Identifying & Treating Depression in Heart Failure Patients

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Introduction

In the HVICCU, there are many chronic heart failure (HF) patients who spend weeks to months hospitalized. As nurses of this unit, we have noticed that many of these patients exhibit symptoms of depression over time. Therefore, we researched the correlation between chronic HF and depression in order to identify and recommend further treatment for these patients to improve quality of life and health outcomes.

PICO Question:

P: Heart failure patients
I: Depression screening in heart failure population
C: No depression screening/treatment
O: At risk heart failure will be identified for further intervention/treatment

Question: Will depression screening identify heart failure patients at risk for developing depression and/or identify patients appropriate for further intervention/treatment?

Methods

• Review of the literature
  • Keywords:
    • Heart failure
    • Depression screening

Results

• Four evaluation tools identified:
  • Patient Health Questionnaire 2 (PHQ-2)
  • Patient Health Questionnaire 9 (PHQ-9)
  • Center for Epidemiological Studies Depression Scale (CES-D)
  • Beck Depression Inventory (BDI)

PHQ-2

• Nursing implemented
• 2 item analysis
  • Anhedonia
  • Depressed mood
• Scale & Interpretation
  • 0-to-3 per question
  • Score ≥ 3

PHQ-9

• Nursing implemented
• 9 item analysis
  • Derived directly from the Diagnostic and Statistical Manual of Mental Disorders IV (DSM IV)” (Bowden et al., 2011)
• Reliable indicator designed to detect depressive symptoms in heart failure population

CES-D

• Self-report tool
• Gold standard since the 1970s

BDI

• Self-report tool
• Rates perceptions and symptoms
• Evaluates intensity of depression

Discussion

• Valuable screening tools
• Assess and identify at-risk patients
• Refer for appropriate consults and further treatment

Conclusions

Research shows that aggressive treatment of depressive symptoms can improve outcomes in heart failure. Depression can decrease a patients compliance with heart failure treatments; “therefore, decreasing depression might prevent future cardiac events by increasing adherence to treatment recommendations” (Bauer et al., 2012).

References


