

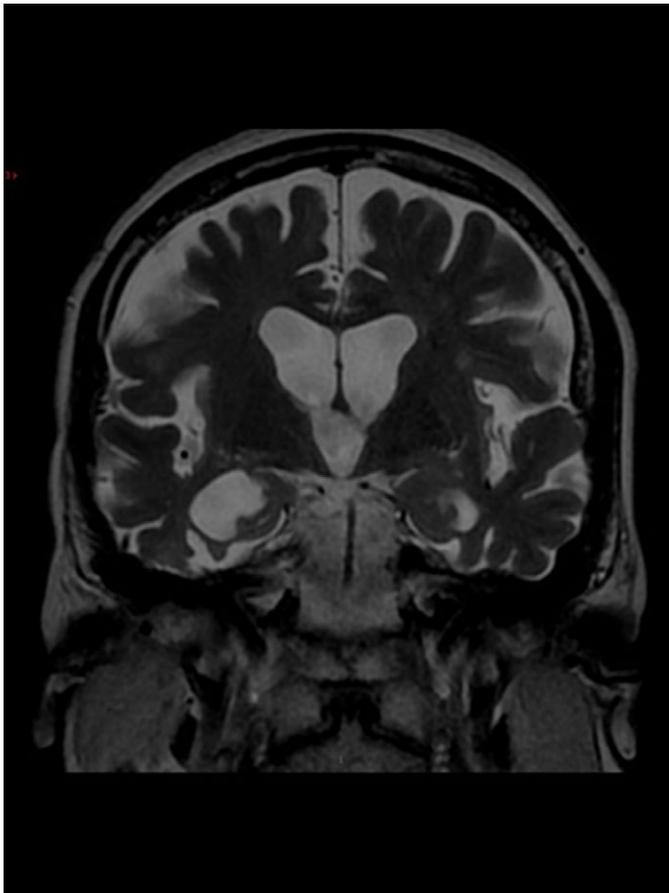
Introduction: Following the protracted duration of the coronavirus pandemic, the Serbian health system now faces a period of mid- and long-term health consequences in patients that have recovered from the acute phases of infection.

Objectives: A 57-year-old woman presented at a psychiatric examination complaining of forgetfulness, listlessness, fatigue, insomnia, low mood, and decreased efficacy in daily activities, two months after infection with the SARS-CoV-2 virus. The clinical picture of acute COVID-19 infection was accompanied by an elevated body temperature, a cough, an increase of CRP, and X-ray verified bilateral pneumonia with band-like speckled shadows of milk glass density. Before infection, she was vaccinated with 3 doses of the Sinopharm Covid-19 vaccine.

Methods: The following examinations were made: MRI of endocranium, HDRS, laboratory examination, and neuropsychological testing.

Results: MRI of endocranium (figure 1): extensively cortico-subcortical lesions extensively within both cerebral hemispheres, dominantly in the temporo-insular regions, in association with partial parenchymal defects and a high degree of atrophy - the overall morphology corresponds to chronic encephalopathy, which is of non-specific morphology; HDRS score of 24; elevated serum levels of IgM, IgG, albumin in serum 7.05 (35-55), albumin in cerebrospinal fluid 812.0 (0-35), albumin index 115.8 (<9.0); IEF: oligoclonal bands in CSF and serum; neuropsychological testing: decrease in general mental activity and visuoperceptive and visuospatial ability. Due to the temporal connection between infection with the SARS-CoV-2 virus and presented symptoms, the patient was diagnosed with post-acute COVID-19 encephalopathy.

Image:



Conclusions: A meticulous follow-up post-acute SARS-CoV-2 infection monitoring and care could decrease mortality and prevent debilitating neurological and other burdens, especially in risk groups.

Disclosure of Interest: None Declared

EPV0297

Adjustment strategies adopted by higher education students during COVID-19 pandemic: focus group discussions

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doi: 10.1192/j.eurpsy.2023.1646

Introduction: With the closure of higher education institutions during the COVID-19 sanitary crisis, students have experienced problems such as interruptions to their education, loss of peer support networks, and mental health issues.

Objectives: This study aimed to explore adjustment patterns used by students to overcome the impact of the COVID-19 pandemic.

Methods: A qualitative descriptive study was developed by carrying out Focus Group Discussions (FGDs). Portuguese students enrolled in education levels above high school, including undergraduate and graduate programs, were considered eligible. Participants were recruited using convenience sampling. Each FGD took approximately 60–90 min.

Results: Twelve students were participated in 2 FGDs, each one with 6 participants. Mostly were undergraduate students (Bachelor's degree), in the field of health area. The thematic analysis revealed three main themes. The first theme was related to the personal sphere and included most of adjustment strategies used, namely: pandemic as a “window of opportunity” to be involved in new academic and professional projects; work-life balance by organizing and separating work from private life; self-care through the adoption of healthy lifestyles; being compassionate with others and compliance with sanitary measures. In the social sphere, students evoked new ways of communicating via digital networking to compensate for the lack of physical proximity and stay in safe contact with friends and relatives. In the contextual sphere, students talked about the importance of adapting the “teaching/learning” environment. Tailored teaching support was a significant strategy, especially in maintaining their motivation.

Conclusions: Several strategies were pointed by students to stay mentally healthy and mitigate delayed-onset post-traumatic stress disorder during the COVID-19 pandemic. Besides, positive coping and hope should be integrated into the standard training of students across all study areas.

Disclosure of Interest: None Declared