

Article: 1259

Topic: EPV06 - e-Poster 06: Consultation Liaison Psychiatry and Psychosomatics

Epidemiological Study of Loss Management in a Greek Hospital. the Difference Between Grief Management and Critical Incidence Stress Management (CISM)

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Introduction: Death has always been a part of Greek culture and loss was treated among family and friends. This is something that recently has changed and more people are seeking psychological help when they experience loss.

Aim: of this study was to explore demographic differences in individuals referring for psychological help after loss.

Method: 113 individuals between 2010 and 2014 participated in the study. Chi-Square Test was used in order to evaluate significant differences among the sample variables with SPSS 21.

Results: 40(35,4%) males and 73(64,6%) females between 11 and 79 years old (M= 44,1 ±14,3). 73(64,6%) had just lost a close relative, 29(25,7%) in the last month, 9(8%) had preparatory grief while 2(1,8%) were about to lost a loved one. 25(21,2%) were refereed from the nursing staff, 60(53,1%) from the emergency room while the rest were refereed from the rest of the clinics. There was a statistical significant difference between the department of referee and the kind of treatment($\chi^2=25,863$ p=,001) with the majority of nurses referring for CISM(66,7%) while the clinics for support(73,1%). There was also a significant difference between gender and treatment($\chi^2=11,675$ p=,02) with women receiving support for children, husband and parents while men for siblings and friends. There was no significant difference between age and gender or between diagnose and relationship with the diseased.

Conclusions: It seems that women are seeking more easily help than men when they encounter loss while men are still accepting help in the form of CISM and are avoiding counseling.