Upotpunjena psihološka skrb za kardiovaskularne bolesnike na ambulantnoj rehabilitaciji

Complete psychological care for cardiovascular patients undergoing outpatient rehabilitation

Dubravka Kruhek
Leontić^{*1},
Mario Ivanuš^{1,2}

¹Poliklinika za prevenciju
kardiovaskularnih bolesti
i rehabilitaciju, Zagreb,
Hrvatska

²Medicinski fakultet Sveučilišta
u Rijeci, Rijeka, Hrvatska

¹Institute for Cardiovascular
Prevention and Rehabilitation,
Zagreb, Croatia

²University of Rijeka School of
Medicine, Rijeka, Croatia

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***ADDRESS FOR CORRESPONDENCE:** Dubravka Kruhek Leontić, Poliklinika za prevenciju kardiovaskularnih bolesti i rehabilitaciju, Draškovičeva 13, HR-10000 Zagreb, Croatia. / Phone: +385-1-4612-290; Fax: +385-1-4612-343

E-mail: d.kruhek.leontic@gmail.com

ORCID: Dubravka Kruhek Leontić, <http://orcid.org/0000-0001-7899-2044>

Mario Ivanuš, <http://orcid.org/0000-0002-6426-6831>

Unazad nekoliko desetljeća raste svijest o utjecaju psihološkog funkcioniranja na kardiovaskularni (KV) sustav. Znanost je najprije prepoznala negativno djelovanje stresa, a zatim i drugih psiholoških čimbenika. U posljednje vrijeme pažnja je usmjerena na negativan utjecaj depresivnosti i anksioznosti na razvoj KV bolesti i prognozu bolesnika nakon KV incidenta. U skladu s tim, mnoge su zemlje, ali i globalne organizacije prepoznale potrebu za sveobuhvatnom KV rehabilitacijom. Suvremena rehabilitacija KV bolesnika stoga treba uključivati dobro obrazovan interdisciplinarni tim koji će, između ostalog, bolesnicima moći pružiti kvalitetnu psihosocijalnu skrb.¹

Različiti znanstveni izvori govore da 11-25% bolesnika s koronarnom bolesti srca razvija klinički značajnu depresiju, a njih oko 30% ima blaži depresivni poremećaj. Klinički značajnu anksioznost razvija 10-50% KV bolesnika. Problem u vezi psiholoških čimbenika rizika još je veći s obzirom na rezultate istraživanja o poddijagnosticiranosti i propuštanju liječenja psihičkih bolesti i poremećaja u KV bolesnika.

Poliklinika za prevenciju kardiovaskularnih bolesti i rehabilitaciju je u svojem Programu ambulantne kardiovaskularne rehabilitacije, uz standardnu psihološku skrb², u zadnje dvije godine poduzela korake za rano otkrivanje psiholoških čimbenika rizika te za cjelovito zbrinjavanje bolesnika s težim psihičkim poremećajima. Tako se svim bolesnicima kod uključivanja čini probir anksioznosti i depresivnosti ljestvicom hospitalne anksioznosti i depresivnosti³. U timu je uz psihologa Poliklinike, stalni vanjski suradnik – psihijatar iz Psihijatrijske bolnice „Sv. Ivan“. Za bolesnike za koje se pretpostavlja da će trebati dodatna obrada i trajnije liječenje, osigurana je skrb u Referalnom centru Ministarstva zdravlja za poremećaje uzrokovane stresom, u Kliničkoj bolnici Dubrava. Na ovaj je način upotpunjena skrb o psihološkim čimbenicima rizika i dodan element za učinkovitu KV rehabilitaciju.

In the last few decades, the awareness of the impact of the psychological functioning on the cardiovascular (CV) system has been rising. Science has first recognized the negative effects of stress followed by other psychological factors. Recently, attention has been focused on the negative impact of depression and anxiety on the development of CV disease and the prognosis of patients after CV incident. Accordingly, many countries and global organizations have recognized the need for a comprehensive CV rehabilitation. Modern rehabilitation of CV patients should therefore involve well-educated interdisciplinary team that will, among other things, provide patients high quality psychosocial care.¹

Various scientific sources suggest that 11-25% of patients with coronary heart disease develop clinically significant depression, and about 30% have a mild depressive disorder. 10-50% CV patients develop clinically significant anxiety. The problem concerning the psychological risk factors is even greater with respect to the results of research on sub-diagnoses and failure to treat mental diseases and disorders in CV patients.

Institute for Cardiovascular Prevention and Rehabilitation has in the last two years in its outpatient cardiac rehabilitation program, along with standard psychological care², taken steps for early detection of psychological risk factors and the overall management of patients with severe mental disorders. Thus, all patients are at the time of enrollment subject to screening for anxiety and depression by using Hospital Anxiety and Depression scale³. In addition to a psychologist working for the Institute, the team is also joined by permanent associate - a psychiatrist from the Psychiatric Hospital "Sv. Ivan". For patients who are assumed to need additional workup and permanent treatment, care is provided in the Referral Centre of the Ministry of Health for Disorders Caused by Stress, in the University Hospital Dubrava. In this way, the care of psychological risk factors has been completed and the element for effective CV rehabilitation has been added.

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