Introduction: Akathisia is a relatively common adverse effect of antipsychotics although some second-generation antipsychotics are known to have a lower liability for the condition. The core feature of akathisia is mental unease characterized by a sense of agitation, usually accompanied by motor restlessness, which can cause patients to pace up and down and be unable to stay seated for more than a short time. An association between this discomfiting subjective experience and suicidal ideation has been postulated but remains uncertain.
Objectives: Our aim is to perform a non-systematic review of the literature regarding the current understanding of antipsychotic-induced akathisia and its management.
Methods: A semi-structured review was conducted on Pubmed concerning the relationship between akathisia and antipsychotics.
Results: All antipsychotics drugs can cause akathisia. The management of antipsychotic-induced akathisia should include a dose reduction of the antipsychotic treatment or a switch to quetiapine or olanzapine. If ineffective, a trial with propranolol may be useful as well as the addition of a 5-HT_{2A} antagonist like mirtazapine or mianserine. At last the inclusion of a benzodiazepine may be helpful albeit the risk of dependence and anticholinergics mainly when other extrapyramidal symptoms are present.
Conclusions: High-dose antipsychotic medication, antipsychotic polypharmacy and rapid increase in antipsychotic dosage should be avoided to prevent akathisia. There is limited evidence for any pharmacological treatment for akathisia such as switching to an antipsychotic medication with a lower liability for the condition, or adding a beta-adrenergic blocker, a 5-HT_{2A} antagonist or an anticholinergic agent although some patients may benefit from such interventions.

Keywords: Akathisia; Antipsychotics; extrapyramidal; Anxiety

EPP1054

Quincke-edema induced by chlorpromazine: About two cases.

S. Brahim[1]*, W. Bouali[2], M. Henia[2], A. Abid[3] and L. Zarrouk[2]

[1]Psychiatry, University Hospital of Mahdia, Tunisia., chebba, Tunisia; [2]Department Of Psychiatry, University Hospital Of Mahdia, Tunisia., Psychiatry, Mahdia, Tunisia and [3]Anesthesia, University Hospital of Mahdia, Tunisia., mahdia, Tunisia

*Corresponding author.
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Introduction: Quincke-edema has been specifically associated with using certain drugs including chlorpromazine as detailed through two clinical cases.
Objectives: Illustration of two clinical cases about angioedema induced by Chlorpromazine.
Methods: We reviewed clinical data from two patients who committed a suicide attempt and then transferred to the psychiatry department after their somatic stabilization: the first was 27-year-old followed in psychiatry since childhood for intellectual deficiency and admitted to the emergency department for the suicide attempt by taking 14 tablets of chlorpromazine 100 mg and the second was a 20-year-old patient, admitted to the emergency department for suicide attempt by Raticid.
Results: The first patient presented a delusional persecution-themed syndrome with auditory hallucinations. Therefore, he was initially put on injectable treatment with Haloperidol 15mg and Diazepam 30mg then oral relay after 48h by Risperidone 4 mg and Chlorpromazine 200 mg. On the fourthday of his hospitalization, he presented a Quincke edema without laryngeal impairment. We stopped chlorpromazine and eliminated the other causes of this edema, resulting in a gradual regression of symptomatology. The second patient was put on chlorpromazine. On the second day, the patient presented a Quincke edema without laryngeal impairment. Somatic examination and biological exploration did not reveal any abnormalities. We stopped chlorpromazine and put the patient on Dexamethasone 3 days in a row resulting in a good outcome.
Conclusions: These two cases identified a Quincke-edema reaction associated with the use of Chlorpromazine, this complication can lead to life-threatening manifestations and warrants greater awareness of the potential for recurrence.

Keywords: chlorpromazine; clinical case; Pharmacology; Quincke-edema

EPP1055

Clozapine-associated eosinophilia with multiple systemic involvement - case report and review of literature

I. Orlović[1]*, T. Sugnet[1], M. Peco[1], V. Golubić Zatezalo[1], H. Karlica[2] and D. Karlović[1]

[1]Department Of Psychiatry, Sestre Milosrdnice University Hospital Center, Zagreb, Croatia and [2]Department Of Psychiatry, University Hospital Center Split, Split, Croatia

*Corresponding author.
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Introduction: Due to its mood-stabilizing properties, clozapine is known for reducing symptom severity in manic episodes of treatment-resistant bipolar disorder as well as in treatment-resistant schizophrenia. However, its use may be hindered by potential adverse effects, including hematologic ones, such as non-dose-dependent eosinophilia. The mechanism of the underlying process probably involves a type-I hypersensitivity reaction, which can manifest as either transient asymptomatic eosinophilia or as eosinophilia with multiorgan dysfunction.
Objectives: We present the case of a patient diagnosed with manic episode of schizoaffective disorder who developed eosinophilia, with severe systemic manifestations, in response to clozapine therapy. A review of literature will be conducted in order to provide further insight into the phenomenon.
Methods: Case report and literature review.
Results: The incidence of eosinophilia reported in literature ranges between 0.2% and 62%, with its appearance about three weeks after clozapine initiation. Although clozapine is an antipsychotic that normally requires frequent monitoring due to the potential side effect of agranulocytosis, we would like to place emphasis on the possible risk of eosinophilia, in connection with potential fatal complications. As described in this report, eosinophilia could long remain unrecognized due to subsequent multiorgan involvement, including lymphadenopathy, leukocytosis, lymphopenia, anemia, liver enzyme elevations, as well as pleural effusion, all of which were described in our patient.
Conclusions: Clozapine-associated eosinophilia may be used as an early marker of possible clozapine-induced systemic complications

and it may warrant prompt discontinuation of the causing drug, as suggested by the literature.

