

EV0608

A qualitative study of attitude towards people with mental illness among nurses in Saudi Arabia

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Introduction Nurses are the most important contributor of care during patients' hospitalization and have become an important source in the delivery of mental health care. However, the attitudes and ability of many nurses in providing this care have been shown to be deprived, and this may have a negative effect on providing patients' care. There is a little is known about the attitude of nurses toward people with mental illness in Saudi Arabia.

Objective This study has a qualitative research design. The main aim of this study is to explore the attitude of nurses toward people with mental illness in Saudi Arabia.

Method Data were collected through semi-structured fact to face interviews with nurses. Thematic analysis was used for data analysis.

Results Data analysis identified three main themes that affect nurses' attitude toward people with mental illness. The identified themes are: 1) personal factors, 2) social factors, and 3) factors related to the view of mental illness.

Conclusion This study concluded that there are a number of factors that affect nurses' attitude toward people with mental illness. Several recommendations were discussed related to nurses' education, continuous mental health training courses, public education about mental health and mental health nursing, and mental health care and resources.

Keywords Nurses; Attitude; Mental illness; Qualitative; Saudi Arabia

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EV0609

Nursing practice in mental health at family health strategy

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The nurse practice model at the family health strategy is characterized by direct involvement in the patient's health-disease recovery process, deconstruction of social stigma involving mental health disorders, and the restoration of patient autonomy their social ties. This descriptive study follows a qualitative approach to document and analyse practices performed by mental health nurses at the family health strategy (FHS) in Rio das Ostras, Brazil. The study identifies practices implemented by Mental Health Nurses at FHS and the nurses' own reflection and analysis on these mental health practices. Data was collected through semi-structured interviews. All interviewed nurses had worked in the primary mental health care for at least one year at the FHS units in Rio das Ostras. Data was analysed, grouped, and coded according to two categories: 1) The nurses' professional practices in mental health at the FHS, and 2) The nurses' view on mental health practices at the FHS. Results show that the main activities in mental health at FHS involve working with the matricial team, continuing education, reception, home visits, referrals, therapeutic workshops and community therapy.

Nurse perspectives on professional practices involve prevention, establishment of bonds with patient, and nurses' training to deliver care to patients who are suffering. The bond with and care for the patient, family and community, is one of the FHS differentiators. In that vein, the study looks at the link between health care delivery, territory and population attended. The health care based on territoriality, allows increased patient and family confidence.

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EV0610

Community mental health services in the eyes of community mental health centers staff

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Introduction Community mental health centers (CMHC) are established for providing services to individuals with serious mental illness. In these centers, individual's need of treatment and care are expected to be met with a mental illness in the community as possible. The process of community mental health service creation in Turkey is relatively new and gaining popularity in last 7–8 years. First CMHC was established in 2008. After this date CMHCs' have been opened and the target of 2016 is reaching across 236 CMHC in Turkey.

Objectives In this context, this study aims to provide views of psychiatrists, nurses, social workers, psychologists and occupational therapists who work in CMHC for the services that provided to individuals in these CMHC's and learn how to define their professional roles and responsibilities in CMHC.

Methods This paper used qualitative research design. Data was collected from 7 CMHC in Ankara through in-depth interviews with a total of 30 people consisting of psychiatrists, nurses, social workers, psychologists and occupational therapists.

Results The participants look positively about given services, however, financial pressure in the creation process of services, problems in employee personal rights and lack of policies and services related to mental health forced employee and reduce the quality of services provided.

Conclusions Through understanding perspectives of the professional staff toward community-based services will help to determine current problems in CMHC for policy makers.

Keywords Community mental health centers; Professionals; Community based mental health

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EV0611

Comparing the educational impact of simulation training to role play and didactic teaching for integrating mental and physical healthcare

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Introduction Addressing the interaction between mental and physical health to provide more integrated healthcare has been highlighted as an international priority for health and education systems. Educational interventions focusing on multi-disciplinary, interprofessional approaches to integrated mental and physical

healthcare are an essential part of transforming health systems. Simulation training is one tool by which such training can be delivered, in contrast to traditional teaching methods. However, simulation training can be high-cost and clarity over the impact is required.

