



BÖLÜM 55

KARDİYAK HASTALARDA GÖRÜLEN PSİKİYATRİK BOZUKLUKLAR VE TEDAVİSİ

Musa ŞAHPOLAT¹

GİRİŞ

Kalp ve damar hastalıkları dünyada ve ülkemizde yaşam kalitesini olumsuz yönde etkileyen hastaneye yatışın ve ölümün en sık sebebinin oluşturduğu kronik hastalıktır (1-2).

Psikiyatrik bozukluklar ve kardiyak hastalıklar arasındaki ilişki uzun zamandan beri incelenmektedir. Psikiyatrik bozukluklarda kardiyak hastalık ve kardiyak hastalıklarda psikiyatrik bozukluk riski önemli derecede yüksektir (3-7). Kardiyak hastalıklara %45-50'lere ulaşan oranda herhangi bir psikiyatrik bozukluk eşlik etmektedir. Her türlü psikiyatrik bozukluk eşlik etmekte birlikte kardiyak hastaların en fazla depresyon, anksiyete, stres, travma sonrası stres bozukluğu, panik atak, deliryum, uyku problemleri gibi sorunlar yaşadığı ve bunların da mortalite ve morbiditeyi önemli ölçüde etkilediği görülmüştür (4-7). Bu sebeple kardiyak hastalarda sadece kardiyak hastalığa odaklanılmamalı altta yatan psikiyatrik durumlarda göz önünde bulundurulmalıdır (5-7).

KARDİYAK HASTALARDA GÖRÜLEN PSİKİYATRİK BOZUKLUKLAR

Kardiyak hastalıklar ile psikiyatrik bozukluklar arasındaki ilişki gerek etiyoloji gerekse klinik çalışma düzeyinde araştırılmaya devam etmektedir. Kardiyak hastalıklar ile psikiyatrik bozuklukların karşılıklı bir arada görülmesi sağlıklı bireylere oranla önemli derecede yüksek olduğu gözlenmiştir. Özellikle psikiyatrik bozuklukların kardiyak hastalıkların prognozunu kötü etkilediği görülmüştür (7-10).

Depresyon

Depresyon kardiyak hastalarda ölüm riskini artıran psikiyatrik nedenlerin en başında yer almaktadır. Kardiyak hastalarda en yüksek oranda görülen psikiyatrik tablo depresyondur. Depresyon ve kardiyak hastalıklar arasında ilişki uzun zamandır bilinmekle birlikte 1993 yılında bir çalışmada miyokard infarktüsü (Mİ) sonrası depresyon sıklığının %50 olduğu ve bu hastaların %20'sinin majör depresyonda olduğu bulunmuştur (8,9). Koroner

