

even though they are more likely to be a victim of violence themselves. This attitude, reinforced by media coverage and observed also among health care workers, results in unwillingness to have any relations with mental patients due to fear of them being aggressive. Connection between physical well-being and mental health is well known. Physical therapists have necessary knowledge and skills to support development of individual independence, anxiety management and lifestyle control in order to keep patients healthier. It can be done by specially designed treatment programmes consisting of exercises, manual techniques and physical medicine procedures. Lack of understanding of this valuable connection results in insufficient emphasis on the presence of physiotherapist in the multidisciplinary therapeutic team on psychiatric wards nationwide. The study focuses on summary of the current situation in Poland and starts discussion on possible areas of improvements. *Disclosure of interest* The authors have not supplied their declaration of competing interest.

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EV804

Experience of burnout syndrome in resident physicians

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Medical residents, as a population that is in formation and that represents the workforce in public hospitals, are in a particularly vulnerable situation for the development of burnout syndrome (BOS), defined as a psychosocial disease in response to chronic stress in the work environment. This study analyzed the impact of BOS on a personal level, residents' ways of coping, and the perceived needs to prevent it.

Objectives To analyze the experience of BOS in medical residents of Mexico City.

Methods Qualitative design with a phenomenological approach. Semi-structured interviews were conducted. Participants were medical residents in training who agreed to participate. Data analysis was based meaning categorization and condensation, as well as some elements of discourse analysis.

Results We had interviews with residents of gynaecology, otorhinolaryngology, family medicine and psychiatry. We have found that there are some specific aspects that contribute to the development BOS:

- the hidden curriculum that has become evident through unnecessary punishments;
- various roles to be met simultaneously by residents;
- the basic needs like sleeping and eating right are not being met due to excessive workload.
- impact in general health.

Conclusions It is necessary to make visible the complexity of the BOS and its impact on trainees to prevent deterioration in the quality of life and overall health status. It would be to achieve the satisfaction of basic needs as essential conditions for physical and mental well-being of all human beings, and more so for those whose task is to contribute to the health of others.

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Mental health policies

EV805

Improving Ghana's mental health care through task shifting – psychiatrists and health policy directors views

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Background Currently, Ghana has only twelfth psychiatrists in active service providing for the mental health needs of a population of nearly 25 million people. Ghana has therefore adopted a system of task-shifting to address the critical shortage of psychiatrists.

Aim To examine the perception of psychiatrists and health policy directors about the government's policy to expand mental health care delivery in Ghana through a system of task-shifting from psychiatrists to community mental health workers (CMHWs).

Methods A self-administered semi-structured questionnaire was developed and administered to 11 psychiatrists and 29 health policy directors.

Results Only one psychiatrist and 3 (10.3%) health policy directors reported they were not aware of task-shifting within Ghana's mental health delivery system. Ten (91.1%) psychiatrists and 23 (79.3%) health policy directors were aware of a policy of the Government of Ghana to improve on the human resource base within mental health through a system task-shifting. Overall, 5 (45.5%) of the psychiatrists and 9 (31%) health policy directors perceived there are some resistance to the implementation of a policy of task shifting including resistance from traditional and spiritual healers, some psychiatrists, some community psychiatric nurses and psychologists. The majority of psychiatrists and health policy directors were of the view that CMHWs should be allowed to assess, diagnose and treat most of the common mental disorders.

Conclusion Psychiatrists and health policy directors in Ghana support Governments policy to expand on mental health care delivery through a system of task-shifting despite their knowledge of resistance from certain professionals.

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EV810

Mental health systems development in UAE

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Background This paper examines the historical development of mental health services in the UAE including formation of federal laws associated with mental health and ministerial decrees. It also discusses cultural considerations in mental health practice in a society that is highly pluralistic and populated mainly by foreigners. The sharia aspects of mental health are also addressed.

Aims The aims of the paper are to familiarize readers in above areas and encourage further work in the area of mental health in UAE.

Methods The research is based on literature review.