EPV1738

Clinical efficacy and tolerability of Esketamine: a case series

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Introduction: Esketamine is a novel antidepressant approved by the FDA in 2019 in the form of an intranasal spray, recommended for Treatment-Resistant Depression (TRD). The intranasal spray system appears to be more manageable than intravenous ketamine infusion. It contains ketamine's S- isomer which is four-fold more potent for the NMDA receptor.
Objectives: The aim of this case series is to describe our clinical experience in the use of Esketamine.
Methods: 6 TRD patients (3 men; 3 women) were recruited in San Raffaele Turro Hospital from March 2021. All patients (2 bipolar and 4 unipolar) were diagnosed with a Major Depressive Episode according to DSM-5 criteria, resistant to at least two antidepressants. Initially, Esketamine was administrated twice weekly for one month; afterward, it was administrated once weekly for a month; finally, it was administrated once weekly or every two weeks for a month. Clinical scales (HAM-D, YMRS, SSI, HAM-A, MADRS, CADSS) were administrated to assess symptoms and sides effects before and after each administration on a weekly basis.
Results: Three patients out of six showed an improvement in depressive symptoms: two patients had remission (final HAM-D score < 8); one patient had a clinical response (final HAM-D score < 50 % respect baseline value). Three patients withdrew the treatment: two for perceived inefficacy, after 16 and 19 administrations, one for personal reasons.
Conclusions: The use of Esketamine in our TRD patients showed good effectiveness and tolerability but randomized controlled clinical trials are needed to confirm our findings.

Disclosure: No significant relationships.
Keywords: Depression; esketamine; treatment resistant depression

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Caring for carers: A virtual psychosocial supervision intervention to improve the quality and sustainability of mental health and psychosocial support in humanitarian contexts

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Introduction: Mental health and psychosocial support (MHPSS) staff in humanitarian settings have limited access to clinical supervision and are at high risk of experiencing burnout. We previously piloted an online, peer-supervision program for MHPSS professionals working with displaced Rohingya (Bangladesh) and Syrian (Turkey and Northwest Syria) communities. Pilot evaluations demonstrated that online, peer-supervision is feasible, low-cost, and acceptable to MHPSS practitioners in humanitarian settings.
Objectives: This project will determine the impact of online supervision on i) the wellbeing and burnout levels of local MHPSS practitioners, and ii) practitioner technical skills to improve beneficiary perceived service satisfaction, acceptability, and appropriateness.
Methods: MHPSS practitioners in two contexts (Bangladesh and Turkey/Northwest Syria) will participate in 90-minute group-based online supervision, fortnightly for six months. Sessions will be run on zoom and will be co-facilitated by MHPSS practitioners and in-country research assistants. A quasi-experimental multiple-baseline design will enable a quantitative comparison of practitioner and beneficiary outcomes between control periods (12-months) and the intervention. Outcomes to be assessed include the Kessler-6, Harvard Trauma Questionnaire and Copenhagen Burnout Inventory and Client Satisfaction Questionnaire-8.
Results: A total of 80 MHPSS practitioners will complete 24 monthly online assessments from May 2022. Concurrently, 1920 people receiving MHPSS services will be randomly selected for post-session interviews (24 per practitioner).
Conclusions: This study will determine the impact of an online, peer-supervision program for MHPSS practitioners in humanitarian settings. Results from the baseline assessments, pilot evaluation, and theory of change model will be presented.

Disclosure: No significant relationships.
Keywords: humanitarian; MHPSS; supervision; online

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Quality of life in patients with chronic hand eczema

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Introduction: Chronic hand eczema (CHE) , inflammatory dermatitis, can lead to physical and psychosocial disability altering the quality of life of these patients.

