



Service Priorities and Programmes Electronic Presentations

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Anxiety and Depression Screening in Coronary Heart Disease

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Introduction

Cardiovascular disease is a leading cause of death worldwide. Multiple studies do show that patients with coronary heart disease are prone to have anxiety and depression. Patients with anxiety and depression also have increasing risk in developing cardiac disease. Early detection and symptoms relieve in psychological care can help to improve patient's quality of life and to secondary prevent cardiac event.

Objectives

To determine the levels of anxiety and depression in patients after Percutaneous Coronary Intervention (PCI) and refer to related services to help alleviating emotional stress.

Methodology

Patients received PCI are arranged to follow-up in Cardiac Clinic after discharge, they are invited to perform a questionnaire for emotional screening. Hospital Anxiety and Depression Scale (HADS) was selected as the assessment tool. The HADS questionnaire consists of 14 questions, 7 are anxiety related and 7 are depression related. A score of 8 or above in either category are probably positive for the symptoms. Nurse will inform cardiologists for patients scoring 8 or above in either anxiety or depression. Cardiologists will then identify the source of stress, determine any underlying problem, offer initial counselling and refer patients to clinical psychologist, medical social worker or psychiatrist depending on the level of severity.

Result

From June 2014 to Dec 2015, 133 patients were screened by using HADS, 87% are males and 23% are females. Among these screened patients, 8% (n=10) patients had high score in anxiety, 7% (n=9) had high score in depression, while 13% (n=17) had high score in both anxiety and depression. 3 of them are currently receiving psychiatric care, 10 of them were referred to clinical psychologist or medical social worker after discussion with cardiologists, some patients shown relieved anxiety after

detailed explanation on current disease and psychological counselling, while some declined referral. Routine emotional screening in patients suffering from coronary heart disease help in early detection in psychological symptoms, patient education about their disease status, risk factors control help reliving their stress.