¹ Uzm. Dr., Kilis Devlet Hastanesi, Psikiyatri Kliniği, drmsahpolat@hotmail.com



KAYNAKLAR

1. Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, et al. Heart disease and stroke statistics 2015 update: a report from the American Heart Association. *Circulation*. 2015;131(4):e29-322.
2. Grace SL, Chessex C, Arthur H, Chan S, Cyr C, Dafoe W, et al. Systematizing inpatient referral to cardiac rehabilitation 2010: Canadian Association of Cardiac Rehabilitation and Canadian Cardiovascular Society joint position paper endorsed by the Cardiac Care Network of Ontario. *Can J Cardiol*. 2011;27(2):192-9.
3. Sahpolat M, Ari M. Higher prevalence of metabolic syndrome and related factors in patients with first-episode psychosis and schizophrenia: a cross-sectional study in Turkey. *Nord J Psychiatry*. 2021;75:73-8.
4. Versteeg H, Hoogwegt MT, Hansen TB, Pedersen SS, Zwisler AD, Thygesen LC. Depression, not anxiety, is independently associated with 5-year hospitalizations and mortality in patients with ischemic heart disease. *J Psychosom Res*. 2013;75(6):518-25.
5. Celano CM, Villegas AC, Albanese AM, Gaggin HK, Huffman JC. Depression and Anxiety in Heart Failure: A Review. *Harv Rev Psychiatry*. 2018;26(4):175-184.
6. MacMahon KM, Lip GY. Psychological factors in heart failure: A review of the literature. *Arch Intern Med*. 2002;162:509-16.
7. Jiang W, Alexander J, Christopher E, et al. Relationship of depression to increased risk of mortality and rehospitalization in patients with congestive heart failure. *Arch Intern Med*. 2001;161:1849-56.
8. Frasure-Smith N, Lesperance F, Talajic M. Depression following myocardial infarction. Impact on 6-month survival. *JAMA: the journal of the American Medical Association*. 1993;270:1819-25.
9. Kivela SL. How common are depressions and cardiovascular diseases in populations. In: *Vascular Disease and Affective Disorders*. Editors: Edmond Chiu, David Ames, Cornelius Catona. Martin Dunitz Ltd: London, UK, 2002.
10. Shapiro PA. Heart disease. In: *Levenson JL, editor. Textbook of Psychosomatic Medicine*. Washington, DC: The American Psychiatric Publishing; 2005. p. 423-444.
11. Lett HS, Blumenthal JA, Babyak MA, Sherwood A, Strauman T, et al. Depression as a risk factor for coronary artery disease: evidence, mechanisms and treatment. *Psychosom Med*. 2004;66:305-315.
12. Anda R, Williamson D, Jones D, Macera C, Eaker E, Glasman A, Marks J. Depressed affect, hopelessness, and the risk of ischemic heart disease in a cohort of U. S. adults. *Epidemiology*. 1993;4:285-294.
13. Thombs BD, Jonge P, Coyne JC, Whooley MA, Frasure-Smith N, Mitchell AJ, et al. Depression screening and patient outcomes in cardiovascular care: a systematic review. *JAMA*. 2008;300:2161-71.
14. Lichtman JH, Bigger JT, Blumenthal JA, Frasure-Smith N, Kauffman PG, Lesperance F, et al. Depression and coronary heart disease: recommendations for screening, referral and treatment: a science advisory from the American Heart Association Prevention Committee of the Council on Cardiovascular Nursing. Council on Clinical Cardiology, Council on Epidemiology and Prevention and Interdisciplinary Council on Quality of Care and Outcomes Research: endorsed by the American Psychiatric Association. *Circulation*. 2008;118:1768-75.
15. Sheps DS, Sheffield D. Depression, anxiety, and the cardiovascular system: The cardiologist's perspective. *J Clin Psychiatry*. 2001;62(Suppl 8):12-6.
16. Kelleci M, Aydın D, Sabancıoğulları S, Doğan S. Hastanede yatan hastaların bazı tanı gruplarına göre anksiyete ve depresyon düzeyleri. *Klinik Psikiyatri*. 2009;12:90-98.
17. Havranek EP, Ware MG, Lowes BD. Prevalence of depression in congestive heart failure. *Am J Cardiol*. 1999;84:348-50.
18. Guck TP, Elsasser GN, Kavan MG, Barone EJ. Depression and congestive heart failure. *Congest Heart Fail*. 2003;9:163-9.
19. Norra C, Skobel EC, Arndt M, Schauerte P. High impact of depression in heart failure: early diagnosis and treatment options. *Int J Cardiol*. 2008;125:220-31.
20. Faller H, Stork S, Schowalter M, et al. Depression and survival in chronic heart failure: does gender play a role? *Eur J Heart Fail*. 2007;9:1018-23.
21. Azevedo A, Bettencourt P, Frieoes F, Alvelos M, Abreu-Lima C, Hense HW, Barros H. Depressive symptoms and heart failure stages. *Psychosomatics*. 2008;49:42-8.
22. Lichtman JH, Froelicher ES, Blumenthal JA, Carney RM, Doering LV, et al. Depression as a risk factor for poor prognosis among patients with



