

Endonucleases, alkaline and acidic DNase activities were determined spectrophotometrically from homogenates of brain tissue.

Results: Copper is believed to be a likely cause of oxidative damage to the DNA molecule, as manifested by increased alkaline and acidic DNase activity. The results of this study show that GSH is a potent chelator that binds copper and enables its elimination from the body.

Conclusions: In this experiment, the beneficial role of GSH supplements, which has an antioxidant character, in the prevention and reduction of the adverse effects of chronic copper intoxication was demonstrated. In this way, GSH acts as a powerful protector and antioxidant.

Disclosure: No significant relationships.

Keywords: DNase; Copper; Brain of rats; glutathione

EPV0338

Investigation of the glucocorticoid receptor co-chaperone FKBP5 in individuals with first-episode psychosis

A.-M. Vlaikou^{1,2}, M.D. Filiou^{1,2} and P. Petrikis³

¹Biomedical Research Division, Institute of Molecular Biology and Biotechnology, Foundation of Research and Technology Hellas (IMBB-FORTH), Ioannina, Greece; ²Laboratory Of Biochemistry, Department Of Biological Applications And Technology, School Of Health Sciences, University of Ioannina, Ioannina, Greece and ³Department Of Psychiatry, Faculty Of Medicine, School Of Health Sciences, University of Ioannina, Ioannina, Greece
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Introduction: Stress has been associated with the onset and progression of neuropsychiatric conditions. The neuroendocrine response to psychosocial stressors is mediated via the hypothalamus-pituitary-adrenal axis, resulting in systemic glucocorticoid secretion. FKBP5 is a co-chaperone of the cortisol-bound glucocorticoid receptor. FKBP5 Single Nucleotide Polymorphisms (SNPs) may indicate stress-response alterations, thus affecting vulnerability or resilience to neuropsychiatric phenotypes.

Objectives: To investigate the FKBP5 polymorphism rs1360780 and FKBP5 mRNA levels in a well-characterized, drug-naïve sample of First-Episode Psychosis (FEP) individuals and matched controls.

Methods: For genotyping rs1360780, whole blood DNA was extracted from FEP individuals and matched controls. The presence of the C (protective)→T (risk) alleles was assessed using TaqMan SNP genotyping assay. Peripheral Blood Mononuclear Cells (PBMCs) were isolated and whole RNA was extracted. FKBP5 mRNA levels were detected with RT-qPCR, using SYBRgreen. Results were normalized against the 18s rRNA reference gene. Statistical analysis was performed in GraphPad Prism 8.

Results: The distribution of C→T alleles of rs1360780 genotyped in FEP (N=44) and controls (N=39) indicate a statistically significant prevalence of the C/C alleles in FEP individuals (*p=0.0432). mRNA FKBP5 data revealed increased levels of FKBP5 in FEP individuals (N=25) compared to controls (N=18), (**p=0.0007).

Conclusions: Our data show increased FKBP5 mRNA levels in FEP individuals compared to matched controls, as well as the presence of the rs1360780 protective (C) allele. Follow up studies include investigation of the translational profile of stress-mediators, in

order to pave an individualized approach towards deciphering psychosis onset pathobiology.

Disclosure: No significant relationships.

Keywords: glucocorticoids; FKBP5; stress; First episode psychosis

EPV0339

The psychiatric phenotype of 15q11.2-q13.3 duplications

M. Budisteanu^{1*}, S. Papuc², A. Erbescu², E. Andrei³, I. Streata⁴, M. Cucu⁴, C. Iliescu⁵, C. Anghelescu⁵, D. Ioana³, M. Ioana⁴, F. Rad⁶ and A. Arghir²

¹Medical Genetics, University Titu Maiorescu, Bucharest, Romania; ²Genetics Laboratory, 'Victor Babes' National Institute of Pathology, Bucharest, Romania; ³Department Of Child Psychiatry, 'Prof. Dr. Alexandru Obregia' Clinical Hospital of Psychiatry, Bucharest, Romania; ⁴Medical Genetics, 4. University of Medicine and Pharmacy, Craiova, Romania; ⁵Psychiatry Research Laboratory, Obregia Clinical Hospital of Psychiatry, Bucharest, Romania and ⁶Child And Adolescent Psychiatry, "Alexandru Obregia" Clinical Psychiatry Hospital, Bucharest, Romania

*Corresponding author.

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Introduction: 15q11.2-q13.3 region is prone to genomic rearrangements leading to both deletions and duplications. A wide spectrum of neuropsychiatric conditions, such as developmental delay/intellectual disability (DD/ID), autism, attention-deficit hyperactivity disorder, schizophrenia, epilepsy was reported in association with genomic imbalances of this region.

Objectives: In this paper we report on 9 children carrying 15q11.2-q13.3 duplications.

Methods: Seven boys and two girls, aged 15 months to 15 years, were included in the study. Genomic investigations were carried out by array-based comparative genomic hybridization (Agilent Technologies). In all patients the psychomotor development, dysmorphic features, neuroimaging and EEG anomalies were assessed. Psychologic and psychiatric evaluation was performed with specific tests.

Results: The size of the duplications ranged from 9.65 Mb to 0.38 Mb. All patients presented speech delay. Autistic behavior and muscular hypotonia were detected in 8 out of 9 patients, DD/ID in 6. Two children presented epileptic seizures, in addition 4 other children had EEG anomalies. Facial dysmorphic features were observed in 5 patients. Neuroimaging studies showed anomalies in 4 children. The smallest region of overlap in our patient group harbors CHRNA7 gene, a candidate for the behavioral abnormalities.

