

factors. Identifying the genetic factors of resilience might help to stratify the risk and to develop precision medicine in psychiatry.

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Mental Health Policy

EPA NPAs Symposium: On the Transitional Period from Pandemic Times Towards 'New Normal': Experiences and Challenges in Different European Countries

JS0006

Practicing Psychiatry in the Transitional Period: Lessons Learnt and Issues of the Steps Towards the New Normal

M. Al-Uzri

The Royal College of Psychiatrists, International Team, London, United Kingdom

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The arrival of Covid-19 had huge impact on all aspects of life and psychiatry was no exception. Significant changes to mental health services were introduced to reduce the risk of infection among the inpatient population, patients in the community and in outpatients consultations. Use of virtual consultations in the community and stringent infection control in inpatient setting are examples of many. Those changes were associated with significant differences in patients' presentation and access to services. Multiple studies reported increased proportion of psychotic patients being admitted to inpatient care. However, there were no reports on increased suicide contrary to the expectation. This is despite increased reports of mental distress, depression, and anxiety in the wider population. These reports are consistent with our knowledge of mental health problems reported in times of wars and disasters. Hence, some of the learning from experience proved relevant when facing this pandemic. Unfortunately, Covid-19 continues to represent a challenge and relaxing of the restrictions introduced were short-lived with every variant reported. In addition, some of the changes adopted by mental health services proved to be innovative and more efficient way of delivering care in psychiatry. Therefore, the early indications suggest that some of those changes would become the new normal.

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JS0007

Education and Training in Psychiatry: Challenges and Consequences of the Last Two Years, Future Perspectives and Actions Needed

K. Başar

Psychiatric Association of Turkey, Department Of Psychiatry, Hacettepe University, Ankara, Turkey

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Pandemic-related extraordinary work burden on all healthcare professionals had a greater toll on younger colleagues, especially residents in diverse medical fields. Although psychiatry residents' degree of engagement in COVID-19 related services depends on the state's and institution's management of the crisis, it has often led to a significant interruption in the schedule of the training requirements. This interruption also was a consequence of the change in provision of the psychiatric services during the pandemic, such as a decrease in the size of the inpatient clinics, lower number of patients in the outpatient services, fewer ECT. These changes made it more difficult to fulfill the training requirement, which was adopted in some countries. Even when the tasks related to the training were accomplished the quality was difficult to determine. Furthermore, most of the educational activities were switched to online format due to pandemic-related precautions, a change that persists in some activities. Psychiatry education and training, not only postgraduate but also during medical school, requires observation and direct engagement. The switch from face-to-face to online in psychiatry training, including supervision, and service provision constituted a major challenge in psychiatry education. This required further adaptations by the teaching staff as well as the trainees, in their methods of teaching, learning, and interaction. The assessments of competencies presented another challenge for the psychiatry training. Despite all, the introduction of online education provided increased diversity in resources and in some situations increased access. Some challenges required modifications, whereas some beneficial changes are there to maintain.

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JS0008

Impact of the Pandemic on Psychiatric Research and Publications

P. Mohr

National Institute of Mental Health, Czech Republic, Nimh, Klecany, Czech Republic

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In addition to the global negative impact on mental health of general population, as well as psychiatric patients, Covid-19 pandemic affected significantly research. Initially, lockdowns and restrictions of human contacts temporarily disrupted clinical research activities, but the unprecedented health crisis also provided unique opportunity to study epidemiology of mental disorders, direct and indirect effects of the pandemic on psychiatric disorders, underlying pathophysiological mechanisms, or long-term neuropsychiatric consequences. Research has refocused now on better understanding of the causes, presentations, outcome trajectories, and therapy of mental illnesses. New research topics are followed by the surge in publications covering Covid-19 and mental health and/or psychiatric disorders and treatments. The impact of the pandemic on research and publications is also evidenced by the results of a survey among psychiatric researchers.

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