

How does depression affect self-care?

I. Lesman-Leegte,
Department of Cardiology
University Medical Centre Groningen
The Netherlands

g.a.t.lesman-leegte@thorax.umcg.nl

The University Medical Centre Groningen



Patient from the clinic

"Now you want me to exercise and keep myself on a fluid restriction and a sodium restricted diet. At the same time I have to adjust to my medication scheme. **But I don't want the disease** *dominate* my life. I think sometimes you should *stretch the rules* **a bit.**"

"I find that as I get a bit sicker, I get more *depressed* along with that. It reminds me of the disability that I have..."



Content

- Self care
 - Definition
 - How can we approach it
 - How can we measure it
- Depression
 - Definition
 - Prevalence
 - Consequences
- Relationship between Self-care and Depression
 - Research data
 - Implications

Definition of Self care

Decision-making *process* that patients use in choice of behaviors that maintain physiological stability (symptom monitoring and treatment adherence) and the response to symptoms as they occur.

Decision-making process

Requires that patients

1. Recognize a change;
2. Evaluate this change;
3. Decide to take action;
4. Implement treatment strategy;
5. Evaluate the response to the treatment.

Decision-making process

Requires that patients

1. Recognize a change; **Increase edema**
2. Evaluate this change; **worse, weight gain?**
3. Decide to take action; **extra diuretic dose**
4. Implement treatment strategy; **when, how much**
5. Evaluate the response to the treatment. **Helpful?**

Self care behaviours in HF

The behavior that a patient with HF undertakes to care for himself to promote health and well being

- Adherence to medication
- Monitoring and interpreting symptoms
- Adherence to diet and fluid restrictions
- Exercise
- Alcohol restriction and smoking cessation
- Daily weighing
- Seeking assistance when symptoms occur

Self-Care of Heart Failure Model



Self-Care of Heart Failure Model

Self-Care Maintenance

Self-Care Management

Symptom monitoring
and treatment
adherence

Symptom
Recognition

Symptom
Evaluation

Treatment
Implementation

Treatment
Evaluation

Self-Care Confidence

Self care

Self care maintenance

- Medication adherence
- Dietary adherence
- Routine exercise
- Symptom monitoring
- Immunization upkeep

Self-Care of Heart Failure Model



Self care

Self care maintenance

- Medication adherence
- Dietary adherence
- Routine exercise
- Symptom monitoring
- Immunization upkeep

Self care management

- Symptom recognition
- Symptom evaluation
- Symptom treatment
- Evaluate treatment effectiveness

How can we measure Self care

European Self Care Behavior Scale

- 9 item scale rated on a 5 point likert scale
- (1 = Completely agree; 5=completely disagree)
- Total score (0-45)
- Subscale consulting behavior (4 items, 0-24)

'if shortness of breath increases I contact my doctor or a nurse'

Self-care of Heart Failure Index (SCHFI)

'Scores reflecting

- Self care maintenance
- Self care management
- Confidence with Self care

Responses are transformed to 100 points each

Scale score of 70 or higher is adequate self care

What complicates Self care?

- Comorbid conditions (multiple medication)
- Anxiety (less motivated, difficulty coping with changes)
- Impaired cognition (less knowledge, deficits in memory)
- Sleep disturbances (contribute to problems with cognition)
- Poor health literacy (understand basic health information)
- Problems with health care system (poor guidelines)

What about depression?

Can it complicate Self care?

Content

- Self care
 - Definition
 - How can we approach it
 - How can we measure it
- Depression
 - Definition
 - Prevalence
 - Consequences
- Relation between Depression and Self-care
 - Research data
 - Implications

