

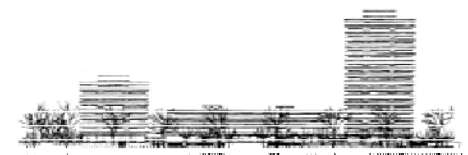
Coping with ICD shocks or storms: a psychological perspective

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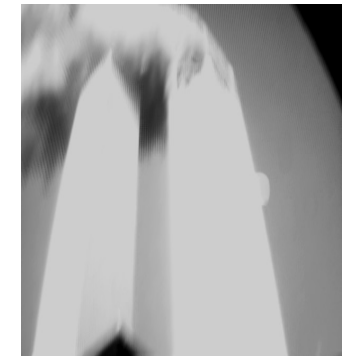
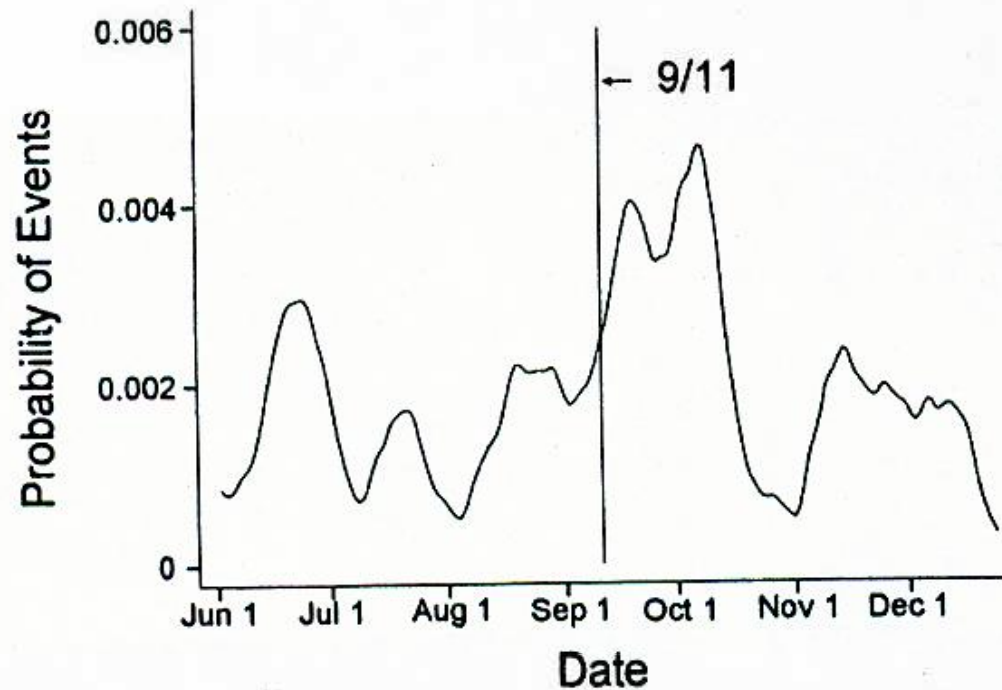


Agenda

- Emotion triggering of ICD shock
- Phantom shocks
- Impact of ICD shock or storm
- Shock – QOL
- Coping strategies
- Addressing the psychological adjustment to shock

Increased incidence of life-threatening ventricular arrhythmias in ICD patients after 9/11

