MENTAL HEALTH OF PATIENTS WITH CHRONIC HEART FAILURE

S. Tsoka, Research Associate
Uzhgorod National University, Ukraine

The aim of the study was to investigate the prevalence and structure of mental disorders in elderly and senile patients in cardiology practice. The received results testify to necessity of approximation of the psychological and psychiatric help to the elderly patients of general medical practice. The attraction of qualified psychological staff to provide psychopharmacological and psychotherapeutical help for this group of the patients will facilitate improvements in the effect of somatic treatment and improve the quality of life of the elderly people.

Keywords: psychological and psychiatric help, chronic heart failure, elderly people.

Conference participant

T he goal of our research is the study mental health of elderly people with chronic heart failure. The aim of the study was to investigate the prevalence and structure of mental disorders in elderly and senile patients in cardiology practice in order to justify the need for the reformation of old-age psychiatry services for patients of general medical practice. Psychiatrists conducted continuous research on geriatric patients in the cardiology department. Survey data of 192 patients aged 60 and older (97 women and 95 men) was studied using clinical and psychopathological methods, followed by computer processing of the results. All the patients with clinical criteria had chronic heart failure - some patients were diagnosed with hypertension. The diagnostics of psychopathological disorders was carried out on the syndromal and ICD-10 level. Psychogeriatric and psychiatric scales were used to objectify the clinical assessment: the screening scale for elderly patient surveys, a mini-mental state assessment test, the Geriatric Depression Scale and the Spielberg-Hanin anxiety scale. The mental health of elderly patients with chronic heart failure was studied. Non-psychotic mental pathology was revealed in 81.1% of the surveyed persons. Depressive disorders were revealed in 39% of the patients, anxiety disorders in 39.3%, and hypochondriac disturbances in 23.7% of patients. Sleep disorders were revealed in 89.8% of the elderly patients. The use of the correlation analysis revealed authentic connections between psychopathological disorders which were found in the survey with chronic heart failure, presence of its complications, high multi-morbidity and the infringement of patients’ functionalities. Cognitive disorders of various degrees were marked in 89.9% of those surveyed: cognitive disorders were expressed in 41.3% of the patients, dementia - in 12.3% of patients. Basic stressors listed by patients were poverty, death of a spouse, close family member or a friend, severe illness of a family member, as well as restrictions in being able to help themselves. A total of 23.8% of patients were the lonely people, and 6.9% of those surveyed lived with distant relatives. The frequency of mental disorders in this group of patients was higher than in the group surveyed as a whole, basically due to the amount of depressive disorders. The mental disorders therapy conducted for these patients promoted the improvement of not only parameters of mental health, but the somatic state of patients as well. The received results testify to the necessity of approximation of the psychological and psychiatric help to the elderly patients of general medical practice. The involvement of qualified psychological staff to provide psycho-pharmacological and psycho-therapeutic assistance for this group of patients will facilitate improvements in the effect of somatic treatment and improve the quality of life of the elderly people.

References:

Information about authors:
Stanislaus Tsoka - Research Associate, Uzhgorod National University; Uzhgorod city, Ukraine; e-mail: revelina@yandex.ua