Conclusions: 15q duplications encompassing CHRNA7 gene were associated with different neuropsychiatric features in our patients. Our results further support the association of 15q duplications with neuropsychiatric phenotypes, with clinical heterogeneity and variable severity, which is yet to be explained. Acknowledgment: The research leading to these results has received funding from the EEA RO NO Grant 2014-2021, the project contract No 6/2019.

Disclosure: No significant relationships.

Keywords: intellectual disability; autism; 15q11.2-q13.3 duplications; phenotype

Guidelines/guidance

EPV0340

Practice guidelines for intramuscular injection in mental health: A delphi method

G. Legrand^{1*}, C. Guiguet-Auclair², S. Boisgard³, O. Traore⁴, J.-P. Lanquetin⁵, H. Viennet¹, N. Morin⁶, Z. Cardinaud¹, A. Debost-Legrand³ and L. Bernard³

¹Centre Hospitalier Sainte-Marie De Clermont-ferrand, Association Hospitalière Sainte-Marie, Clermont-Ferrand, France; ²Chu Clermont-ferrand, Cnrs, Sigma Clermont, Institut Pascal, Université Clermont Auvergne, Clermont-Ferrand, France; ³Chu Clermont-ferrand, Université Clermont Auvergne, CNRS, SIGMA Clermont, ICCF, Clermont-Ferrand, France; ⁴Service D'hygiène Hospitalière, CHU de Clermont-Ferrand, Clermont-Ferrand, France; ⁵Groupe De Recherche En Soins Infirmiers, CH de Saint-Cyr-au-Mont-d'Or, Saint-Cyr-au-Mont-d'Or, France and ⁶Institut De Formation En Soins Infirmiers, CHU de Clermont-Ferrand, Clermont-Ferrand, France

*Corresponding author.

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Introduction: Intramuscular injections (IMI) remain a frequent practice in mental health. The available guidelines for IMI in mental health only focus on the technical side of the practices. Moreover, no recent update has been performed to improve practice of IMI in mental health

Objectives: To assess a formalized consensus agreement regarding the best practice concerning IMI in mental health and to develop practice guidelines.

Methods: A two-round Delphi method was used. The scientific committee consisted in one psychiatrist, one orthopaedic surgeon, one infection control practitioner, one hospital pharmacist, one mental health nurse, one nurse exploring care relationship and one nurse educator. From literature review, each expert proposed specific recommendations. The panel experts were asked to rate the appropriateness and the applicability in current practice of each recommendation on a 9-point Likert scale. Panel members were recruited in five mental health institutions. The first round questionnaire was emailed to each respondent on February 2020 and the second one on June. Propositions were considered appropriate and applicable in current practice if the median was ≥ 7 . Agreement among experts were judged by the statistical measure of the Inter-percentile Range

Results: From the first round, 46 recommendations were retained by 49 nurses. 27 propositions were retained after this second round by 32 nurses. The scientific committee added 12 other recommendations because of their importance in the literature and clinical practice.

Conclusions: This study provides consensus-based recommendations on IMI in mental health. Nursing staff need to be educated about the new guidelines from both the theoretical and clinical perspectives

Disclosure: No significant relationships.

Keywords: Delphi method; Intramuscular injections; Nurse practices; Mental health nursing

Intellectual disability

EPV0342

Psychotropic medication for challenging behavior in people with learning disabilities in Qatar

Y. Eltorki*, M. El Tahir, B. El Husein and O. Abdallah

Psychiatry, Hamad Medical Corporation, Doha, Qatar

*Corresponding author.

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Introduction: Challenging behavior is a common reason for referral to psychiatric service. Psychotropic medications widely used to modify behaviors, even when no evidence of diagnosable mental illness. However, literature show little evidence that benefits outweigh the risks in their prescription. Monitoring using International guidelines may help improving the outcomes. We audit current practice against known standards.

Objectives: - To assess adherence within the Qatar Mental Health Services to National guidelines on using medication to manage behavior problems in adults with a learning disability. - To identify strengths and weaknesses in current practice. - To Make recommendations to improve LD patient care

Methods: Patients with LD attending psychiatric clinic screened using selection and exclusion criteria and data collected and analyzed using format from the International standards.

Results: 102 patients screened, 85 selected and 17 cases excluded Age range 18 to 50 years. 27% mild, 29% moderate and 44% severe LD, Autism 40% Psychiatric Diagnosis 55% Challenging behavior 45% Antipsychotic prescribing: 79% Rationale documented in 74%, Capacity assessment in 81%, Review of side effects in 53% Safety of medication in 61%, Medication discontinuation in 66%, Reasons for discontinuation in 36%

Conclusions: Antipsychotics use (79%) is high with several combinations of IM and oral or more than 2 drugs. There is need for improvement across all standards. Rationalising the prescribing for LD patients to improve the outcomes for the safety of these patients. The audit indicate need for specialist service to monitor prescribing and apply standards of care in clinical service.

Disclosure: No significant relationships.

Keyword: Learning disabilities

EPV0343

The structure of the cognitive reserve in Alzheimer's disease

A. Sidenkova

Psychiatry, Ural State Medical University, Yekaterinburg, Russian Federation

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Introduction: Alzheimer's disease is common among the modern population. Emotional support for caregivers and a stable social role contribute to the maintenance of cognitive resources in Alzheimer's.