

candidates to recognize early anorexia symptoms and prevent to express them.

## P281

The assessment of hair trace elements level in the early onset of anorexia

R.W. Wojciak, Z. Krejpcio, D. Olejnik. *Department of Human Nutrition and Hygiene, August Cieszkowski Agricultural University of Poznan, Poznan, Poland*

Anorexia behaviours, without complete typical symptoms of anorexia nervosa, are becoming more often and often common reaction to stress in young women. Some authors are in the opinion that even in early onset of anorexia may diagnose micronutrient deficiency. Hair are simple diagnostic material to assess trace elements status. The occurrence of anorexia behaviours was assessed by Eating Disorders Questionnaire based on DSM-IV and adapted to the Polish conditions. The questionnaire was fulfilled by 73 women aged 22–24 years. About 30% of subjects showed anorexia behaviours (AN Group). Rest of the women created control group (CON Group). In the both of groups calcium, magnesium, zinc, copper and iron were measured by FAAS method. However, there were no significant differences between analysed groups in the hair calcium, magnesium and iron (respectively mean: 1900, 66, 30 µg/g); the level of hair zinc ( $p < 0.001$ ) and hair copper ( $p < 0.05$ ) was significantly higher in the CON Group than in the AN Group (respectively mean: Zn – 251 vs. 194 µg/g and Cu: 15 vs. 12 µg/g). These results confirm opinion about fast decreasing of some micronutrient during fasting. Zinc is very important trace elements have a great importance in the protein synthesis such as neurohormones, and the low level of this element could fortify appetite deficiency.

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## Poster Session 1: ALCOHOLISM AND OTHER ADDICTIONS

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### P282

Effectiveness of daily outpatient alcohol detoxification by an Irish public psychiatric hospital

V.O. Agyapong<sup>1</sup>, J. Benbow<sup>1</sup>, R. Browne<sup>2</sup>. <sup>1</sup>*Department of Psychiatry, Connolly Hospital, Dublin, Ireland* <sup>2</sup>*Department of Psychiatry, St Brendan's Hospital, Dublin, Ireland*

**Background and aim:** The Irish are amongst the highest consumers of alcohol in Europe. This study aimed to assess the effectiveness of daily outpatient alcohol detoxification in an Irish Public Psychiatric Hospital.

**Method:** The outpatient records of patients presenting to St Brendan's Hospital in one year with symptoms of Alcohol Dependency Syndrome (ADS) and commencing daily outpatient detoxification were examined retrospectively for parameters relevant to the aim of the study.

**Results:** Forty patients underwent outpatient alcohol detoxification in one year and complete records were available for 32 patients. 20 patients had fixed addresses in the hospital catchments areas, 8 patients had no fixed addresses and the remaining 4 patients had addresses outside the catchments areas. 7 patients, all known to sector services, presented with a co-morbid psychiatric condition. For the detoxification, 28 patients attended on the second day whilst 22

patients attended their third day's appointment. Only 17 patients completed the outpatient detoxification. 13 patients received at least two outpatient detoxifications during the year; of whom 7 patients received their second detoxification within two months of the first one. The record of 20 patients showed that they had received advice regarding self-referral to counselling services.

**Conclusion:** A high proportion of patients (47%) presenting with symptoms of ADS did not complete daily outpatient detoxifications. A high proportion of all patients (40.6%) also underwent multiple outpatient detoxifications during the year. It is possible that the separation between alcohol detoxification and alcohol counselling services in Ireland contributed to these disappointing results.

### P283

A baseline audit of opiate substitution therapy and 12-week retention in treatment

A. Akioye<sup>1</sup>, R. Cohen<sup>2</sup>. <sup>1</sup>*Rrincess Royal Hospital, Haywards Heath, Mid-Sussex, United Kingdom* <sup>2</sup>*Redbridge Drug and Alcohol Service, Ilford, Essex, United Kingdom*

**Background:** The National Treatment Agency has set 12-week retention as an outcome measure for the treatment of opiate addiction. Both methadone and buprenorphine show research evidence of efficacy in this condition. To ensure that these medications are being used optimally, we performed a baseline audit in two drug treatment services in North East London with a view to identifying potential improvements in service delivery.

**Method:** Prescriptions for patients being treated for opiate addiction have been generated from a computerised system since April 2004. We obtained a list of all prescriptions generated between April 2004 and August 2005. As well as demographic data, we noted what medication had been prescribed, the daily dose at stabilisation, and whether the patient was still in treatment at 12 weeks.

**Results:** 214 patients received 226 episodes of treatment. 114 episodes involved treatment with methadone, 112 with buprenorphine. 69% of episodes in which a patient was treated with methadone (mean daily dose 51mg) were associated with still being in treatment at 12 weeks; the figure for buprenorphine was 43%, with a mean daily dose of 11mg.

**Conclusion:** Methadone currently seems to be associated with better retention than buprenorphine, though some guidelines suggest that the dose of buprenorphine is too low. Other guidelines suggest that increasing the dose of methadone has potential for a small additional improvement in retention. We aim to get daily doses of methadone to a mean of 60mg, buprenorphine to 16mg, and will re-audit.

### P284

Pathological gambling - Case series

S. Alcaz, S. Vucetic, G. Popadic. *Day Hospital, Institute for Addictions, Belgrade, Serbia*

We are presenting a retrospective study of case series of patients with a DSM IV diagnosis of pathological gambling, treated during 2006 in our institute (n=10; male=9, female=1; mean age=35 years).

The youngest patient (20 years) was addicted to video games, two were addicted to poker machines, three to betting (football) and the rest had variations of a combined addiction (card games, lotto, roulette, poker machines, betting); all subjects were addicted to nicotine. The mean duration of pathological gambling was 11.5 years, with mean onset at 23.4 years of age.