

Depression and Cardiac Disease



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®

Center for Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

What are the signs and symptoms?

- ▶ One of two cardinal symptoms occurring most of the day, nearly every day, for 2 weeks
- ▶ Depressed mood
- ▶ Loss of pleasure

What are the signs and symptoms?

- ▶ Additional symptoms (total of 5 symptoms meets diagnosis)
- ▶ Poor concentration
- ▶ Feelings of worthlessness/Excessive guilt
- ▶ Sleep difficulties (increased or decreased)
- ▶ Appetite/weight change (increased or decreased)
- ▶ Fatigue or loss of energy
- ▶ Psychomotor agitation or retardation
- ▶ Suicidal thoughts (require immediate attention: Call 911 or go to ER)

Accompanying symptoms

- ▶ Depression can look different for different people
- ▶ Some people have a lot of anxiety along with depression
 - ▶ Worry that interferes with concentration
 - ▶ Fear of something awful happening
 - ▶ Fear of losing control
 - ▶ Feeling tense or restless

Negative Thoughts and Depression

Faulty Beliefs

- ▶ Life is awful.
- ▶ I am such an idiot for letting the stress get to me and for not quitting smoking.
- ▶ Things will never get better.

What if Depression Goes Untreated?

- ▶ Promotes CAD in people with and without CAD
- ▶ Reduced Quality of Life
- ▶ Longer term health risks
- ▶ Depressed patients are less adherent to medication regimen and lifestyle changes

How Common is Depression in MI Patients?

▶ 15% – 20%

What are the Treatment Options?

- ▶ Psychotherapy
- ▶ Medication
- ▶ Combination of Therapy and Medication

Psychotherapy

Cognitive Behavioral Therapy

- ▶ Examines and Adjusts Thinking Patterns
- ▶ Prescribes Behavioral Strategies
- ▶ Feeling Good by David Burns, MD
(excellent self-help book on treatment for depression) Not a substitute for therapy

Adjusting Thinking Patterns

- ▶ **Challenge Automatic Thoughts**

“My life is awful because I can’t do what I used to do!”

- ▶ **Identify Thinking Trap**
Catastrophizing

- ▶ **Compose Rational Response**

“ I need to take a look at my priorities and put my energy into what is most important in my life.”

Behavioral Interventions

Examples:

- ▶ Increase Pleasurable Activities
- ▶ Behavioral Activation
- ▶ Exercise
- ▶ Assertive Communication

Key Points

- ▶ Depression is common in cardiac patients
- ▶ Depression is treatable
- ▶ Seek treatment