Definition of depression

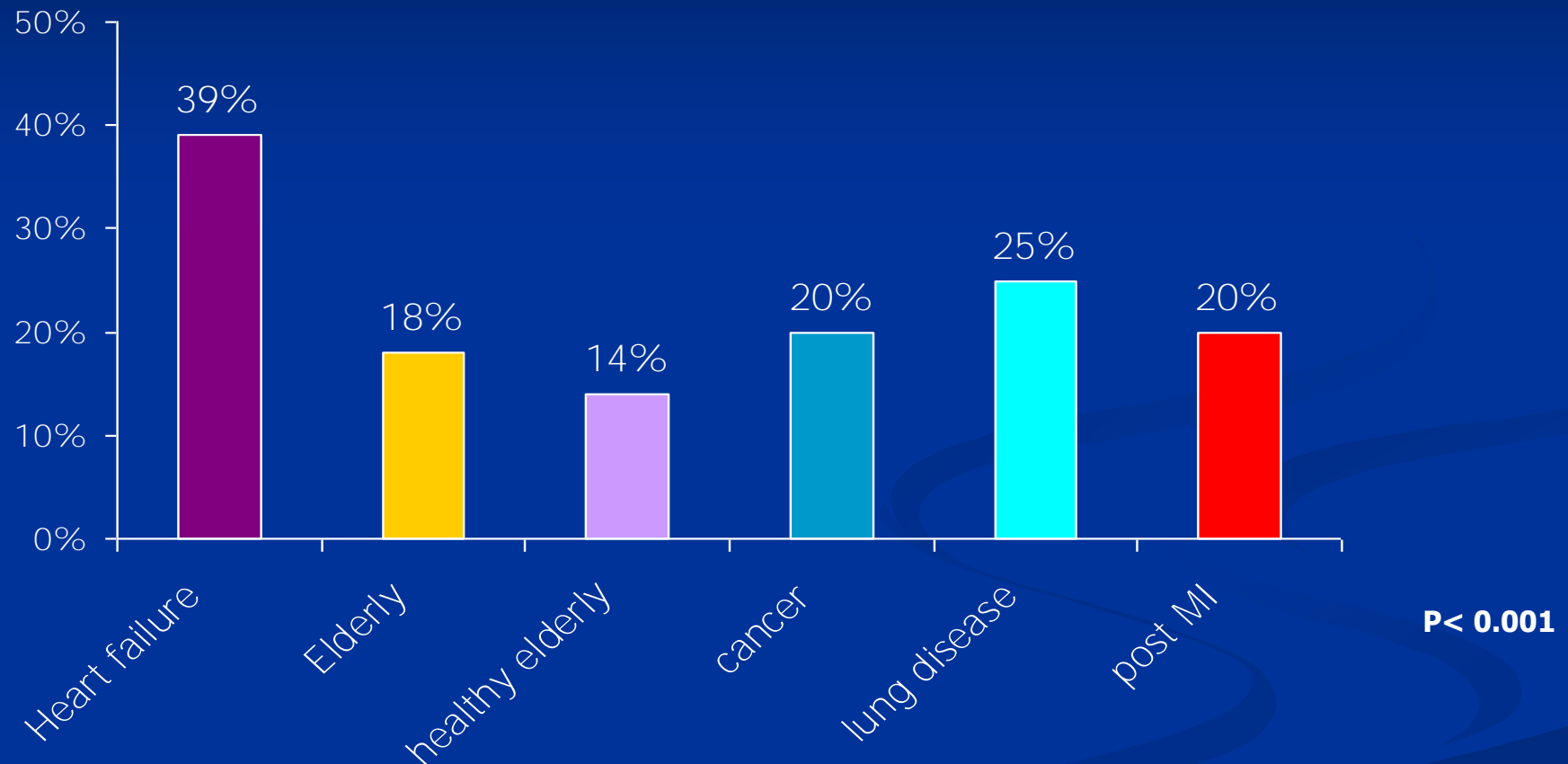
At least 5 of the following symptoms.

Must be present during the same 2 week period.

Must represent a change from a previous level of functioning.

- Depressed mood
- Loss of interest or pleasure in almost all activities
- Significant weight loss (when not dieting), weight gain, change in appetite.
- Insomnia or hypersomnia (excess sleep)
- Fatigue or loss of energy
- Feelings of worthlessness
- Impaired ability to concentrate or indecisiveness
-