Keywords: clozapine; eosinophilia; multiorgan dysfunction

EPP1056

Psychedelics: A new era of treatment?

S. Torres

Psychiatry And Mental Health Department, Centro Hospitalar Barreiro-Montijo, Barreiro, Portugal
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Introduction: Psychedelics - including LSD (lysergic acid diethylamide), psilocybin, DMT (N, N-dimethyltryptamine), ayahuasca and mescaline - have an ancient history across various civilizations. In 1950, after LSD's discovery by Hofmann, psychedelics enjoyed a short-lived relationship with psychiatry, before prohibitive legislature emerging in response to the recreational use in the mid-1960s. However, the last decade has witnessed a renewed scientific interest in psychedelics - a phenomenon referred to as the 'Psychedelic Renaissance'.
Objectives: Review the pharmacology of psychedelic drugs and the latest evidence of its therapeutic potentials in anxiety, mood and addictive disorders.
Methods: Literature review performed on PubMed and Google Scholar databases, using the keywords "psychedelics", "hallucinogens", "d-lysergic acid diethylamide (LSD)", "psilocybin", "ayahuasca", "mescaline", "DMT (N,N-dimethyltryptamine)".
Results: The psychedelics or "classic hallucinogens" can be subdivided into three sub-classes: the plant-derived tryptamines (psilocybin and ibogaine) and phenethylamines (mescaline), and the semisynthetic ergolines (LSD). The therapeutic potentials are mediated by an agonist action on 5-HT2A receptors expressed in frontal and paralimbic structures involved in mood and emotion regulation, introspection, interoception and self-consciousness. Stimulation of 5-HT2ARincreases the glutamatergic tone and neuroplasticity and is accompanied by reduced amygdala activity, reducing anxiety. Experimental, open-label, and RCTs showed anxiolytic, antidepressive, and antiaddictive effects with psychedelics. As examples, psilocybin and LSD reduced anxiety and depression in cancer patients and symptoms of alcohol and tobacco dependence, and ayahuasca reduced depression in treatment-resistant depression.
Conclusions: Despite the promising effects of psychedelics on anxiety, depression and addiction, the evidence is still preliminary, waiting for long-term studies with bigger samples.

Conflict of interest: No significant relationships.

EPP1057

Lithium monitoring in clinical practice

E. Sciberras*, A. Bellizzi, L. Rapa, C. Vassallo and A. Grech

Psychiatry, Mount Carmel Hospital, Attard, Malta
*Corresponding author.
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Introduction: Lithium is widely used for the treatment of bipolar disorder. Owing to its narrow therapeutic index and side-effect profile, regular monitoring is recommended by all major guidelines on lithium use.
Objectives: The aim of this study was to determine whether routine lithium monitoring practice at the local mental hospital in Malta reaches the standard set by the most recent NICE guidelines (NICE, 2014a).
Methods: All patients on lithium maintenance treatment for bipolar disorder at the local Mental Hospital were included. Blood tests within the last one year were collected using iSOFT clinical manager (iCM). After the first audit cycle, a lithium monitoring sheet was created in accordance with the NICE guideline and after 6 months of implementation, the second audit cycle was conducuted.
Results: In the first cycle, 28 patients met the NICE criteria for increased risk of toxicity and have a recommended testing frequency for lithium levels of every 3 months. However, only 1 patient was observed to meet this criteria. When assessing the last lithium level only 35.7% were within 0.4-0.8 mmol/L. In the second audit cycle, 28 patients met the NICE criteria for increased risk of toxicity and have a recommended testing frequency for lithium levels of every 3 months. Almost half of the patients (12 patients, 42%) were to observed to meet this criteria. When assessing the last lithium level, 50% were within 0.4-0.8 mmol/L
Conclusions: After the introduction of the lithium monitoring sheet, monitoring improved substantially especially in high risk patients. Moreover, the majority of test results for lithium levels were within the therapeutic range.

Keywords: lithium; monitoring; Psychopharmacology; bipolar disorder

EPP1058

Benzodiazepine prescribing in tunisia: A study about psychiatrists prescribing habits

M. Lagha*, U. Ouali and F. Nacef

Department Of Psychiatry A, Razi hospital, Manouba, Tunisia
*Corresponding author.
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Introduction: Benzodiazepines (BZDs) are psychotropic drugs that are predominantly prescribed in psychiatry and that can have serious side effects. BZDs prescribing is well codified by several guidelines, yet the epidemiological data on their prescribing remains alarming.
Objectives: Our study aimed to evaluate the general modalities of BZDs prescribing in psychiatry in Tunisia.
Methods: This is a descriptive cross-sectional study conducted through a Google-forms self-administered questionnaire, intended for psychiatrists and psychiatric residents, over a period of two months, from April 1 to May 31, 2019.
Results: One hundred physicians practicing in psychiatry answered our questionnaire. The response rate was 28%. The purpose of treatment with BZDs was explained to the patient at its initiation in 98.2% of cases and the risks associated with it in 87.7% of cases. Special precautions were taken in elderly patients (96.5%), at risk of respiratory failure (94.7%), and in cases of personality disorders (80.7%). Only three quarters of physicians took precautions before prescribing BZDs to a pregnant woman (77.9%). In cases of rebellious or refractory symptoms, 14.4% of the participants stated that they combine two BZDs. Before reproducing/repeating a BZD