

# ASSESSING MENTAL HEALTH IN THE CARDIAC REHABILITATION SETTING

**ACRA** 2017

27TH ANNUAL SCIENTIFIC MEETING



Australian Cardiovascular Health  
and Rehabilitation Association

7 - 9 AUGUST 2017

RENDEZVOUS HOTEL  
PERTH SCARBOROUGH WA



Depression is present in  
**1 of 5** outpatients with  
Coronary Heart Disease  
and in **1 of 3** out-patients  
with Chronic Heart Failure.

# Depression and Anxiety

- Everyone responds to trauma differently and although people may experience extreme distress, most eventually recover on their own.
- However others develop fear and anxiety which interferes with their ability to function in life.
- Negative thoughts and mood.

# Moods & emotions – video

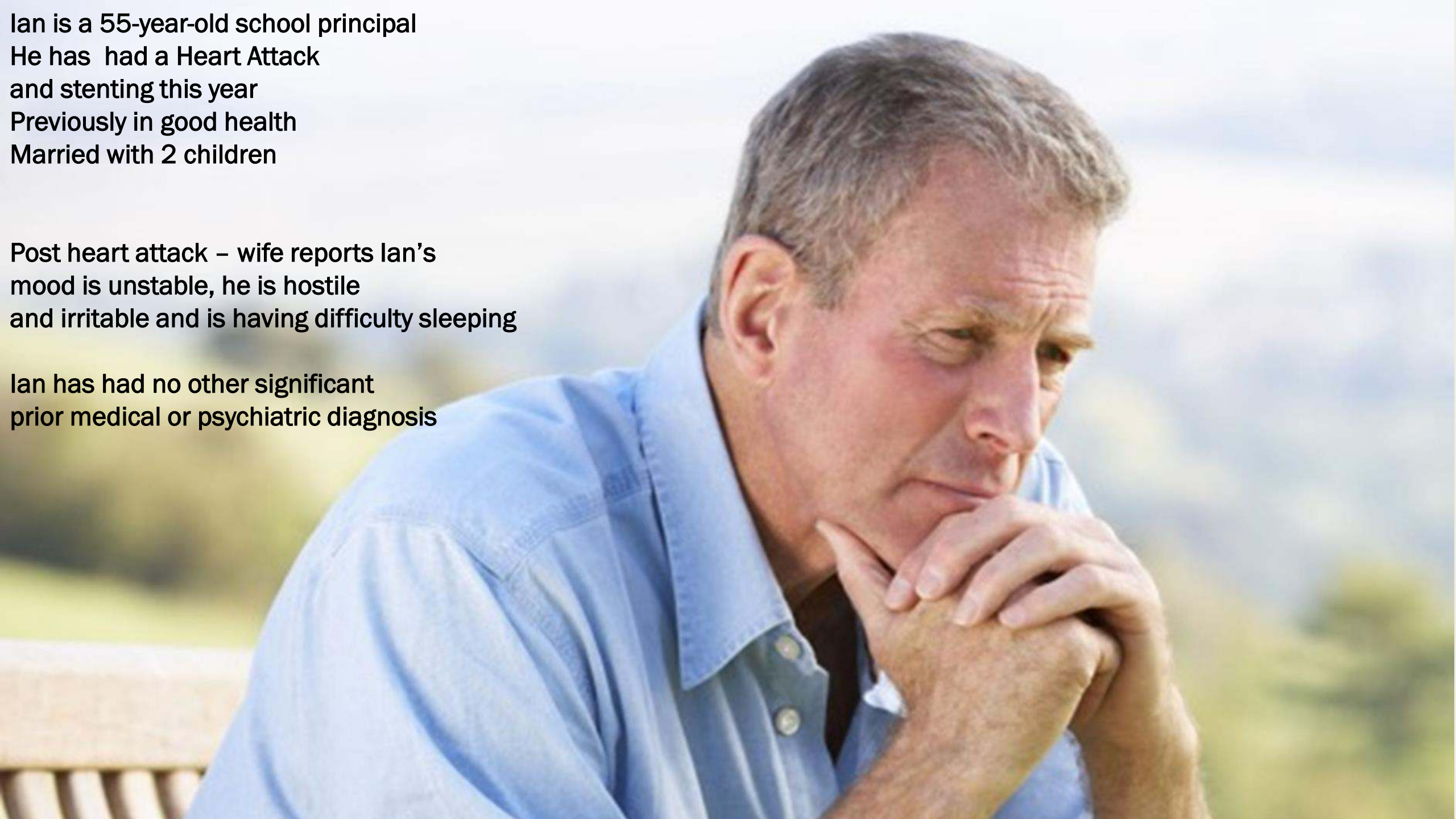


<http://www.heartonline.org.au/resources/videos/coronary-heart-disease-moods-emotions>

Ian is a 55-year-old school principal  
He has had a Heart Attack  
and stenting this year  
Previously in good health  
Married with 2 children

Post heart attack – wife reports Ian's  
mood is unstable, he is hostile  
and irritable and is having difficulty sleeping

Ian has had no other significant  
prior medical or psychiatric diagnosis





Ruby is a 35-year-old grandmother Living in Roebourne with her daughter and has 5 grandchildren

She had Heart surgery 2 years ago

She has been depressed since her husband passed two years ago

**normal emotional reactions to a heart event**



**SHOCK**

You may find it hard to believe that you have a heart problem.



**DENIAL**

You might find it hard to accept that this has happened to you.



**WORRY**

You may worry that you will never get back to your old self. You might be fearful about dying.



**GUILT**

You may feel guilty about being dependent or blame yourself for what has happened.



**ANGER**

You may become frustrated and irritated about the changes in your life.



**SADNESS**

You may feel low and miserable, or your mood might be up and down.



**RELIEF**

You may feel relieved or thankful that your heart disease has been diagnosed and treated.

# Cardiac blues

**8 Page Brochure**  
getting back on track after heart attack or surgery  
the ups and downs of emotional recovery  
cardiacblues

**A3 Poster**  
a heart event is an emotional experience, not just a physical one  
cardiacblues  
Having a range of strong feelings is common and normal after a cardiac event.  
These feelings generally pass with time.  
However, one in five people go on to develop depression after a heart event.  
If you think you are at risk, make an appointment to talk with your doctor about depression.  
To find out more go to: www.heart.org.uk/heartblues

**26 page Guide**  
cardiacblues  
heart

**Postcard**  
a heart event is an emotional experience, not just a physical one  
cardiacblues  
heart

What we do know is that **identifying depression in patients with heart disease is not difficult** and that **treatment alleviates depression and improves quality of life.**

