

## EPV0138

**Fitness to work decision for bipolar disorder patients : about 4 cases**

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**Introduction:** Bipolar disorder or manic-depressive psychosis is a severe recurrent psychiatric disorder that, if left untreated, can lead to severe social harm, disability and neurotrophic changes in the brain. However, social and psychological factors play a key role in the onset and progression of the disorder. Therefore, a bio-psycho-social therapeutic approach in the form of an integrated model of “Collaborative Care” is recommended.

**Objectives:** Determining the main factors interfering with the decision of fitness to work in bipolar disorders according to work requirements.

**Methods:** Clinical cases including health professionals (HP) was carried out. Cases were examined at a specialized occupational health Clinics including HP between 2018 and 2022. Data was collected from medical records and by questioning patients directly in case of missing data.

**Results:** Four HP were included in the study. All suffering from bipolar disorder. The average age was 37 years [28,49]. All were women. Two were divorced and one single. Two anesthesia technicians, a nurse and a cleaner. Two were smokers. Two were transferred to another department because non psycho-education of colleagues at work, dealing with patients, verbal and physical aggressiveness and cognitive disorders. The two anesthesia technicians were judged unfit for work because of their work responsibility and the need for the integrity of all cognitive faculties in the workplace.

**Conclusions:** In order to decide the fitness to work, occupational physician must consider both bipolar disorder impact and workplace exigency. The adequacy between disease stability and others security is iteratively revised.

**Disclosure of Interest:** None Declared

**Child and Adolescent Psychiatry**

## EPV0139

**Clinical characteristics and functional improvement of patients admitted to a Child and Adolescent Autism Spectrum Disorders (ASD) Day Therapeutic Unit**

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**Introduction:** The ASD Day Therapeutic Unit of the HUMT is an interdisciplinary reference center specialized in ASD, for the care of

children and adolescents with this pathology, that offers care by programs with the aim of achieving functionality altered.

**Objectives:** The main objective of this study is to know the clinical characteristics of the patients admitted to our center and to offer preliminary data on the functional improvement achieved in a pilot program that works by processes.

**Methods:** This is a prospective clinical study of patients with ASD, treated at the ASD Day Therapeutic Unit of the Hospital Universitario Mutua Terrassa (HUMT), since february 2022 till nowadays. We compare the clinical improvement and functionality acquired through the evaluation through various scales: Conners scale, SRS, BRIEF and CBCL.

**Results:** Our sample is made up of 19 patients with ASD who are admitted to the HUMT ASD Day Hospital. 13 belonged to the intensive care program, 5 to recovery of low-functioning functionality, and 1 to the differential diagnosis program. 84.21% (n=16) have preserved cognitive capacity. The median age is 13.1 years. 73.7% of the sample are men.

We observed that 89% of patients admitted to our unit presented comorbid symptoms with ADHD. more than 78.9% present isolation, anxiety/depression, altered thinking and attention difficulties. 13/19 present a SEVERE RANGE of affectation upon admission, in social area. Facing discharge, the CBCL shows us a general improvement in behavior and comorbidity in the total scale. The SRS shows us an improvement in social awareness, social communication, social motivation, repetitive behavior and stereotypes and in the total score.

**Conclusions:** Specific interventions in social skills, autonomy, social understanding, daily routines, and sensory integration in patients with ASD improve core symptoms, as well as associated behavior.

Specific interventions and working on social relationships during admission improve comorbidity derived from ASD.

More studies are needed to specify the most efficient interventions to improve the quality of life in children and teenagers with ASD.

**Disclosure of Interest:** None Declared

## EPV0140

**The impact of restrictions due to covid-19 on mental health of adolescents including the incidence of the social anxiety disorder and progression of already existing social anxiety symptoms**

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**Introduction:** The Covid-19 pandemic has brought many changes to everyday life of adolescents. The purpose of this study is to evaluate the impact of restrictions due to Covid-19 pandemic on the mental health of adolescents: changes in everyday life that can potentially have an impact on their mental health, the prevalence and worsening of social anxiety symptoms and consequent depression symptoms

**Objectives:** To evaluate the impact of restrictions due to Covid-19 pandemic on the mental health of adolescents: changes in everyday life that can potentially have an impact on their mental health, the prevalence and worsening of social anxiety symptoms and consequent depression symptoms