

ICD's

Mind Your Heart but Watch Your Mind

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Objectives

- Present current psychological research findings
- Normalising and contextualising common reactions

Previous research

- No significant differences between ICD and drug-maintained ventricular arrhythmias.
- No significant differences between pre- and post-implant ICD patients on psychosocial measures.

Current study

- 100 ICD patients surveyed
- Questionnaire and consent form
- HADS questionnaire

Questionnaire

- **Has your ICD ever gone off (given you a shock that you were aware of)**
- **Describe your experience of the shock(s) both physically and emotionally**
- **What kind of additional support do you think would help you in living with an ICD**
- **Describe how your life has been affected by the presence of your ICD (for example your work or home life, or your physical activities)**
- **Would you like to be contacted by the psychologist in the future regarding services available for individuals living with an ICD**

Anxiety

- Wound up
- Panicky
- Unable to sit still
- Difficulty concentrating
- Very worried and tense

Depression

- Low or down
- Sad
- Tearful
- Low energy
- Low motivation
- Loss interest
- Hopeless

Mood

	Total Number	HADS Anxiety	HADS Depression
ICD patients	100	36%	15%
ICD + shock	24	10%	5%
General population	-	15%	10%

Summary of findings

- Indicates that presence of ICD has a relatively small impact on quality of life and on development of psychological difficulties
- Where shock therapy was received, there was still less than half of respondents who had high anxiety and depression
- Indicates possibility of psychological distress associated with condition rather than ICD

Impacts

Effect	%	Effect	%
None	32	Social	7
Physical activity	28	Body image	2
Work	18	Home	2
Psychological	9	Sexual activity	1

Support Needs

Type of support	%	Type of support	%
None	44	Psychological	11
Satisfied	10	Educational	9
Uncertain	14	Support Group	5
(Total)	(68)	Family	3
		ICD Checks	2
		Out of Hours	1

Contact requested

- 56% said they would like to be contacted by the psychologist to inform them of any future services on offer to ICD patients
- 40% said that they did not want to be contacted
- 4% did not respond to this question

Typical responses in anxiety

- ICD related fears universal
- Most pervasive psychosocial adjustment challenge
- Fears related to “catastrophic cognitions” rather than ICD shocks.
- Interpreting body symptoms as signs of danger
- Belief of heightened risk of sudden death

What is helpful

- Talking with others about concerns and worries
- Gaining accurate information not rumours
- Being patient
- Learning patience through relaxation
- Using professional services when necessary

Development of psychological difficulties

Shock continuum

← No Shocks Cumulative shocks Storms →

Anxiety spectrum

← Normal fear Shock phobia GAD PTSD →

Thoughts and Behaviours

← ICD keeps me safe during exertion ICD is my reason for not exerting There is very little that I am safe to do with my ICD The ICD does not keep me safe →

Treatment

- Psychological interventions successful
- Time
- Learning relaxation strategies
- Anxiety reducing techniques
- Exercise/ diet/ sleep/ lifestyle

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Thank You

Any Questions