Cardiopulmonary Disease & Emotional Health

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Inspire Wellbeing — Together

Objectives

Participants will...

- Understand the impact of cardiopulmonary disease on one's emotional health.
- Learn effective strategies for minimizing the effects of depression and anxiety in cardiopulmonary patients.
- Understand the process of assessing for psychosocial risk factors in cardiopulmonary rehabilitation patient.



Psychosocial Risk Factors

Psychosocial factors can impede the recovery process. However, successful psychological adjustment can enhance patient outcomes.

Key psychosocial factors include:

- Depression
- Anxiety
- Cognitive impairment
- Limited supports
- Financial barriers



Psychosocial Risk Factors (Depression)

- "There is thought to be a two way relationship between heart disease and depression...People with depression seem to develop heart disease at a higher rate than the general population."
- "People with depression or who are recovering from a heart attack have a lower chance of recovery and a higher risk of death than people without depression."

The body's reaction to depression can cause:

- Changes in the nervous system and hormone balance which may cause heart rhythm disturbances (Arrythmia)
- Uncommonly sticky platelets, in patients who have heart disease.

Dr. Roy C. Ziegelstien Professor of Medicine & Executive Vice Chairman Johns Hopkins Bayview Medical Center

http://www.hopkinsmedicine.org/heart_vascular_institute/clinical_services/centers_excellence/womens_cardiovascular_health_center /patient_information/health_topics/depression_heart_disease.html



Psychosocial Risk Factors (Depression)

Cardiopulmonary disease impacts an individual's sense of self in many areas, including:

- Attitude and/or mood
- Sense of certainty about the future
- Confidence about one's ability to fulfill the roles of a productive employee, mother, father, etc.
- Feelings of guilt about previous habits that might have contributed to current health concerns
- Embarrassment and self-doubt over diminished physical capabilities
- Decrease motivation in following healthy daily routines (taking medications, exercising, eating health)
- Increase in unhealthy behaviors (alcohol, cigarettes, comfort foods)

*Underdiagnosed in cardiopulmonary patients *Most common diagnosis is "adjustment disorder with depressed mood."



Psychological Risk Factor (Depression)

Screening Tool

- Screening (PHQ-9)
- Geriatric Depression Scale

Coping with Depression

- Cardiopulmonary Rehabilitation
- Talk therapy (individual, family or group)
- Medication management
- Support groups
- Avoid negative self-talk
- Maintain healthy relationships



Psychological Risk Factor (Anxiety)

Prevalent in cardiopulmonary patients...(stress vs. anxiety?)

Stress-reaction to a problem or change...Anxiety-reaction to stress

- Excessive worrying/difficulty turning mind off
- Nervousness
- Irritability
- Numbness or tingling in hands or feet
- Restlessness/ difficulty relaxing
- Rapid heart rate
- Fear or apprehension
- Feeling out of control or having little control

(Anxiety continues after the stressor is gone.)

- GI discomfort (nausea, vomiting, diarrhea)
- Dizziness/Lightheadedness
- Perspiration
- Cold or sweaty hands or feet
- Shortness of breath
- Palpitations
- Difficulty focusing/ concentrating
- Tension in muscles



Psychological Risk Factor (Anxiety)

Screening Tools

- General Anxiety Disorder 7 (GAD 7)
- Penn State Worry Questionnaire (PSWQ-A)
- PC-PTSD

Coping Strategies

- Relaxation breathing
- Cognitive Behavioral Therapy (CBT)
- Yoga or Tai Chi
- Cardiopulmonary Rehabilitation
- Physical activity
- Traditional talk therapy
- Medication management



Psychological Risk Factors (Cognitive Impairment)

Prevalence in severe COPD... (2)

- Present in 64% of patients with severe disease
- Recent memory loss, construction, attention, language, orientation

The cardiac diseases most likely to cause cognitive impairment/dementia are: (3)

- Congestive Heart Disease
- Coronary Artery Disease
- Myocardial Infarction
- Atrial Fibrillation