Aim To compare simulation training for integrating mental and physical health to role-play and didactic teaching, on their effect on confidence, knowledge, and attitudes of participants.

Methods Participants in simulation training ($n = 24$) and role play plus didactic teaching ($n = 87$) both completed self-report measures of confidence and knowledge in working with mental and physical health needs, as well as the Readiness for interprofessional learning scale (RIPLS) collecting attitudes towards interprofessional collaboration. All participants also completed post-course qualitative feedback form with open questions.

Results T-tests found statistically significant increases in confidence and knowledge following both educational interventions. T-tests showed statistically significant increases in attitudes to interprofessional collaboration (RIPLS) following simulation training, while there were no statistically significant changes after role-play and didactic teaching. Thematic analyses of post-course open questions demonstrated differing learning outcomes.

Conclusions Simulation training appears to have a different and beneficial impact to role play and didactic teaching alone, when training participants on integrating mental and physical health.

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EV0612

Mental health simulation training in psychiatric skills for police and ambulance service personnel

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Introduction UK healthcare policy has highlighted a shift in mental health services from hospital to community, stressing the importance of training for professions not traditionally associated with healthcare. Recommendations have been made to introduce training for the police force designed with experts. Similarly, the value of further training for ambulance clinicians in assessing mental health, capacity, and understanding legislation has been highlighted.

Aims To investigate the effect of simulation training on the confidence, knowledge, and human factors skills of police and ambulance service personnel in working with people experiencing mental health conditions.

Methods On completion of data collection from 14 training courses, approximately 90 police and 90 ambulance personnel ($n = 180$) will have completed the human factors skills for healthcare instrument, confidence and knowledge self-report measures, and post-course qualitative evaluation forms. A version of the hfshi for non-clinical professions will hopefully be validated following data collection. Results will also be compared by profession.

Results Analyses have not been fully completed, although preliminary statistical analyses demonstrate promising findings, with increases post-course for human factors skills, confidence and knowledge. Furthermore, qualitative feedback initially illustrates valuable learning outcomes and interesting findings from comparisons by professions.

Conclusions Mental health simulation training appears to have a promising impact on the confidence, knowledge, and human factors skills of police and ambulance personnel for working with people experiencing mental health conditions.

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EV0613

A Proposal of an innovative program for informal caregivers of patients with mood disorders

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Introduction Intervention with informal caregivers (IC) of psychiatric patients is internationally recognized as relevant and a priority. However, the existing responses in this area are still insufficient, especially regarding caregivers of individuals with mood disorders (MD). Mindfulness and compassion focused therapy have proven to be an effective approach in stress reduction and in improving emotional and social well-being of caregivers of patients with other conditions. However, no studies testing these new approaches in IC of patients with MD have been carried out. The objective of this work is to present a research project that aims to develop, implement and empirically test the effectiveness of an innovative group program to help informal caregivers of individuals with mood disorders to cope with the negative impact of the disease and reduce caregiver burdens.

Methods The design of this experimental study to test the program's efficacy is a non-randomised controlled trial (nrct) with 12 months follow-up, with a mixed assessment methodology (quantitative and qualitative analysis). A sample of 60 informal caregivers of individuals with chronic MD will be constituted ($n = 30$ Control group; $n = 30$ Experimental group).

Results We expect the program to promote significant changes in participants in terms of several emotional variables (eg: burden, stress, resilience, compassion and quality of life).

Conclusions Further efforts to continue studying the impact of interventions in caregivers should be carried out, as a way to improve the quality of life of caregivers and their ability to provide informal care to MD patients.

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EV0614

Help-seeking for sleep problems among psychiatric outpatients

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Introduction Though sleep disturbances are common among psychiatric patients, some patients may trivialize their problem and not discuss it with their doctors. This study thus aimed to assess patient profile that is associated with help seeking for sleep problems among psychiatric patients.

Methods Outpatients from a tertiary psychiatric hospital were recruited for this study ($n = 400$). The pittsburgh sleep quality index was administered to identify cases of probable insomnia, and daytime impairment due to sleep disturbances was recorded. Participants were asked if they have ever consulted a doctor or any health professionals for their sleep problems. Sociodemographic information was recorded and clinical profile was obtained