- acute coronary syndrome: systematic review and recommendations: a scientific statement from the American Heart Association. *Circulation*. 2014;129:1350-1369.
23. Albus C, Jordan J, Lingen CH. Screening for psychosocial risk factors in patients with coronary heart disease—recommendations for clinical practice. *European Journal of Cardiovascular Prevention and Rehabilitation*. 2004;11:75-79.
 24. Watkins LL, Blumenthal JA, Carney RM. Association of anxiety with reduced baroreflex cardiac control in patients after acute myocardial infarction. *Am Heart J*. 2002;143:460-6.
 25. Gorman JM, Sloan RP. Heart rate variability in depressive and anxiety disorders. *Am Heart J*. 2000;140(Suppl 4):77-83.
 26. Kubzansky LD, Kawachi I, Spiro A, et al. Is worrying bad for your heart? A prospective study of worry and coronary heart disease in the Normative Aging Study. *Circulation*. 1997;95:818-24.
 27. Sullivan MD, La Croix AZ, Spertus JA, Hecht J. Five-year prospective study of the effects of anxiety and depression in patients with coronary artery disease. *Am J Cardiol*. 2000;86(10):1135-8.
 28. Edmondson D, Richardson S, Falzon L, Davidson KW, Mills MA, Neria Y. Posttraumatic stress disorder prevalence and risk of recurrence in acute coronary syndrome patients: a meta-analytic review. *PLoS One*. 2012;7(6):e38915.
 29. Moser DK, Riegel B, McKinley S. Impact of anxiety and perceived control on in-hospital complications after acute myocardial infarction. *Psychosom Med*. 2007;69:10-6.
 30. De Jong MJ, Chung ML, Roser LP, Jensen LA. A five-country comparison of anxiety early after acute myocardial infarction. *Eur J Cardiovasc Nurs*. 2004;3:129-34.
 31. Cserep Z, Losoncz E, Balog P, Szili-Török T, Husz A, et al. The impact of preoperative anxiety and education level on longterm mortality after cardiac surgery. *J Cardiothorac Surg*. 2012;7:86:1-8.
 32. Hare DL, Toukhsati SR, Johansson P, Jaarsma T. Clinical update, depression and cardiovascular disease: a clinical review. *European Heart Journal*. 2013;25:1-11.
 33. Moser DK, Dracup K. Is anxiety early after myocardial infarction associated with subsequent ischemic and arrhythmic events? *Psychosom Med*. 1996;58:395-401.
 34. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 4. Baski, Washington DC: American Psychiatric Press 2000;429-85.
 35. Worrall-Carter L, Jones T, Driscoll A. The experiences and adjustments of women following their first acute myocardial infarction. *Contemp Nurse*. 2005;19:211-21.
 36. Lesneski L, Morton P. Delay in seeking treatment for acute myocardial infarction: why? *J Emerg Nurs*. 2000;26:125-9.
 37. Edmondson D, Richardson S, Falzon L, Davidson KW, Mills MA, Neria Y. Posttraumatic stress disorder prevalence and risk of recurrence in acute coronary syndrome patients: a meta-analytic review. *PLoS One*. 2012;7(6):e38915.
 38. Edmondson D, Shaffer JA, Denton EG, Shimbo D, Clemow L. Posttraumatic stress and myocardial infarction risk perceptions in hospitalized acute coronary syndrome patients. *Front Psychol*. 2012;3:144.
 39. Ayers S, Copland C, Dunmore E. A preliminary study of negative appraisals and dysfunctional coping associated with post-traumatic stress disorder symptoms following myocardial infarction. *Br J Health Psychol*. 2009;14(Pt 3):459-71.
 40. Newman JD, Muntner P, Shimbo D, Davidson KW, Shaffer JA, Edmondson D. Post-traumatic stress disorder (PTSD) symptoms predict delay to hospital in patients with acute coronary syndrome. *PLoS One*. 2011;6(11):e27640.
 41. Rothenbacher D, Hahmann H, Wusten B, et al. Symptoms of anxiety and depression in patients with stable coronary heart disease: prognostic value and consideration of pathogenetic links. *Eur J Cardiovasc Prev Rehabil*. 2007;14:547-54.
 42. Todaro JF, Shen BJ, Raffa SD, et al. Prevalence of anxiety disorders in men and women with established coronary heart disease. *J Cardiopulm Rehabil Prev*. 2007;27:86-91.
 43. Valkamo M, Hintikka J, Niskanen L, Viinamäki H. Psychiatric morbidity and the presence and absence of angiographic coronary disease in patients with chest pain. *Acta Psychiatr Scand*. 2001;104:391-6.
 44. Beitman BD. Panic disorder in patients with angiographically normal coronary arteries. *Am J Med*. 1992;27:33-40.
 45. Kane F, Harper R, Wittels E. Angina as a symptom of psychiatric illness. *South Med J*. 1988;81:1412-6.
 46. Liberthson R, Seehan DV, King ME, et al. The prevalence of mitral valve prolapse in patients with panic disorders. *Am J Psychiatry*. 1986;143:511-15.



