Helping Heart Patients Thrive

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What Happens Next?

- 70%
  Bouts of Coping Problems

- 30% - 40%
  Long-Term Problems

Speaker Disclosures

I am a Consultant for AbbVie Pharmaceutical Co., and a member of the AbbVie’s speaker’s bureau.
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Health Behaviors and Psychosocial Conditions Tend to Aggregate

Plausible Linkages of Depression and CVD

www.medscape.com

The Lethal Quartet

- Overactive Sympathetic N.S.
- Under-Active Parasympathetic N.S.
- Poor Health Behaviors
- Unchecked Psychosocial Struggles

Stress and the Heart: The Long Term

The Slippery Slope

Unchecked Stress
Chronic Hypertension
High Fat Diet → ↑Body Fat →
↑Inflammation → ↑Damage –
↑Inflammation → ↑Clotting–
↑ Force-Thrombosis….
Wanders.. MI? Stroke? →
Psychosocial Struggle → More Stress

Does Psychosocial Care Really Matter?
Psychoeducational Programs for Heart Patients

- Meta-analysis of 37 Studies:
  34% ↓ Cardiac Mortality
  39% ↓ MI


What Helps?

- Crisis Intervention
- Group Therapy
- Stress Management Training
- Transcendental Meditation
- Cognitive Behavioral Therapy
- Relaxation Training
- Telephone Counseling
- Exercise
- SSRI


Does Getting Help with Coping Really Matter?

- Reduced Re-hospitalization
- Reduced Cardiac Events
- Reduced Cardiac Deaths
- Rees K et al. Cochrane Database Syst Rev. 2004;2)
- Increased Risk-Factor Modification

What Matters Most when Treating Heart Patients’ Psychosocial Issues?

- Young-Xu, Y. et al. Declining depression levels improves prognosis in patients with coronary disease JACC, March 11, 2008; A370.
- Anxiety
- Depression
- Recurrent MI
- Death

Helping Heart Patients Thrive

- Match Before You Try to Lead (respect context)
- Boost Actual and/or Perceived Support and/or Control
- Show Compassion for the Fact that Changing Health Behaviors is Difficult
- Recognize Those at High-Risk
- Offer Hope
- Use Smart Motivation
- Focus on Uplifts

Sotile WM. Thriving with Heart Disease. Rev. Ed., 2004

The “Psychological Underbelly” of Changing

The Biggest Paradox & Our Ultimate Challenge

The “Yeanotreally” Mentality

Similarities? Differences?
- Cancer Psychology
- Cardiac Psychology
- Cardiac Device Psychology
Key sources of support, as we age?
- Family
- Church
- Health Care Professionals

Helping Heart Patients Thrive
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Beware: In early stages of change...
The False Price Syndrome
- Underestimate the Benefits
- Overestimate Costs

Beware: In later stages of change...
The False Hope Syndrome
- Overestimate the Benefits
- Underestimate the Effort

Over the past 2 weeks, how much have you been bothered by:
1. Feeling sad, down or uninterested in life?
2. Feeling anxious or nervous?
3. Feeling stressed?
4. Feeling angry?
5. Not having the social support you feel you need?

The STOP-D (Screening Tool for Psychological Distress)
Young Q-R. J Cardiovascular Nursing. 2007;22(6):525-34

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Cutoff Scores

The STOP-D (Screening Tool for Psychological Distress)
Young Q-R. J Cardiovascular Nursing. 2007;22(6):525-34
Special Challenges
- Type D Personality
- Neurocognitive Deficits
- PTSD
- Women

Type D Personality

Combination of 2 traits:
1. **Negative Affectivity**
   "gloomy" view across time and situations
2. **Social Inhibition**
inhibited expression of emotions due to concern about how others will react


Effects of Type D Personality

- ↑Mortality
- ↑Morbidity
- ↑Emotional distress
- ↑ICD-related concerns
- ↓Decreased quality of life
  - Independent of sex, age, CAD and shocks


Neurocognitive Challenges

1. **Attention**
2. **Memory**
3. **Perception**
4. **Abstract Reasoning**

Symptoms of PTSD?

