

inclusion. In this regard, policies and interventions require deep reflections on how best to balance opportunities and adversities, and sustain resilience to cope both with the present and future.

430 - Burnout and Negative Stereotypes: How They affect the Quality of Life of Professionals working in Nursing Homes.

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Introduction

The quality of life (QoL) of professionals working in nursing homes is often impaired by the stress that they experience daily. This sustained stress is known as burnout. A syndrome that ends up negatively affecting all areas of life and decreasing their quality of life. Negative stereotypes can alter how professionals perceive older adults. The literature has supported the relationship between high levels of burnout and negative stereotyping. These may moderate the impact of stress as a function of how they perceive stressors as reported by Lazarus and Folkman (1984).

Objective

This study aimed to analyze how burnout affects professionals' quality of life and how this relationship is moderated by their stereotypes towards the residents. The sample included 312 professionals working in nursing homes. Quality of life (QPL-35), burnout (MBI) and negative stereotypes towards older adults' health, motivation and personality (CENVE) were measured. To analyze the data, we performed linear regression models.

Results:

We found a negative relationship between burnout and quality of life ($p < 0.001$; $R^2 = 0.47$). The results of the moderation analysis show that they are significant regarding total stereotypes variable (M1: $b = 0.10$, $SE = 0.04$, $t = 2.18$, $p = 0.03$), the health subscale (M2: $b = 0.14$, $SE = 0.04$, $t = 3.11$, $p < 0.001$) and the social-motivation subscale (M3: $b = 0.09$, $SE = 0.05$, $t = 1.79$, $p = 0.07$). In contrast, character-personality subscale did not show any significant moderation (M4: $b = 0.06$, $SE = 0.05$, $t = 1.25$, $p = 0.21$).

Conclusion:

These results reflect the importance of investigating the role of stereotypes and their relationship with professionals' quality of life and burnout. Future intervention programs that aim to prevent negative stereotypes are needed not only to improve residents' quality of life, but also for professionals wellbeing and quality of life.

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431 - Establishing a Canadian National ECHO Educational Program focused on Mental Health of Older Adults

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Background

Project ECHO is a virtual, case-based capacity-building education program for healthcare providers. It was developed in New Mexico, USA but, due to its effectiveness, the model has now spread to 40