47. Matuzas W, Al-Sadr J, Uhlenhuth EH, et al. Mitral valve prolapse and thyroid abnormalities in patients with panic attacks. *AmJ Psychiatry*. 1987;144:493-96.
48. Dager SR, Comess KA, Dunner DL. Differentiation of anxious patients by two-dimensional echocardiographic evaluation of the mitral valve. *AmJ Psychiatry*. 1986;143:535-38.
49. Arkonaç O, Gültekin N, Özer Ş ve ark. Panik bozukluk hastalarında mitral valv prolapsusu. *Düşünen Adam*. 1989;3:7-12.
50. Ulusoy RE, Yokuşoğlu M, Kırılmaz A, Küçük U, Işıklı H. Anterior Mitral Valve Prolapse Contributes to Mitral Regurgitation and Panic Disorder. *JIUMF*. 2012;19(1):19-22.
51. Schuurmans MJ, Duursma SA, Shortridge-Baggett LM. Early recognition of delirium: review of the literature. *J Clin Nurs*. 2001;10:721-9.
52. Bayindir O, Güden M, Akpınar B, et al. Ondansetron hydrochloride for the treatment of delirium after coronary artery surgery. *The Journal of Thoracic and Cardiovascular Surgery*. 2001;121(1):176-177.
53. Kazmierski J, Kowman M, Banach M, et al. Incidence and predictors of delirium after cardiac surgery: Results from The IPDACS Study. *J Psychosom Res*. 2010;69(2):179-185.
54. Tan MC, Felde A, Kuskowski M, et al. Incidence and predictors of post-cardiotomy delirium. *Am J Geriatr Psychiatry*. 2008;16:575-583.
55. Roach GW, Kanchuger M, Mora Mangano CT, et al. For the Multicenter Study of Perioperative Ischemia (McSPI) Research Group. Adverse cerebral outcomes after coronary bypass surgery. *N Engl J Med*. 1996;335:1857-1863.
56. Francis J, Martin D, Kapoor WN. A prospective study of delirium in hospitalized elderly. *JAMA*. 1990;263:1097-1101.
57. Rudolph JL, Inouye SK, Jones RN, et al. Delirium: an independent predictor of functional decline after cardiac surgery. *J Am Geriatr Soc*. 2010;58:643-649.
58. Rebecca F. Gottesman, Maura A, et al. Delirium after coronary artery bypass graft surgery and late mortality. *Ann Neurol*. 2010;67:338-344.
59. Robinson TN, Raeburn CD, Tran ZV, et al. Post-operative delirium in the elderly: risk factors and outcomes. *Ann Surg*. 2009;249:173-178.
60. Detroyer E, Dobbels F, Verfaillie E, et al. Is pre-operative anxiety and depression associated with onset of delirium after cardiac surgery in older patients? A prospective cohort study. *J Am Geriatr Soc*. 2008;56:2278-2284.
61. Leslie DL, Zhang Y, Bogardus ST, Holford TR, Leo-Summers LS, Inouye SK. Consequences of preventing delirium in hospitalized older adults on nursing home costs. *J Am Geriatr Soc*. 2005;53:405-9.
62. Voyer P, Cole MG, McCusker J, St-Jacques S, Laplante J. Accuracy of nurse documentation of delirium symptoms in medical charts. *Int J Nurs Pract*. 2008;14:165-77.
63. Vollmer C, Rich C, Robinson S. How to prevent delirium: a practical protocol. *Nursing*. 2007;37:26-8.
64. Stahl SM. *Essential Psychopharmacology*. 2nd ed. Cambridge University Press, Cambridge, 2000.
65. Blier P. The pharmacology of putative early-onset antidepressant strategies. *European Neuropsychopharmacol*. 2003;13:57-66.
66. Freemantle N, Anderson IM, Young P. Predictive value of pharmacological activity for the relative efficacy of antidepressant drugs. Meta-regression analysis. *Br J Psychiatry*. 2000;177:292-302.
67. Lieberman JA, Greenhouse J, hamer RM, Krishnan KR, Nemeroff CB, Sheehan DV, Thase ME, Keller MB. Comparing the effects of antidepressants: Consensus guidelines for evaluating quantitative reviews of antidepressants efficacy. *Neuropsychopharmacology*. 2005;30:445-60.
68. Örsel S. Depresyonda Tedavi: Genel İlkeler ve Kullanılan Antidepresan İlaçlar. *Klinik Psikiyatri*. 2004;Ek 4:17-24
69. Tunca Z. Antidepresan Tedavi: İlaç Seçimi, Kullanım İlkeleri, Yan Etkiler, İlaç Etkileşimleri, Özel Durumlar Konusunda Bilmemiz Gerekenler. *Türkiye Klinikleri J Int Med Sci*. 2005;1(40):68-71.
70. Blumenthal JA, Sherwood A, Babyak MA, Watkins LL, Waugh R, Georgiades A, et al. Effects of exercise and stress management training on markers of cardiovascular risk in patients with ischemic heart disease: a randomized controlled trial. *JAMA*. 2005;293(13):1626-34.
71. Southam MA, Agras WS. Stress and stress management in coronary heart disease. In: *Coronary prevention: A clinical guide*, Hutchinson, RG (Ed), Year Book Medical Publishers, Chicago 1985. p.145.
72. De Maat S, Dekker J, Schoevers R, et al. Short Psychodynamic Supportive Psychotherapy, antidepressants, and their combination in the treatment of major depression: A mega-analysis based on



