

EW0537

Hypnotic drugs in hospital. Evaluation of their use: From prescription to administration

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In 2015, a French agency, Haute Autorité de santé (HAS), published recommendations for the use of hypnotic drugs. We evaluated the compliance with good practice in prescription and administration studying 3 hypnotics (lormetazepam, zolpidem, zopiclone) referenced in our establishment (psychiatry, rehabilitation, recuperative and long-term care) and melatonin (immediate release hospital preparation). Prescriptions were analyzed on a given day (dosage, length of treatment, prescription modalities). Night nursing practices were collected. Amongst 423 hospitalized patients, 105 had a hypnotic monotherapy, 3 an association melatonin/zopiclone and 6 a melatonin monotherapy. The most prescribed molecule was zopiclone (79%). Prevalence of hypnotic prescription was 25.5%. 17.6% of these prescriptions were for less than 28 days, 82.5% were at maximum dosage, 46.3% were in systematic mode and 53.7% in conditional mode. Amongst the 22 patients over 65 years old, only 8 received half hypnotic dose. Concerning the 9 prescriptions of melatonin, dosage varied from 3 to 9 mg, 1 was in conditional and only 1 specified terms of use. All 15 nurses met, adapt administration to the patient's bedtime. Five nurses have already woken up patients to give them hypnotics. The prevalence of patients with hypnotics is higher than the general French population (6.4%). HAS recommendations are not all followed: duration of prescription greater than 28 days, few dosage adaptations. Nurses generally respect hypnotic administration rules. Melatonin is not often prescribed and has no prescription or administration recommendations. Our results confirm the need to spread hypnotic and melatonin recommendations in health facilities. Hospital pharmacists can relay such recommendations.

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EW0538

What do Tunisian general practitioners know about insomnia?

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Introduction Insomnia is the most prevalent sleep disorders and affects 10% of adults worldwide. It has major social and economic consequences. The aim of our study was to evaluate the knowledge of Tunisian general practitioners (GPs) about insomnia.

Methods A cross-sectional survey was carried out during the month of May 2016. Among the 193 GPs randomly selected from different areas of Sfax, in Tunisia, 127 participated to the study. The latter filled a questionnaire including items related to socio-demographic data and clinical features of insomnia.

Results Among our participants, 58.3% ($n=74$) were men and 41.7% ($n=53$) women. The average age was 47.91 ± 10.1 years. They have been working for 17.36 ± 10.7 years on average. Seventy-six of GPs had an individual training and a training by attending conferences or by continuous medical education. Most participants (80.3%) thought that they had some lacuna in the management of insomnia. Specific recommendations for the management and

treatment of insomnia were known by 7.2% of the GPs. As for theoretical knowledge about insomnia, 74.8% of participants ($n=95$) had a high score of correct answers. The latter was correlated to age ($P=0.013$) and to the male gender ($P=0.008$). However, it was neither correlated to the seniority of the GPs ($P=0.051$) nor to the knowledge of specific recommendations for the management of insomnia ($P=0.11$).

Conclusion Our results showed that the GPs had a rather good theoretical knowledge about insomnia. Yet, an improvement of the continuous medical education and a better knowledge of specific recommendations for the management of insomnia are needed.

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EW0539

The management of insomnia by Tunisian general practitioners

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Introduction Sleep disorders are common in clinical practice. However, they are relatively poorly understood by doctors. The aim of our study was to describe the management of insomnia by general practitioners (GPs).

Methods A cross-sectional survey was carried out during the month of Mai 2016. Among the 193 GPs randomly selected from different areas of Sfax, in Tunisia, 127 completed a questionnaire about the management of insomnia.

Results Among our participants, 46.5% stated that they often discuss the quality of sleep with their patients even when it is not their chief complaint. Forty-three percent reported that they are often consulted by insomniac patients. Twelve percent of GPs declared they know the "sleep diary". Homeopathic treatment was the most prescribed first line medication (45.3%). Sleep hygiene measures were commonly recommended by 82.7% of the GPs. Relaxation therapy was known by 46.7% of the GPs and used by 26.7%. Sleep-restriction therapy was known and used by respectively 15.8% and 9.2% of participants. Discussing the quality of sleep with patients was correlated to: the frequency of solicitation for insomnia ($P=0.00$), the knowledge of sleep diary ($P=0.031$), and the recommendation of sleep hygiene measures ($P=0.032$).