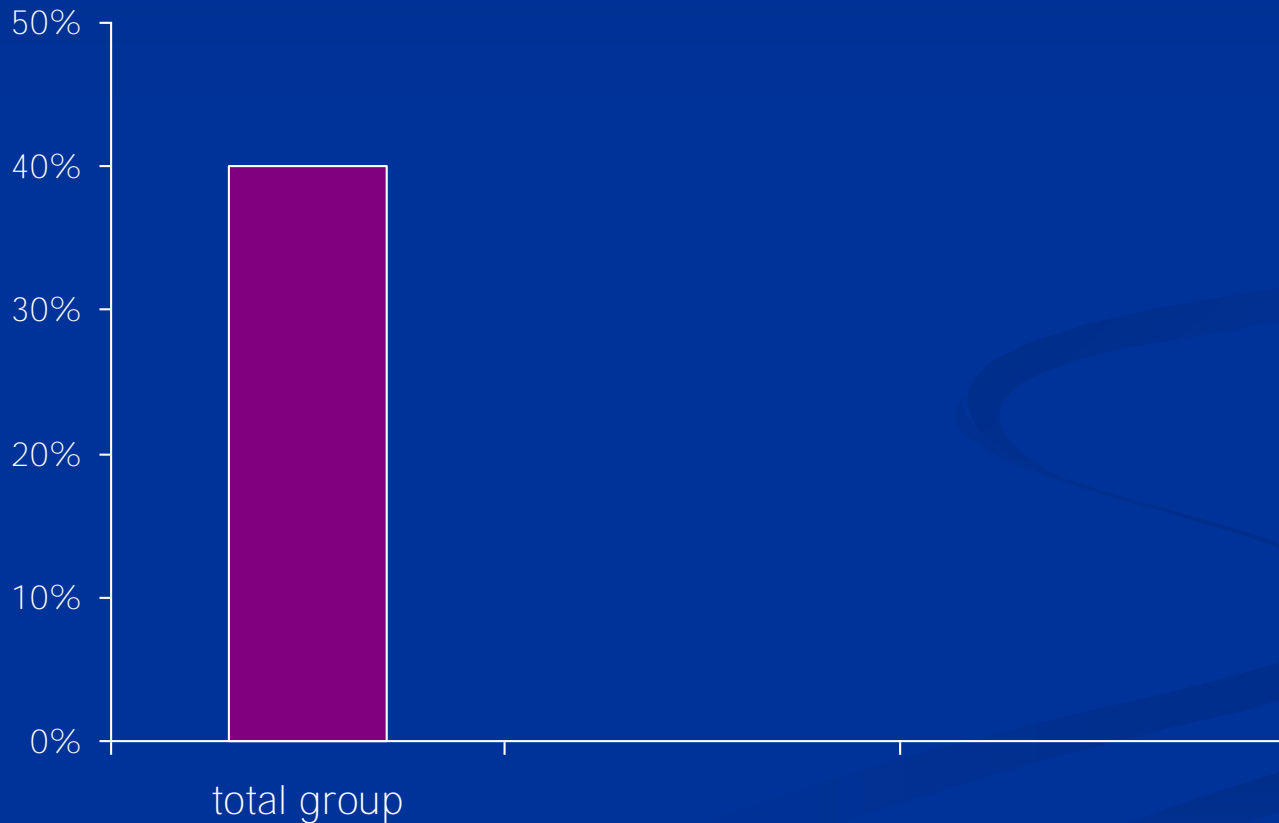
Prevalence of depression



Jiang, 2001; Faris, 2002; Lesman 2006; van Melle, 2002; Schoevers, 2000

Depression in HF patients

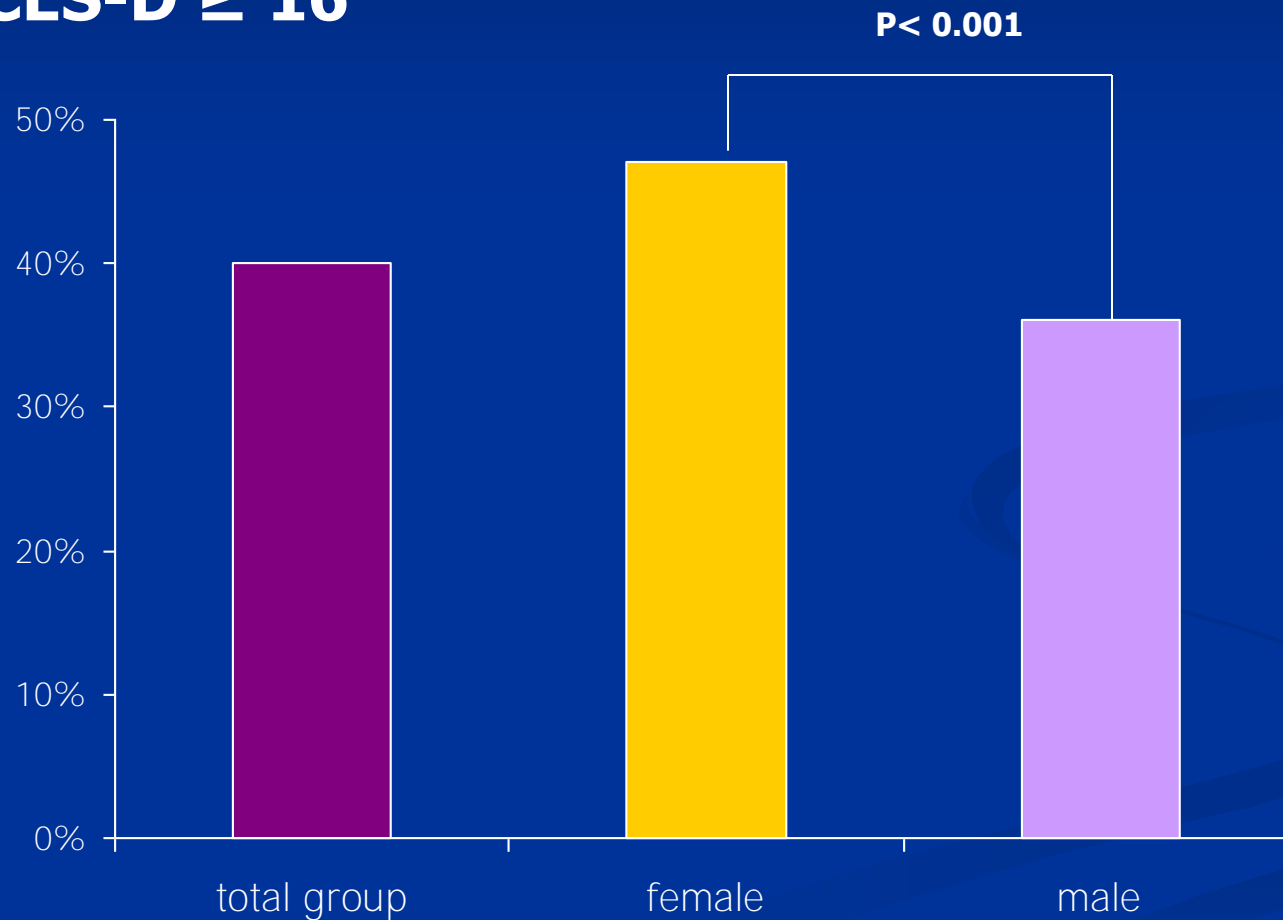
CES-D ≥ 16



Lesman et al., 2007

Depression in HF patients

CES-D ≥ 16



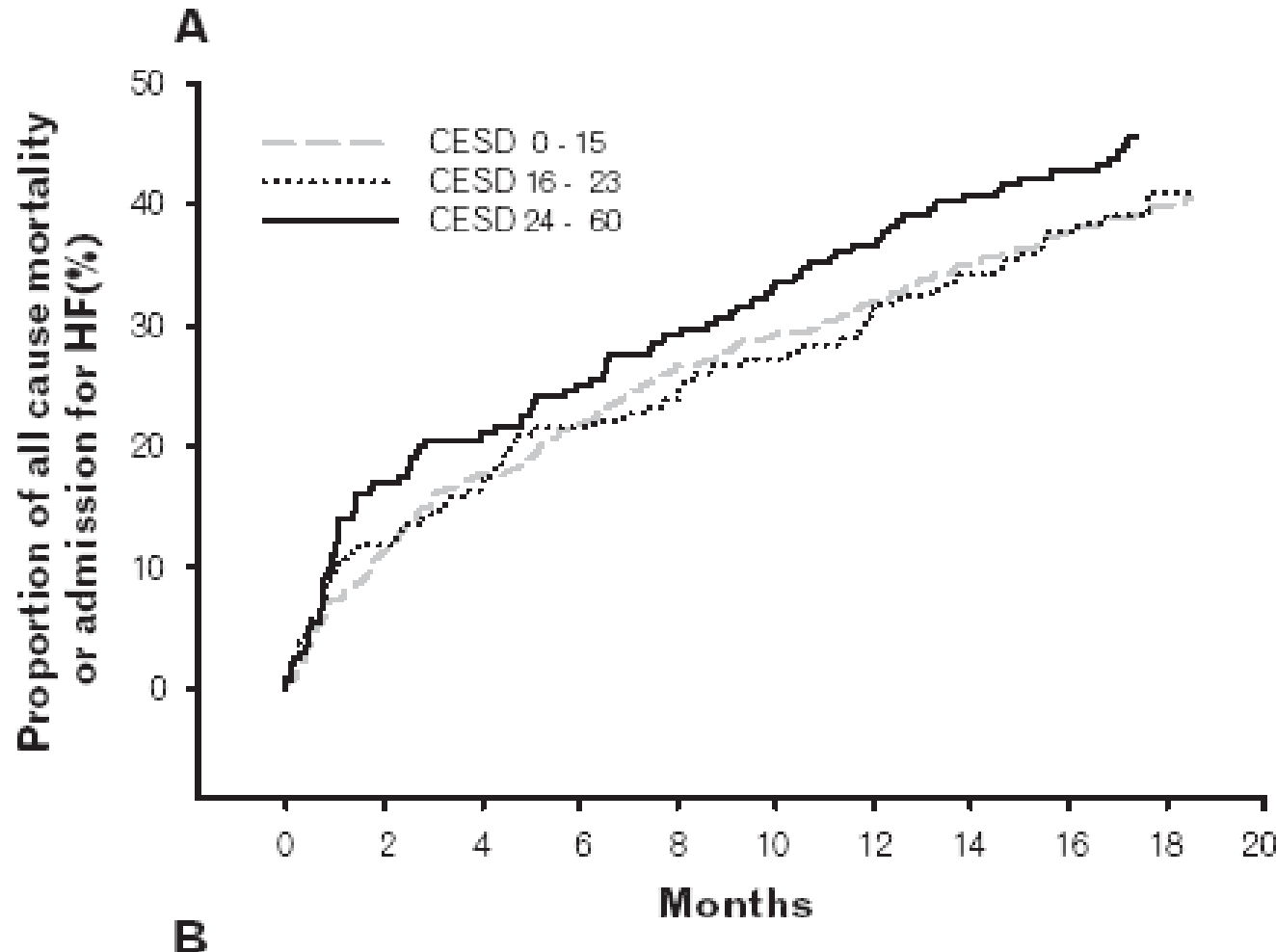
Consequences of depression

In HF patients

- Two-fold increase in ER visits
- 29% increase in health care costs
- Decrease in quality of life and functional decline
- Higher readmission rates, longer hospital stay
- Higher mortality

Fulop, 2003; Lesman, 2009; Sullivan, 2004; Vaccarino, 2001

Impact depressive symptoms on outcome



n=958

Depressive symptoms related to outcome ($p=0.02$)

Lesman, 2009

Content

- Self care
 - Definition
 - How can we approach it
 - How can we measure it
- Depression
 - Definition
 - Prevalence
 - Consequences
- Relation between Self care and Depression
 - Research data
 - Implications

Is there a link with Self care?

On one hand:

Underlying reason for worse outcome in patients with depressive symptoms could be non compliance

(due to lack of self care behaviors.....????)

On the other hand...

Symptoms of depression might interfere with the ability to perform Self care

- Low energy levels
- Lack of motivation
- A sense of helplessness
- Cognitive dysfunction

Schweitzer et al. 2007

Self-Care of Heart Failure Model

Depression???



Self-Care Maintenance

Self-Care Management

Symptom monitoring
and treatment
adherence

Symptom
Recognition

Symptom
Evaluation

Treatment
Implementation

Treatment
Evaluation

Self-Care Confidence

Self-Care of Heart Failure Model

Depression???