- three Randomized Clinical Trials. *Depress Anxiety*. 2007 (Epub ahead of print).
73. Bennett P. Psychological care of cardiac patients. In: Niebauer J, ed. *Cardiac Rehabilitation Manual*. Springer-Verlag London Limited; 2011. p.61-86.
74. Williams RB. Depression after heart attack: why should I be concerned about depression after a heart attack?. *Circulation*. 2011;123:e639-e640.
75. Denollet J, Brutsaert DL. Reducing emotional distress improves prognosis in coronary heart disease: 9-year mortality in a clinical trial of rehabilitation. *Circulation*. 2001;104(17):2018-23.
76. Gaulden LH, Glotzer J. Advanced nursing aspects of acute heart failure. In: O'Connor CM, Stough WG, Gheorghide M, Adams KE, eds. *Managing Acute Decompensated Heart Failure*, Taylor & Francis Group, 2 Park Square, Milton Park. New York: Abingdon, London; 2005. p.523-8.
77. Rozanski A, Blumenthal JA, Kaplan J. Impact of psychological factors on the pathogenesis of cardiovascular disease and implications for therapy. *Circulation*. 1999;99(16):2192-217.
78. Moulaert RMPV, Verbunt JA, Bakx WGM, Gorgels APM, de Krom CFTM, Heuts HTGP, Wade DT, van Heugten CM. 'Stand still and move on', a new early intervention service for cardiac arrest survivors and their caregivers: rationale and description of the intervention. *Clinical Rehabilitation*. 2011;25(10):867-79.
79. Kymberley K, Bennett KK, Boothby JL. Coping and heart disease: implications for prevention and treatment. In: Martz E, Livneh H, eds. *Coping with Chronic Illness and Disability*. Springer Science+Business Media, LLC; 2007. p.267-89.