Objectives: The objective of this study was to examine the quality of life in patients with chronic hand eczema
Methods: Descriptive study collating patients who consulted for CHE, at the Dermatology Department of the CHU Hédi Chaker Sfax, during 3 years (2018-2020). A socio-demographic, clinic , and the Quality of life Questionnaire (DLQI) were administered in this study.
Results: Our study included 12 patients (8 men and 4 women). The mean age was 46.8±11.6 years. The patients were in professional activity in 86.8% of the cases. No patient was in early retirement or disability status. The average duration of the disease was 4.5 years (1- 9 years). All patients were in remission. The intensity of pruritus at the last attack was mild (25.77%), moderate (72.23%), and severe (2%). The impact of pruritus on sleep was noted in 100%. The mean total quality of life score (DLQI) was 6.8±5.5 which means a moderate impairment of quality of life
Conclusions: This work highlights the importance of the impact of this dermatitis on the quality of life of these patients. Therefore, multidisciplinary dermatological and psychiatric management is considered necessary

Disclosure: No significant relationships.
Keywords: chronic hand eczema; Quality of Life

Neuroscience in Psychiatry

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A Review of Aeruginascin and Potential Entourage Effect in Hallucinogenic Mushrooms

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Introduction: The 5-HT_{2A} agonist classic psychedelic, psilocybin (O-phosphoryl-4-hydroxy-N,N-dimethyltryptamine) is a tryptophan, indole-based alkaloid present in up to 2% of certain hallucinogenic "magic" mushroom species; typically Psilocybe azurescens, semilanceata, and cyanescens,. In addition, mushrooms may contain psilocin (4-hydroxy-N,N-dimethyltryptamine). Both are indolylalkylamines (tryptamines); other naturally occurring tryptamine compounds include norbaeocystin, baeocystin, norpsilocin, and aeruginascin. A putative synergistic contribution of these compounds has been referred to as the "entourage" effect. Aeruginascin (N,N,N-trimethyl-4-phosphoryloxytryptamine) is found naturally in Inocybe aeruginascens and Pholiotina cyanopus mushroom species and ingestion reportedly invokes elevation in mood without accompanying hallucinogenic effects:
Objectives: To review the pharmacology of aeruginascin and putative entourage effect.
Methods: The extant literature on aeruginascin was reviewed and discussed.
Results: Methylation of aeruginascin results in an active metabolite, 4-hydroxy-N,N,N-trimethyltryptamine (4-HO-TMT) which has been shown to bind at 5-HT_{1A}, 5-HT_{2A}, and 5-HT_{2B} receptors with Inhibition Constants (K_i) of 4400, 670, and 120 nM respectively; compared with psilocybin's binding of 567.4, 107.2 and 4.6 nM respectively. Further, 4-HO-TMT does not bind at the 5-HT_3 receptor, and as a quaternary trimethylammonium compound it is less likely to be able to cross the blood-brain-barrier (BBB).
Conclusions: There are very limited data with respect to the pharmacology of aeruginascin. Its activity at serotonin receptors is less by several orders of magnitude than psilocybin and it has potentially less brain penetrance. Given that it is found in different mushrooms species the data would suggest that its direct contribution to any entourage effect is limited. Further research in needed into other naturally occurring tryptamine compounds.

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Keywords: ENTOURAGE EFFECT; Psilocybin; Aeruginascin

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Protective role of glutathione in oxidative stress caused by cadmium and copper

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Introduction: Cadmium is defined as one of the leading toxic industrial pollutants (Valko i sar., 2005). Although some products containing cadmium can be recycled, much of the pollution with this metal is the result of inadequate disposal and uncontrolled incineration of cadmium-containing waste (Jarup, 2003). Copper particles are released into the atmosphere from copper smelters and ore processing facilities, as well as from anthropogenic sources (use of pesticides, herbicides and fungicides). Oxidative stress occurs due to increased production of reactive oxygen species (Parkinson's and Alzheimer's disease) or reduced ability of cells to neutralize it through their internal antioxidants (eg mutation of the superoxide dismutase gene in amyotrophic lateral sclerosis).
Objectives: The aim of this research was to examine the protective role of supplement, GSH, S-donor ligand, and in conditions of acute and chronic intoxication with sublethal doses of cadmium-II-chloride and copper II sulfate.
Methods: After medial laparotomy albino rates Wistar soy, a 10% homogenate of brain tissue was made in an appropriate medium and an analysis of acid and alkaline DNase activity was performed (Kocić i sar., 2004; Kocić i sar., 1998).
Results: This experiment demonstrated the beneficial role of GSH supplement that exhibit antioxidant character in preventing and reducing the adverse effects of acute and chronic cadmium and copper intoxication.
Conclusions: Antioxidants prevent the formation of oxidative stress in the cell by reducing and stopping DNA damage and degradation, and thus represent potential scavengers of free radicals.

Disclosure: No significant relationships.
Keywords: Glutathione; cadmium; copper; oxidative stress