior, is a fairly common phenomenon occurring in the last 50 years, predominantly in middle and high income countries. While psychotherapy has an evident positive impact in the treatment of the disorder, data has shown that it is often not sufficient to achieve full remission and have optimal positive impact in the quality of life compared to simultaneous use of psychotherapy, pharmacotherapy and psychosocial rehabilitation.

Objectives: The aim of the study is to highlight different specifics of the inpatient treatment of “Mr. E”, living in a post-war middle-income country with rapid social and cultural transition.

Methods: Subject of this case study is “Mr. E” a 17 year old student with a history of family trauma with a long history of abuse and ambulatory psychiatric treatment. Data has been analyzed from the medical history of the patient treated in 2023, in the substance abuse unit of the Department of Psychiatry, University Clinical Center of Kosova. Semi structured interviews, daily abstinence symptoms evaluation and self-report measures were used to gather qualitative data throughout the treatment process. Treatment protocol consisted on: detoxification, pharmacotherapy and simultaneous supportive individual and group psychotherapy, with the goal to evaluate, treat and reintegrate “Mr. E” into the society free of illicit substance abuse. Comorbidities are correlated with underlying causes, while a healthy lifestyles are promoted through the work on behavior changes that will support optimal social reintegration in a rapid changing social and cultural environment.

Results: The findings revealed several significant therapeutic objectives such as: Enhanced self – awareness; Reduced ruminations and increased self-control; Enhanced quality of life; and Decreased substance abuse. Detoxification protocol in the treatment of addictive disorder in inpatient psychiatric treatment was essential for abstinence symptom management during crisis. Strengthening the body parallel to healing the mind was found as an important stepping stone.

Conclusions: Combined, detoxification, psychopharmacological, and psychotherapeutic approach was essential for successful treatment of a young adult in a post-war middle income country with rapid social and cultural transition.

Disclosure of Interest: None Declared

EPV0038

Orthorexia Nervosa and exercise addiction in a sample of Tunisian athlete students

N. Smaoui, O. Bouattour*, R. Feki, I. Gassara, S. Omri, M. Maalej, L. Zouari, M. Maalej, J. Ben Thabet and N. Charfi

psychiatry C department, Hedi chaker University hospital, Sfax, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.841

Introduction: Orthorexia and exercise addiction can lead to serious health problems, such as malnutrition and exercise-related injuries. **Objectives:** The aims of our study were to assess the prevalence of exercise addiction and orthorexia nervosa in Tunisian students at the Institute of Physical Education in order to investigate the relationship between these different health dimensions.

Methods: An anonymous self-administered questionnaire was distributed to students in the Sfax and Gafsa sports sections during March 2023. The orthorexic tendency was assessed using the ORTO-15 questionnaire. An ORTO-15 score below 40 points indicates orthorexic tendencies. The Exercise Addiction Inventory (EAI) was used to study exercise addiction

Results: In our study, 240 students were included. Mean scores on the ORTO-15 and EAI scales were 38.6 ± 8 and 16.6 ± 4.1 respectively. Participants at risk of exercise addiction had a statistically significant tendency towards orthorexia ($p < 0.001$). Among the students, 82.5% had engaged in regular physical activity at a gym in the last two years. The reasons given by students for going to the gym were muscle strengthening (57.9%) and preparation for a sporting competition (37%).

Among students taking part in sports activities at the gym, the mean ORTHO-15 score was significantly lower among those doing so to prepare for a sports competition ($p = 0.005$). Participants who believed that they were addicted to sport had a statistically greater tendency towards orthorexia ($p = 0.012$).

Conclusions: Our study revealed an association between addictive exercise and orthorexic eating in Tunisian athlete students.

Disclosure of Interest: None Declared

EPV0040

Liquor for breakfast, fighting against alcohol consumption

N. Navarro Barriga, P. Marqués Cabezas*, M. B. Arribas Simón, B. Rodríguez Rodríguez, C. Alario Ruiz, G. Guerra Valera, A. Aparicio Parras, M. J. Mateos Sexmero, M. Fernández Lozano, P. Martínez Gimeno, M. A. Andreo Vidal, M. Calvo Valcárcel, M. P. Pando Fernández, M. D. L. A. Guillén Soto, T. Jimenez Aparicio, M. D. C. Vallecillo Adame and C. De Andrés Lobo

Hospital clínico universitario de Valladolid, Valladolid, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.842

Introduction: The harmful consumption of alcohol is known for how tortuous its management can be in mental health, encouraging introspection of it as a serious problem is perhaps the main key to starting to battle against its damaging influence on the development of a functional and full life.

Objectives: To describe a clinical case showing an unpredictable complication in an alcohol detoxification process.

Methods: 54-year-old man, native of Cádiz, widowed for half a decade, without children. He resides with his parents in the family home. Currently unemployed for approximately a year. He has previously worked in the IT sector. As a notable somatic history, we found long-established arterial hypertension and a total hip

replacement. He has been under irregular follow-up with a mental health team for anxiety-depressive symptoms in the context of grief. He goes to the emergency service brought by his family to begin the detoxification process in the hospital setting. He acknowledges ethanol consumption since he was widowed, which began when he awakes; quantities that ranged between one or up to three bottles of distilled liquor per day, generally consumption is in the home environment. A little less than a year ago, he began to isolate himself in his room and abandon his self-care, eating increasingly insufficient food intake, refusing to receive professional care to quit the habit, mainly because he did not recognize it as disruptive.