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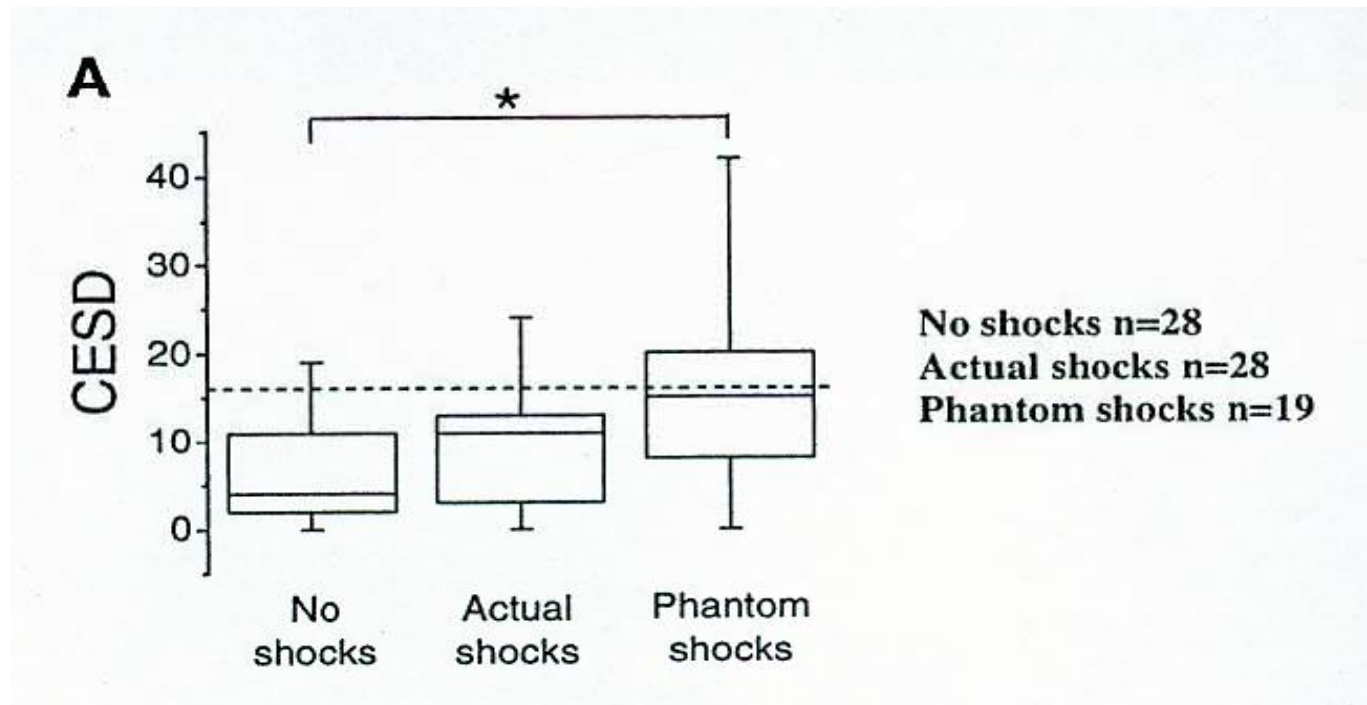
Emotional triggering of ICD shock

- Emotional stress – electrical instability (VT)
- Termination more difficult
- VT on Mondays and in morning hours
- Anger or anxiety can trigger fatal arrhythmias

Burg et al. Psychological traits and Emotion-triggering of ICD Shock-Terminated Arrhythmias. Psychosomatic Medicine 66:898-902 (2004)



Phantomshocks



Patients attitudes toward implanted defibrillator shocks

55% correctly estimate the number of shock

23% dreaded shocks, 5 % rather be without

54% was interested in pre-warning 31% not

Conclusion: ICD shocks moderately unconfteble
but tolerateble due to lifesaving protection

Storm

Definition:

The clustering of multiple episodes of recurrent ventricular tachycardia, fibrillation and ICD shock during a 24-hour period.

Gatzoulis KA et al. Electrical storm is an independent predictor of adverse long-term outcome in the era of implantable defibrillator therapy. *Europace* 2005;7:184-92

O'Brian MC et al. Implantable cardioverter defibrillator storm: nursing care issues for patients and families. *Crit Care Nurs Clin North Am* 2005;17:9-16

QoL with or without ICD shock

167 patients, 26 % shocked within 12 month

Overall QoL and psychological well-being did not change over time (shock/no shock)

Patients who experience shock do not adapt well and are more anxious.

Avoidance behaviour

■	Places	Objects	Activities
	17%	27%	39%

No connection to shock

Coping strategies

- ICD carriers use both emotional and problem-focused coping strategies.
- Denial as a strategy -high the first year
- Avoidant or emotional focused coping - greater emotional distress
/ problem focused coping - better emotional and functional outcomes

Kupier et al. Stressors and coping strategies of patients with automatic ICDs. J Cardiovasc Nurs 1991;5:65-76.

Dougherty CM et al. Longitudinal recovery following suddan cardiac arrest and ICD implantation. Am J Crit Care 1994;3:145-54

The ICD Shock and Management Program

Randomised:

6 weekly 90 minutes sessions / one day 4 hour

Program included:

Education, relaxation and stress management, cognitive-behavioural techniques and group discussion

Results:

Reduction in anxiety and cortisol levels

Increase in pt acceptance of ICD

Thank you!