Self-Care Maintenance

Self-Care Management

Symptom monitoring
and treatment
adherence

Symptom
Recognition

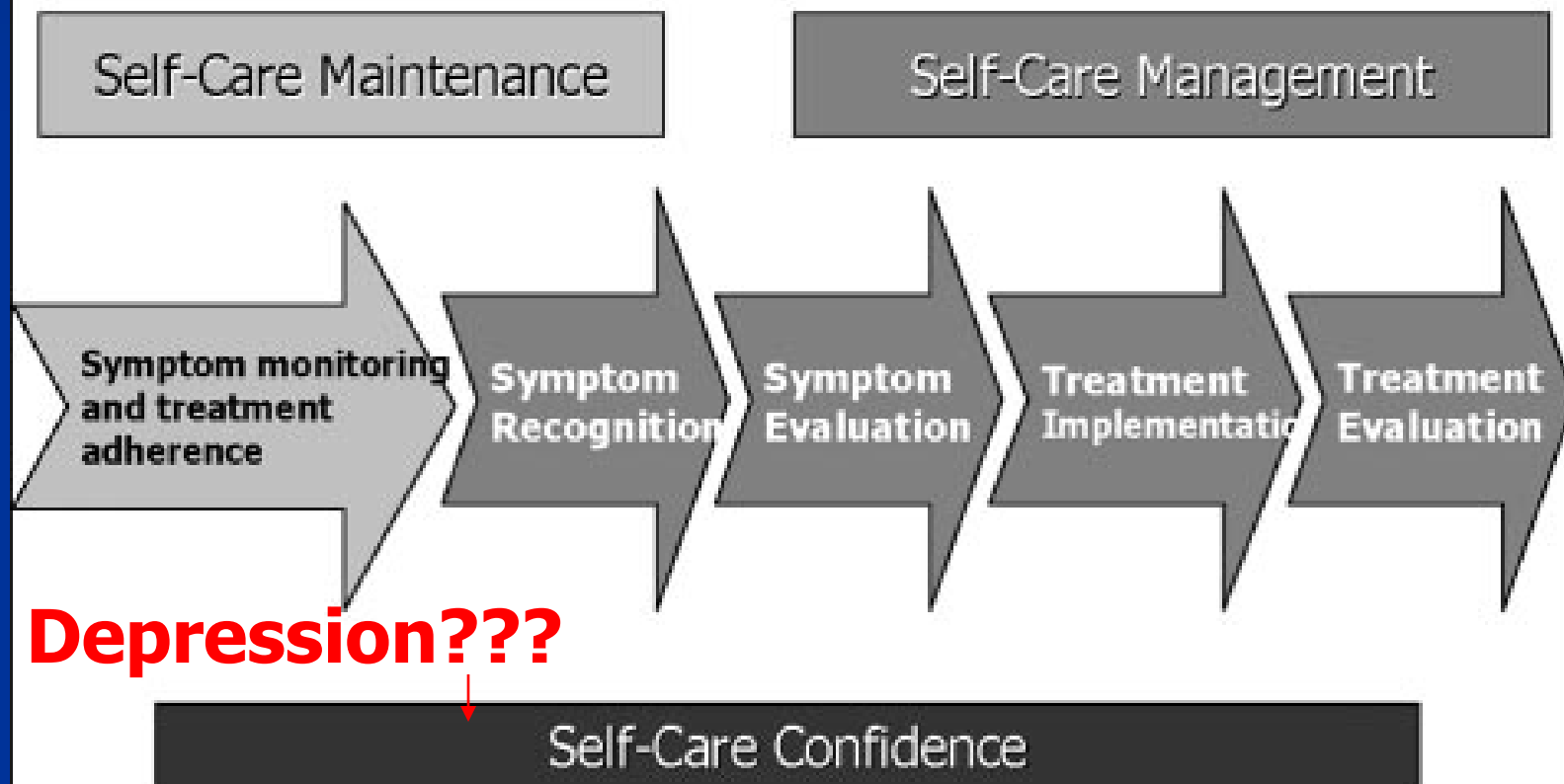
Symptom
Evaluation

Treatment
Implementation

Treatment
Evaluation

Self-Care Confidence

Self-Care of Heart Failure Model



Self care and depression

■ Diabetes

- Depression related to lower Self care behavior

Physical activity, Dietary behavior, Foot care, Self management of blood glucose behavior

■ CVD

- Depression related to lower compliance with dietary
- Depression related to rapid relapse to smoking cessation
- Depression related to non compliance with medication

■ Heart failure

Depression might hinder Self care through

- Impaired cognition
- Social isolation
- Hopelessness
- Delay in seeking help or treatment

Depression and non-adherence

- Overall compliance related to mental health
- Poor compliance in dietary recommendations
- Poor compliance in exercise recommendations
- More barriers to medication taking and diet
- Fewer benefits to medication
- Prone to non-adherence in alcohol and smoking restrictions

Relationship through delay

Patients with Heart Failure (n=958)

- Independent direct relationship between self care behavior and depression
- Delay time is higher in depressed compared to non depressed HF patients (54 versus 120 hours)

Implications for daily practice

- Decrease depressive symptoms
 - Be alert, ask about mental health (AHA routinely screening)
 - Treat patients according to psychiatric guidelines
 - Multi disciplinary approach
- Improve Self care
 - **Improve knowledge (how to....)**
 - Reinforce adherence behavior
 - Provide patients with positive experiences
 - Improve belief in self-efficacy (ability to perform certain behaviors)
 - Discuss personal barriers to adherence
 - Improve skills and resources

To conclude

Depression interferes with Self care in several ways

Research data on depression and Self care is scarce

Most research focused on Self care and adherence

There is not a 'one size fits all' approach, but look for feasible and practical solutions to improve Self care