The patient was admitted to hospital with symptoms suggestive of withdrawal, making it extremely difficult to control blood pressure levels. On the third day of admission to the acute care unit, fever peaks, blood pressure levels well below normal parameters, and compromised level of consciousness began to be evident.

Results: Blood tests were performed that, together with the clinical picture, suggested imminent septic shock, so critical care was contacted for transfer and stabilization. A germ of probable urinary etiology sensitive to a broad spectrum of antibiotics was isolated in blood cultures, and the medication of the detoxification process was progressively optimized. Once clinical stability was achieved at all levels, an inpatient cessation resource was managed, which the patient accepted and considered suitable for his complete recovery.

Conclusions: A holistic approach to the alcoholic patient is important, since serious problems of an organic nature often arise. This is why a multidisciplinary intervention is necessary, as well as a holistic approach to care, involving both classic pharmacology and assiduous long-term psychotherapeutic intervention.

Disclosure of Interest: None Declared

EPV0041

Mental health impact of fentanyl abuse, a case report

G. Lorenzo - Chapatte, G. Guerra Valera, P. Marqués Cabezas*, L. R. Vázquez, M. Ríos Vaquero, A. Monllor Lazarraga, M. P. Pando Fernández, P. Martínez Gimeno, M. A. Andreo Vidal, M. Calvo Valcárcel, B. Rodríguez Rodríguez, N. Navarro Barriga, M. J. Mateos Sexmero, M. Fernández Lozano, T. Jiménez Aparicio, C. De Andrés-Lobo, M. D. C. Vallecillo Adame, M. D. L. Á. Guillén Soto, L. Sobrino Conde and A. Aparicio Parras

Psiquiatría, Sacyl - Hospital Clínico Universitario Valladolid, Valladolid, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.843

Introduction: In recent years, there has been an increase in the prevalence of illicit use of fentanyl and other opioids in the United States population. This has led to an increase in medical, psychopathological and abuse-associated comorbidity, an increase in deaths and a decrease in the age of consumption, and has become a serious emerging problem in young people.

We present the case of an 18-year-old woman from the United States who recently settled in Spain and started a follow-up in Mental Health due to opioid and other substance abuse problems.

Objectives: To address the growing problem surrounding the illicit use of fentanyl and opioids as drugs of abuse based on the presentation of the clinical case mentioned above.

Methods: Bibliographic search and description of a clinical case of a patient under follow-up by Mental Health at the "Hospital Clínico Universitario de Valladolid".

Results: An 18-year-old woman from the United States who has been living with her father in Spain since the summer of 2023, having moved to Spain due to problems related to substance abuse. With no previous medical or surgical history and with a history of follow-up in Mental Health in her country of origin for depressive symptomatology, dysfunctional personality traits and abuse of different toxic substances since adolescence.

After a brief and erratic follow-up in Psychiatry for anxious-depressive symptoms reactive to a complex and conflictive relationship with his mother and marked academic difficulties during the first years of adolescence, at the age of 15 he started using cannabis and alcohol, thus beginning a period marked by relationships with marginalized sectors of the population, substance abuse and school failure.

As his cannabis consumption intensified, he began to consume fentanyl prescribed to his mother, as well as other opioids to which he had access illegally, for which reason he had to be admitted twice to detoxification centers without results, which is why his family finally decided to move him to Spain.

Conclusions: In recent years, fentanyl abuse has become a serious public health problem that is mainly centered in the young population. High levels of impulsivity and lack of frustration tolerance predispose to the use of illicit substances for elusive purposes.

Substance abuse carries with it not only an important organic comorbidity, but also a marked socio-familial and economic repercussion.

Disclosure of Interest: None Declared

EPV0043

Cannabinoid hyperemesis syndrome: a case report and literature review

P. Veloso*, M. Gomes, R. Lopes de Dios and F. Pereira

Psychiatry, Hospital de Braga, Braga, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.844

Introduction: Cannabis is the most used recreational drug worldwide. Cannabinoids have long been known for their anti-emetic properties. Paradoxically, chronic cannabis consumption has been linked to inducing refractory nausea and vomiting, a condition called cannabinoid hyperemesis syndrome (CHS). CHS remains inadequately acknowledged by clinicians.

Objectives: Report a CHS case and discuss this syndrome's diagnosis, pathophysiology, and management.

Methods: Collection of clinical information and review of the literature.

Results: We share the case of a 38-year-old male who repeatedly recurred to the emergency department (ED) due to persistent vomiting, nausea, and abdominal pain. The patient had experienced similar intermittent episodes over the past 12 years. Interestingly, the use of hot showers provided symptomatic relief. Urine drug tests consistently showed positive results for cannabinoids. During acute phases, he required supportive treatment involving fluid therapy. Long-term treatment included cannabis abstinence. CHS is defined by episodic vomiting, following prolonged excessive cannabis consumption, which is alleviated by sustained cessation of cannabis. During the acute phase of the condition, patients often find relief using hot baths and showers, which is a common behavior observed. CHS-related complications encompass acute kidney injury and severe electrolyte disturbances. CHS can result in multiple ED visits, frequent hospitalizations, extensive