

and theatre techniques could be easily incorporated into psychiatry training and potentially other medical education programmes.

### Applying ethical dimensions in clinical dilemmas

Rachel Swain<sup>1\*</sup>, Kazeem Owudunni<sup>1</sup>, Graham Behr<sup>2</sup>, Jo Emmanuel<sup>2</sup> and Matt Malherbe<sup>2</sup>

<sup>1</sup>West London NHS Trust and <sup>2</sup>Central and North West London NHS Foundation Trust

\*Corresponding author.

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**Aims.** Central and North West London's Clinical Ethics Committee (CEC) offers a non-judgmental space to discuss ethical concerns and challenges and provide ethical guidance. This project aims to publicise these ethical dilemmas and guidance to inform decision making trust-wide.

**Background.** A Clinical Ethics Committee (CEC) encompasses a diverse range of figures, from psychiatrists and general practitioners to members of the clergy and experts by experience. The CEC in Central and North West London have been meeting regularly since 2003 to provide ethical assistance to a wide range of medical, surgical and psychiatric teams. Complex ethical cases are presented by the treating team, allowing a subsequent discussion of the ethical theories and frameworks within the case with the committee members. This synthesis of information can then assist the treating team in the shaping of ethical based solutions to their dilemmas.

The committee wished to encourage ethical based clinical thinking within the trust and enable others to learn from the valuable insights already provided by the CEC over the years.

**Method.** Case notes, recorded from the last 17 years of meetings of the Clinical Ethics Committee were reviewed. 98 cases were identified between 2003-2019. The contemporaneous case reports were then anonymised and indexed into one easy to use file. This file was published on the local intranet and publicised to staff.

**Result.** The cases were compiled into a PDF document which is available for all staff members within the trust on the intranet. This resource is open to all clinical staff, and serves the dual purpose of encouraging ethical-based thinking and also promoting the ethics committee to those who might be in need of assistance.

**Conclusion.** Clinical decisions can be complex and nuanced, often complicated by multiple viewpoints and ways of thinking. The database demonstrates the use of ethical dimensions by the ethics committee to inform decision making in a series of varied clinical and management dilemmas. The project required careful consideration around preservation of confidentiality as well as overcoming the logistical barriers of trust-wide dissemination. The result is a document that will allow ethical based decision-making to be embedded into everyday practice.

### Does attending psychiatry teaching lectures change attitude of medical students towards people with mental illness? A longitudinal survey from nepal

Suresh Thapaliya<sup>1\*</sup>, Shizu Singh<sup>2</sup>, Bharat Goit<sup>2</sup>, Sandesh Sawant<sup>2</sup> and Anoop Krishna Gupta<sup>2</sup>

<sup>1</sup>Kent and Medway NHS and Social Care Partnership Trust and

<sup>2</sup>National Medical College and Teaching Hospital

\*Corresponding author.

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**Aims.** The study aims to compare the attitude of early clinical year medical students towards people with mental illness at the

beginning and the end of their psychiatry teaching schedule. It hypothesizes that long exposure to psychiatry lectures can help to reduce the negative attitude.

**Background.** Health professionals are also known to harbour negative attitude towards people with mental illness. Reducing stigma among medical students is crucial to shape the attitude of future health professionals towards people with mental illness. However, the effect of Psychiatry training on the attitude of the medical students shows mixed results.

**Method.** It was a prospective longitudinal study conducted among fourth year medical students affiliated with a teaching hospital in Southern Nepal as an initiative to improve quality of Psychiatry training for medical students. The students who gave their consent for participation were assessed for their attitude at the beginning, after the first two introductory lectures and at the end of the Psychiatry lecture-based teaching schedule (36 two weekly lectures in 5 month period), using self-administered 16-item Mental Illness Clinician's Attitudes Scale (MICA-2) 'medical students version' questionnaire in English language. Permission was taken from the author of the study to use the scale. IRB approval was taken prior to the study.

**Result.** A total of 95 (approx. 67%) students participated in the study. At the first follow-up i.e. second week, (n = 85), there was no significant difference in negative attitude as assessed by MICA score (p = 0.47). However, at six months follow-up (n = 82), the negative attitude significantly differed compared to the baseline (p < 0.001).

**Conclusion.** While brief lectures about mental illness can provide some knowledge about mental illness, long term exposure to psychiatry lectures can reduce attitude of medical students on people with mental illness. Hence, it is also crucial to incorporate academic contents that reduce negative attitude about people with mental illness.

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### Attitude and knowledge about electroconvulsive therapy (ECT) among medical students in Nepal: a pilot survey

Suresh Thapaliya<sup>1\*</sup>, Shizu Singh<sup>2</sup>, Shuva Shrestha<sup>2</sup> and Anoop Krishna Gupta<sup>2</sup>

<sup>1</sup>Kent and Medway NHS and Social Care Partnership Trust and

<sup>2</sup>National Medical College and Teaching Hospital

\*Corresponding author.

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**Aims.** Electroconvulsive Therapy (ECT) is an important modality of treatment for treatment resistant psychiatric disorders. Young medical students like general public might harbor several misconceptions about ECT. In this pilot survey, we explored the knowledge and attitude about ECT amongst young medical students training in a medical college affiliated to a teaching hospital in Southern Nepal.

**Method.** A 23-item questionnaire in English language with either 'True' or 'False' response as outcome was developed by reviewing findings from previous studies. Brief information was also taken to record familiarity of medical students with ECT as a treatment procedure. The study was conducted as a departmental pilot survey for quality improvement of Psychiatry Undergraduate Training. A total of 128 medical students in early clinical year enrolled in MBBS curriculum at a teaching hospital in Southern Nepal participated in the survey. The students were not exposed