Psychological Risk Factors (Cognitive Impairment)

Cognitive Screening Tools:

- Mini Mental Status Exam (MMSE)
- St. Louis University Mental Status Exam (SLUMS)
- Montreal Cognitive Assessment test (MoCA)
- Functional Assessment Screening Tool (FAST) *support person completes*



Psychological Risk Factors (Supports)

Poor functional support is associated with increased mortality in cardiac patients

- Family; traditional and nontraditional (encourage participation in education and relaxation)
- Friends, coworkers
- Healthcare team
- Spiritual needs and counseling
- Support groups

"Social support is the perception of having friends or family who serve as confidants and companions, offer advice and information, show emotional concern, or provide financial or material support."

Emily Bucholz, lead researcher School of Medicine & Department of Chronic Disease Epidemiology Yale School of Public Health

http://newsroom.heart.org/news/low-social-support-linked-to-poor-health-in-young-heart-attack-survivors



Psychosocial Risk Factors (Supports)

The Family

- Maintain trusting relationships with clinical team as a vital part of the clinical team
- Provides encouragement and reinforces clinical recommendations outside of the clinical area
- Should have their own supports outside of the patient
- Tend to neglect their own needs which can impact their physical and emotional health
- Could have unrealistic expectations which hinders progress
- Can support without promoting dependency

Staff should be mindful of cultural factors that play a role (both the patient and family.)

- The role of patient in the family
- Patient's Occupation
- Patient's value system
- Race/ethnicity/religion/geographical region/age/gender/socioeconomical



Psychosocial Risk Factors (Financial Barriers)

Financial barriers to health care services and medications are associated with worse recovery after Acute Myocardial Infarction (AMI), manifested as more angina, poorer quality of life (QOL), and higher risk of re-hospitalization. (4)

- 18.1% of patients reported financial barriers to health care services
- 12.9% of patients reported financial barriers to medication
- Among those individuals, roughly 69% were insured
- At 1 year follow-up, those individuals showed poorer QOL, increased angina, and higher rates of re-hospitalization

Tips for Staff:

- Have a list of local resources available for patients (assistance with healthcare needs or personal living expenses)
- Become familiar with patient assistance programs with various pharmaceutical companies
- Become familiar with area transportation options
- Consider any national resources for patients with specific illnesses



The Assessment

Psychosocial assessment should answer the following questions (1)

- Has a crisis been caused by the cardiopulmonary disease?
- Does the patient have the ability to adapt to the demands of living with cardiopulmonary disease?
- Is there cognitive or affective impairment in the patient's ability to cope?
- Is there adequate social support to assist the patient in coping?
- Does the patient's behavioral patterns warrant psychosocial intervention? (ex: substance misuse, smoking, etc.)
- What are the patient and family's concern about adjusting? (barriers to success)



Evaluations

Evaluations should be offer/provided through a licensed professional for the following risk factors:

- Clinical depression
- Anxiety
- PTSD
- Anger and Hostility



References

- 1. Guidelines for Cardiac Rehab
- 2. Guidelines for Pulmonary Rehab
- 3. Polidori MC, Marvardi M, Cherubini A, Senin U, Mecocci P. Heart disease and vascular risk factors in the cognitively impaired elderly: implications for Alzheimer's dementia. Aging (Milano). 2001;13:231-9.
- 4. Rahimi AR, Spertus JA, Reid KJ, Bernheim SM, Krumholz HM. Financial Barriers to Health Care and Outcomes After Acute Myocardial Infarction. *JAMA*. 2007;297(10):1063–1072. doi:10.1001/jama.297.10.1063

Links:

- 1. <u>http://newsroom.heart.org/news/low-social-support-linked-to-poor-health-in-young-heart-attack-survivors</u>
- 2. <u>http://www.hopkinsmedicine.org/heart_vascular_institute/clinical_services/centers_excellence/womens_cardiovasc_ular_health_center/patient_information/health_topics/depression_heart_disease.html</u>

