

non-nucleoside reverse transcriptase inhibitors are one of the two classes of antiviral drugs most frequently associated with neuropsychiatric complications.

Conclusions The occurrence of new-onset conditions related to ART makes it difficult to determine the association between psychiatric disorders and ART adverse effects, and given the fact that patients commit to lifelong therapy, as well as, they can diminish quality of life; it makes these assessment important in treating these conditions.

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EV0901

Sex differences in psychiatric inpatients: Demographics, psychiatric diagnoses and medical co-morbidities

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Objectives There are few published studies on the relationship between gender and psychiatric disorders. We assessed sex differences in a sample of first-admission psychiatric inpatients to identify possible risk factors and targets for sex-tailored treatment interventions.

Methods A retrospective study of admissions to the psychiatry department, Coimbra hospital University Centre, Portugal, in 2015 was accomplished ($n=924$). The two groups were compared for demographic features, psychiatric diagnoses and medical co-morbidities.

Results Male patients were significantly younger (age average = 47.7 vs. 53.3). Differences in employment, educational, and marital statuses were found between male and female psychiatric patients. Having a degree was a protective factor for males, whereas it was a risk factor for females. Being divorced and single were both risk factors for medical co-morbidity in females. A higher proportion of men among patients hospitalized for schizophrenia (14.9 vs. 5.5%) or substance use disorder (10.3 vs. 2.1%) and a higher proportion of women among those admitted for affective disorders (43.3 vs. 25.9%), including bipolar disorder (13.4 vs. 9.0%), were found. No significant differences in duration of hospitalization between the two groups (22.8 in male vs. 22.2 days in female)

Conclusions The differences between the two groups of inpatients were very pronounced. A better understanding of these differences may help to establish more effective treatment strategies.

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Who are the Europeans admitted to psychiatric hospital in Tunisia?

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Introduction A large number of foreign travellers and expatriates visits or lives in Tunisia.

Objectives To explore socio-demographic, clinical and therapeutic characteristics of European patients admitted to psychiatric care in Tunisia.

Methods This is a retrospective, descriptive study on all European patients admitted to Razi psychiatric university hospital, which is

situated at the outskirts of the capital Tunis, between 2000 and 2015.

Results A total of 44 Europeans was admitted. Most frequent nationalities were: French and Germans (19 and 16 patients). The stay in Tunisia was mainly due to pathologic travel (17 subjects) and tourism (13 subjects). In total, 25 patients travelled without being accompanied. Average age was 51.3 years with extremes from 16 to 78 years. A history of psychiatric disorder was found in 15 patients, of whom almost all had stopped treatment. A majority (19 patients) was diagnosed with bipolar I disorder, and 8 patients suffered from schizophrenia. Average duration of hospitalization was 19 days. A total of, 22 patients were repatriated for medical reasons. Major difficulties during hospitalization were the language barrier, difficulties to contact family members or former treating psychiatrists for further information on the patient and his medical history, and the lack of insurance covering repatriation for medical reasons.

Conclusion Psycho-education and early action on the precipitating factors could help to prevent psychiatric illness or relapse in these patients. Furthermore, attention of public authorities should be drawn to incomplete insurance coverage in many psychiatric patients.

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New psychiatric service – fresh nurses experiences

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The year 2015 started a new assistance in the cycle of mental health care ending the gap that existed in the district of Beja in the last twenty years, in this area. The aim of this presentation is to give the data of nursing activity in the first six months inpatient psychiatric service. The population studied was 98 inpatients, 53% male and 47% females aged between 16 and 87-years-old, diagnosed with depression, schizophrenia, personality disorders, bipolar disorders, dementias and others. Descriptive statistic of collected data. We rated the gender, marital status, aged and main disorders as well as the nursing therapeutic activities performed with the patients. Six different kinds of activities were done. The total of interventions were 148: relaxation, ludic activities, physical activity, art therapy, health education and music therapy. Nursing intervention in the treatment of people with mental disorders improves the compliance to the treatment (adherence, self-care, useful occupation, stress career and insight of the illness) during the hospitalization time, aiming to avoid the worsening situation and the social isolation of the patient, and promote the recovery and quality of life. These objectives begin on hospital stay during the acute crisis. We are aware of the fact that this is just the beginning of this approach and for more and better results we have to have a bigger sample and a longer time of intervention as well as better methodology, namely the use of scales to measure some parameters that can provide more consistent and objective findings.

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Psychosis and/or Lyme disease: There is more than meets the eye

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