



Electroconvulsive Therapy in Patients with Cardiovascular Diseases

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INTRODUCTION

Cardiovascular diseases are among the leading causes of death in middle- and high-income countries (1). Considering the effects of psychosocial factors on the cardiovascular system and cardiovascular system changes on mental state, it is seen that there is a complex relationship between cardiovascular diseases and psychiatry. People with psychiatric conditions may develop cardiac symptoms, psychotropic therapeutics may cause some changes in the electrocardiogram, and cardiac conditions may also cause psychiatric symptoms (2). Patients with depressive symptoms are at significantly higher risk of cardiac morbidity and mortality, even without a diagnosis of major depression. In addition, there are studies showing that depressive symptoms are seen approximately three times more frequently in patients after acute myocardial infarction and are associated with a worse prognosis (3). There are also studies showing that depression accompanies 20% of patients with heart failure and this is associated with worse clinical outcomes (4). Because of this bidirectional relationship, it is clinically important to screen and treat cardiac patients for comorbid psychiatric conditions. Despite the clinical importance of treating comorbid psychiatric symptoms in patients with cardiac disease, one review noted that there is only low-confidence evidence that psychological and pharmacological intervention in coronary artery disease patients with depression can result in reduction in symptoms of depression at the end of treatment. It has been stated that treatment of depression with different approaches are needed for patients with coronary artery disease,

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There are limited studies on the use of ECT in patients with congenital heart defects. Most of these studies consist of case reports. In a case report about 24-year-old female patient with a diagnosis of persistent delusional disorder with depression and ostium secundum type congenital heart defect was successfully treated with electroconvulsive therapies (46).

CONCLUSION

ECT is an effective treatment option in different psychiatric disorders. Although there is no specific treatment guide in cardiac patients with psychiatric conditions, ECT can be safely used with appropriate approach and follow-up before, during and after the procedure in cooperation with a psychiatrist, cardiologist and anesthesiologist.

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