

PP054 | Working group and intervision in psychology in medically assisted procreation – GIPPMA

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Introduction: With a view to improving the provision of care in the field of Psychology in the context of Medically Assisted Reproduction (MAR), the GIPPMA - Working Group and Intervision in Psychology at MAR was created in 2019. This informal group includes Psychologists who carry out their work activities in hospitals of the Portuguese National Health Service (North Zone), a faculty professor/researcher, and master students doing their curricular internships. The GIPPMA was a personal initiative of a group of professionals with the central assumption of creating a shared practical approach, to overcoming some of the difficulties in clinical practice.

Methods: The group's objectives are to build standardized psychological protocols in the field of MAR, as well as to develop, evaluate and propose work initiatives aimed at disseminating solutions and good practices in this area. GIPPMA has been emphasizing joint scientific research, seeking to deepen knowledge on the subject. Like other areas of Psychology undergoing rapid development and change and requiring professionals to be constantly updated/trained, this group also includes Clinical Intervision.

Results: To achieve these goals, participants meet monthly. Eighteen meetings have taken place so far. Five psychological evaluation and follow-up protocols were developed (pre-treatment protocol: to be used between the medical appointment in which patients are placed on the waiting list and the beginning of the first treatment cycle; includes information on demographics, infertility and relational history, and 3 psychological instruments (ScreenIVF, Fertility Problem Inventory – FPI, Personal Assessment of Intimacy in Relationship - PAIR); follow-up protocol: because this is a phase often associated with a significant emotional overload, emotional support, marital dynamics, and psychopathological symptoms are explored; post-treatment protocol – success or failure; and gamete and embryo donation protocol) and a psychoeducational flyer to be given out at the first Psychology appointment.

Conclusion: The GIPPMA represents a dynamic interaction between the academy and public health contexts. All the material prepared by GIPPMA is being used in psychology consultations in the respective hospitals. Protocols serve as logical organizers for structuring the interventions, allowing professionals to choose the most appropriate strategy for each patient and providing relevant research information.