

EPP0354

Role of digital health in improving physical and mental well-being during COVID-19 pandemic

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Introduction: Due to the COVID-19 pandemic, there is a steep rise in the acceptance of telemedicine and digital health, including increased interest in pursuing mental health treatment through telepsychiatry. Digital health helps following social distancing measures and increases the health outcomes.

Objectives: To see the role of digital health in improving physical and mental well-being during COVID-19 Pandemic

Methods: This study is a part of a large global project where 240 people inquired advice on phone app during COVID-19-Pandemic. Later on, a short study was conducted on the same population through survey to evaluate the effectiveness of digital health/tele-mental health. We also searched PubMed, Google Scholar, PsychInfo, and Medline for words "Digital Health, Tele-mental health, COVID-19-Pandemic". Reviewed 40 articles and included 3 in this review^{1,4,5}.

Results: We received a total of 98 responses. 65.6% people reported that online health resources are helpful in relieving pandemic-induced anxiety/stress, 66.2% reported to continue online health services after pandemic, 37.7% noted that digital health saves times in waiting areas, 46% reported lack of physical interaction with doctor as a disadvantage of digital health, and 40.3% reported comfort in using tele-mental health. Our literature review has shown barriers like privacy concerns and technological issues¹. Provision of tele-psychiatry is safe and effective in continuity of mental health care.^{4,5}

Conclusions: There has been an increased inclination towards digital health during any disaster. During COVID-19-Pandemic, digital health has increased access to mental health care and reduced risk of infection. The drawbacks include poor patient-doctor relationship, reimbursement concerns, and lack of confidentiality.

Keywords: Digital Health; Tele-mental health; COVID-19; Pandemic

EPP0349

Personnel well-being and potentially traumatic COVID-19 pandemic related events (PTES) in the helsinki university hospital – baseline results

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Introduction: A majority of the Finnish COVID-19 pandemic patients have been cared for in the HUS Helsinki University Hospital since March 2020.

Objectives: June 2020 baseline results of an ongoing prospective cohort study are reported.

Methods: An electronic survey was created to assess potentially traumatic COVID-19 pandemic related events (PTEs) of the HUS personnel.

Results: The survey was sent to 25494 HUS employees, and 4804 (19%) answered. Out of the respondents, 62% were nursing staff, 9% medical doctors, and the rest special employees or other personnel. Mean age was 44 years, 88% were female. PTEs were more common in the personnel directly caring for COVID-19 patients than other personnel ($p < 0.001$). PTEs predicted psychological distress among all personnel (OR 5.05; 95%CI 4.26–6.00). Table. Potentially traumatic events (PTEs) among HUS personnel, June 2020. One respondent may have one or more PTEs.

In direct care of COVID-19 patients	PTE1 ¹	PTE2 ²	PTE3 ³	PTE4 ⁴	Respondents
Yes (N; %)	325 (26.6%)	358 (29.3%)	46 (3.8%)	9 (0.7%)	532
No (N; %)	281 (8.2%)	574 (16.6%)	88 (2.5%)	30 (0.9%)	760

¹Has your work with COVID-19 patients or suspected patients included exceptionally disturbing or distressing assignments? ²Have you had strong anxiety due to your own or close one's risk of contracting serious illness for your work with COVID-19 patients or suspected patients? ³Have you or your close one contracted a hospital care requiring serious COVID-19? ⁴Has a close one to you died of COVID-19?

Conclusions: Our data highlight the need to ensure psychosocial support services to HUS personnel with PTEs.

Conflict of interest: No significant relationships.

EPP0354

Impact of the COVID-19 pandemic on the mental health of health care workers in CYPRUS

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