- **Intrusion**
- **Avoidance**
- **Hyperarousal**

Causes of Cognitive Impairment?

- ↑BP
- ↑Cholesterol
- Arrhythmia
- Heart Failure

ICD and PTSD

**Prevalence of PTSD?**
- 27% - 38% of survivors of cardiac arrest
- 0% - 32% of MI pts

Jones et al. Brit J of Gen Practice. 2007;57:808-810

**Does PTSD Matter?**
- N = 211 pts w ICDs; Followed 5 years
  - 2.4 x ↑mortality w PTSD

When Illness Strikes, 
Women are 
at Special Risk!

Women and Heart Disease

- 2 X Depression in Women with CHD Than Men with CHD
  Chesney et al. Women, Stress, and Heart Disease, 1998.

- Female Caretakers of Male Heart Patients

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- Offer Hope

How to Help Pts: ↓ Anxiety, Depression, Disability, & Hostility?

Refer to a Cardiac Rehab Program

Pulmonary Rehab Program
Coventry PA. Current Opinion in Pulm Med. 2006;15:143-49

Psychosocial Distress gradually declines over 12 m
Pedersen SS et al. PACE. 2008;31:20-7
Sotile WM. Thriving with Heart Disease. Rev Ed., 2004

Pacemakers → Health-Related QOL
Independent of Pacing
Greatest Improvement: Lowest Functional Classes
N = 398 (234 = m); Mean age = 76 yrs

Do Not Fear Stress!

Stress is Not Dangerous; Strain Is
Flaxel et al. Journal of Psychosocial Research.1998. Apr—May;46(2):159-166
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The problem of “them.”

Ask...

what 10% are you willing to own?

Overcoming “Yea, Not Really”

Show how we are closer to the finish line than they might think

Heath C. & Heath D. Switch: How to Change Things when Change is Hard, 2010

Use Scaling Qs to Assess

Not at all 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very

- Importance… Is it important to you? Why?
- Confidence… belief that you are able to make the change
- Commitment… ready to do this

Why did you rate yourself as you did, and not two points lower?

How high does this number need to be for you to be motivated to act?

Overcoming “Yea, Not Really”

“What are 3 objective reasons you might want to make this change?”

“How about on a more personal level: Why would making this change be important to you, personally?”

Positive Emotions and CV Functioning

+ Emotions
- Salivary cortisol
- HR
- SBP
- CV recovery

Positive Psychology References

**Positivity. B. Fredrickson (2009)**

- Joy
- Gratitude
- Serenity
- Hope
- Interest
- Amusement
- Inspiration
- Awe
- Pride
- Love

**Challenge Stress Thinking**

<table>
<thead>
<tr>
<th>Stress Thinking</th>
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</thead>
<tbody>
<tr>
<td>All-or-Nothing</td>
</tr>
<tr>
<td>Exaggerating Others</td>
</tr>
<tr>
<td>Jumping to Scary Conclusions</td>
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<tr>
<td>Blaming Yourself</td>
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<tr>
<td>Focusing on the Negative</td>
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<tr>
<td>Blaming Another</td>
</tr>
</tbody>
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**Shape Realistic Optimism**

...seeing the world as it is, but always working positively toward a desired outcome or solution

Schneider S. American Psychologist. 2001;56(3):250-263.

**Teach Philosophies that Help**

"You Can’t Always Control the Event. You Can Control Your Reactions."

**Effective Support**

- Normalize
- Reassure/Educate
- Allow Venting
- Be Patient
- Follow-Up

**Late-Life Depression Can Be Successfully Treated in Primary Care Settings**

- Hunkeler EM et al. Efficacy of nurse telerehabilitation and peer support in ...Arch Fam Med. 2000;9:700-08.
- Circulation: Cardiology Patient Page. Coping with trauma and stressful events as a patient with an implantable cardioverter-defibrillator.

**Your Can’t Do It Alone**

Teamwork Matters
Patient Resources


- Sotile WM. Thriving with Heart Disease. Rev. Ed., 2004

Thank You!

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