

related to psychomotor agitation in Alzheimer's disease patients in a similar way to akathisia induced by neuroleptics. The increase of dopamine levels due to the administration of L-DOPA, in *corpus striatum* improved Parkinson's disease symptoms although the increase of dopaminergic activity at mesocortical pathways may be related to confusion and hallucination observed in these patients. Adjustments in dosage of these drugs could provide improvement in these patients' daily life conditions.

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EPV0661

Integration of Geriatric Psychiatry and Geriatrics: Enhancing Mental Health Assessment in the Elderly

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Introduction: The ageing population presents complex clinical challenges, particularly in the realm of mental health among the elderly. The intersection of geriatric psychiatry and geriatrics plays a critical role in providing a holistic and comprehensive approach to addressing psychiatric issues in older adults. This abstract explores the integration of these two disciplines and their significance in elderly mental health care.

Objectives: This study aims to underscore the benefits of collaboration between geriatric psychiatry and geriatrics while highlighting areas of intersection. These areas include the assessment of medical and psychiatric comorbidities, the management of neuropsychiatric disorders, and the promotion of healthy ageing, both physically and mentally.

Methods: We comprehensively reviewed the literature, encompassing research studies, case reports, clinical guidelines, and reports published in the last 10 years. The research was conducted on medical databases, including PubMed, Medline, and specialized sources in gerontology.

Results: Effective integration between geriatric psychiatry and geriatrics provides a more comprehensive and patient-centred approach to addressing the mental health needs of the elderly. This includes enhanced assessment and treatment of a wide range of psychiatric conditions commonly found in older adults, such as cognitive disorders (including dementia and mild cognitive impairment), mood disorders (including depression and bipolar disorder), anxiety disorders, psychotic disorders, and substance use disorders. Additionally, the collaboration ensures a better understanding of the complex interplay between physical and mental health in the ageing population. The integration approach also encompasses the management of neuropsychiatric symptoms associated with various medical conditions common in older adults, such as delirium and behavioural disturbances in dementia. This coordinated care extends to the judicious use of psychotropic medications, considering the unique pharmacokinetics and pharmacodynamics in the elderly population, with a focus on minimizing adverse effects and drug-drug

interactions. Furthermore, promoting emotional well-being and preventing mental illnesses emerge as critical areas of collaboration between these disciplines. Strategies for achieving this goal include psychoeducation, lifestyle interventions, and fostering a supportive environment for the elderly.

Conclusions: In summary, the collaboration between geriatric psychiatry and geriatrics is crucial for addressing the complex mental health needs of the elderly, providing patient-centred care, and optimizing resources. This integrated approach is essential in ensuring the well-being of older adults, emphasizing a holistic, multidisciplinary approach to mental health issues in this population.

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Prevalence and Associations of geriatric depression in Sudur-Paschim Province of Nepal: A community-based cross-sectional study

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Introduction: The elderly population is rapidly growing worldwide. Depression is an important public health concern among the elderly population in terms of its prevalence and the burdens of ill health in individual sufferers and families.

A considerable number of studies focusing on the prevalence, associated factors, and treatment of depression have been conducted in Western Europe and North America. However, this kind of research is relatively limited in Nepal.

Objectives: - To find out and prevalence and its associated factors of depression among the elderly in sudur paschim province Nepal.

Methods: This community-based, cross-sectional, door-to-door survey was conducted in the two representative districts of Sudur-paschim Province, Nepal. Eligible participants were assessed for geriatric depression and quality of life. the sample size was calculated at 945.

Results: Depression was found in 43.9% of the participants.

The association of different variables with WHOQOL-8 first question. Income was significantly associated with poor quality of life (p-value 0.04).

Furthermore, we have evaluated the association of different variables across four domains of the WHOQOL-8 scale and found statistically significant differences across age, sex, residence, occupation, income, history of smoking, history of alcohol use, comorbidities, and depression.

Conclusions: Depression is highly prevalent among the elderly in the Sudur-Paschim Province of Nepal. So policymakers should take this research outcome seriously and should keep the mental health of the elderly population a priority during the implementation of public health policies.

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