Conclusion Continuous medical education, especially concerning non-pharmacological treatment measures, could drastically improve the management of insomnia by Tunisian GPs.

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EW0540

Emotion processing abnormalities in eating disorders: An fMRI pilot study

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Introduction Abnormalities in emotional functioning is one of the key features of eating disorders (ED), such as anorexia nervosa (AN)

and bulimia nervosa (BN). These patients show increased levels of alexithymia, problems understanding one's own emotion, which has been simultaneously, associated with difficulties in recognizing others emotions.

Objectives In this study, we were interested in the neuronal mechanism of emotion processing from both, self and others perspective, and we aimed to compare the underlying brain activations in eating disorder patients and healthy controls.

Methods A sample of 12 women with ED (10 AN, 2 BN) and 11 age and education matched healthy controls (HC) underwent fMRI examination while performing emotion recognition task, which requires either inferring mental states of depicted figures, or assessing participant's own feelings evoked by the pictures.

Results The task activated superior temporal sulcus bilaterally, left temporo-parietal junction, and medial prefrontal cortex. Those regions have been consistently identified in literature to be active while thinking about other people. Interestingly, group differences analysis revealed that ED patients group showed higher activations in right supramarginal gyrus, compared to HC group. This structure is critical to overcome egocentricity bias in social judgment. Contrary to ED patients, HC group showed greater activations in cingulate gyrus and insula, regions involved in emotion formation and processing.

Conclusion We hypothesize that ED patients tend to suppress their own perspective while thinking about emotional states of others more strongly than HC, probably due to alexithymia and the lack of awareness of their mental states.

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e-Poster Walk: Suicidology and suicide prevention – part 1

EW0541

A systematic review of suicide prevention strategies

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Background Suicide is one of the serious problems, which become ten causes of death in the world. An increased risk of suicide groups stimulates researchers to undertake the development of suicide prevention efforts with various approaches.

Objectives To examine evidence of suicide preventive interventions and to make recommendation for the further programs and research.

Methods Fifteen identified systematic review articles were taken through an electronic search of the Cochrane library, McMaster health forum, Google Scholar, PubMed, and Suicidology online. They have been published between March 2008 until January 2015, using the keyword "suicide", "self-harm", "suicide prevention", and "systematic review". Criteria of this review include the type of intervention, intervention category, group intervention and intervention effectiveness.

Results The intervention was performed using a strategy of promotion, prevention, treatment, and rehabilitation of the target group of teenagers, sexual perversion, suicide risk groups, such as drug abuse, mental illness patients, a group of health workers and the general public. Effectiveness of therapy has different effects and requires a combination of an intervention strategy with other interventions to obtain optimal results.

Conclusion The strategies of suicide prevention which were identified by various intervention approaches given to the large population require more stringent controls and difficulty in performing evaluation. Furthermore, pharmacological and psychological therapies are recommended to reduce the suicide rate in more specific setting such as a hospital or mental health clinic.

Keywords Review; Suicide prevention; Intervention; And the results of intervention

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EW0542

Anxiety, depression and suicidal behavior among medical students from the university of Valladolid

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Introduction Suicide is a major public health problem, especially in young people. It is one of the most significant causes of mortality and potential years of life lost. Medical students are a vulnerable group presenting mental health problems.

Objectives To study the prevalence of common mental illnesses among medical students from the university of Valladolid in order to assess the need for intervention programs.

Methods Cross-sectional study in which, 584 students participated during the academic year 2015–2016 by completing an online self-administered questionnaire. Mental health outcomes were measured by different batteries of depression, anxiety and suicide (BDI, GAD-7 and MINI). Information about possible related risk factors was also obtained. Statistical Chi² and Student *t*-tests were applied to estimate associations between socio-demographic, socioeconomic data and clinical results.

Results We found a prevalence of 15.8% for depression, 11.6% for ideation suicide and 38.5% for anxiety, with gender differences in the latter case. Prevalence rates were higher than those described in general population. Compared to other international studies, prevalence estimates were also higher among our sample.

Conclusions This study shows for the first time data of these three psychiatric disorders among medical students in Spain. It suggests the urge to implementing preventive activities to alleviate maladaptive behaviors, academic stress, improve the quality of life and adaptation of students to college life. Larger, prospective, multi-centre studies are needed to draw conclusions about the causes and consequences of students' stress, since evidence shows that mental health problems are perpetuated throughout professional performance.

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EW0543

Risk of suicide mortality among cancer patients: A meta-analysis of observational studies

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