

basis of positive emotions. COGNITIVE - understanding (awareness) of one's own capabilities for solving a problem. OPERATIONAL - solving a problem based on an assessment of the "I" and an understanding of their capabilities.

Conclusions: The identification of three stages of the formation of reflexive skills, as prevention of adolescent suicide, makes it possible to develop an effective training program for adolescents at risk in the Centers for psychiatric and psychological assistance.

Disclosure: No significant relationships.

Keywords: reflection; Suicide; teenagers

EPV1588

Ingestion of Alcohol-Based Hand Sanitizer: A case report

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Introduction: Alcohol-based hand sanitizers containing ethanol or isopropanol are being used in order to prevent person-to-person transmission during the COVID-19. Early signs and symptoms of this ingestion include nausea, vomiting, headache, abdominal pain, blurred vision, loss of coordination, and decreased level of consciousness. After hand sanitizer ingestion we have to suspect about methanol poisoning, monitoring the start of anion-gap metabolic acidosis, seizures, and blindness is essential. Treatment includes supportive care, acidosis correction, and the administration of an alcohol dehydrogenase inhibitor. In severe cases hemodialysis may be required.

Objectives: To present a case of an 29-year-old woman who was taken to the emergency department after voluntary ingestion of alcohol-based hand sanitizer in a suicide attempt. To describe the most common side effects of hand sanitizer ingestion and the literature review.

Methods: Clinical case presentation and literature review of similar cases.

Results: A 29-year-old woman, with diagnosis of borderline personality disorder and previous suicide attempts was taken to the emergency department after 3 hours of voluntary ingestion of an unknown quantity of alcohol-based hand sanitizer. Initial laboratory findings showed laboratory a blood methanol concentration of 66 mg/dL, with an anion gap of 30 mEq/L, arterial blood pH of 7.2, serum bicarbonate concentration of 12 mEq/L. Patient complained of abdominal pain and nervousness.

Conclusions: Most common signs and symptoms of alcohol-based hand sanitizer ingestion include nausea, vomiting, headache, abdominal pain, blurred vision, loss of coordination, and decreased level of consciousness. Treatment includes supportive care, acidosis correction, the administration of an alcohol dehydrogenase inhibitor and sometimes may be required.

Disclosure: No significant relationships.

Keywords: hand sanitizer; ingestion; emergency; Suicide

EPV1589

Specialized Treatment applied for suicide prevention

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Introduction: Suicide can be defined as a deliberate act performed by the individual, whose intention is the death, in a conscious, intentional, even if ambivalent way, using a means that he believes to be lethal. They are also part of what we usually call suicidal behavior: thoughts, plans and attempted suicide.

Objectives: Prevention is a critical step in treating suicidal behavior. Create strategies to reduce and treat the ideation, planning and suicide attempt.

Methods: Based on a large increase in the number of people who present ideas, plan and attempt suicide, the Clinic created techniques for the treatment of inpatients: Life Appreciation Group, Groups applying Cognitive Behavioral Therapy, Group Dynamics, Lectures, Art Therapy and Physical activities.

Results: The actions are developed by a multidisciplinary team that is divided by applying the various techniques and participating in all the proposed activities.

Conclusions: Patients who remained hospitalized fully complying with the suggested treatment and left with medical discharge had full benefit, unlike some cases of patients removed by the family against our indication.

Disclosure: No significant relationships.

EPV1590

Incidence rates of suicide attempts and self-harm in Europe. What can we learn? A systematic review and meta-analysis

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Introduction: Definitions used for suicide attempts and self-harm have been discussed for many years and is used differently in European countries, sometimes even interchangeably. Therefore, it is difficult to compare relevant rates across nations.

Objectives: This study aims at estimating the rate of suicide attempts and self-harm in chosen European countries in the more recent years when distinguishing between applied definitions.

Methods: A systematic search for relevant articles published between 2010-2020 will be performed in databases such as PubMed, Embase, PsycINFO, and Web of Science. Only articles in English or Danish will be included. Data will be collected for all age groups above 15 years of age. The prevalence of suicide attempts and self-harm will be calculated by a random effect model. Subgroup analyses will be performed to compare the rates according to age.

Results: from the performed systematic review and meta-study will be presented at the conference.