



Understanding the Management of Depression by Medical Trainees in Heart Failure Patients

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INTRODUCTION

- Cardiovascular disease (CVD) is the leading cause of death worldwide.
- Of these individuals with CVD, many suffer from Heart failure (HF).
- Estimated that 6 million Americans suffer from HF
- Many of these patients will suffer from comorbidities such as depression leading to poorer outcomes.
- Less focus on psychiatric comorbidities such as depression can be seen with greater focus of medical treatment of heart failure in patients with heart failure (PWHF)
- However, when a holistic approach to treating PWHF is used, better outcomes can be achieved.

METHODS

- This was a multi-institutional study performed at three academic training programs in Georgia.
- An anonymous questionnaire was used to assess trainees' (interns, residents, and medical students) identification and perception of depression in the patients with heart failure.
- The data was compiled and analyzed to identify perceived barriers of medical trainees to address and manage depression in heart failure

DISCLOSURES

The authors have no relationships that require disclosure.

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FIGURE 1

Frequency at which Trainees Addressed Depression in PWHF

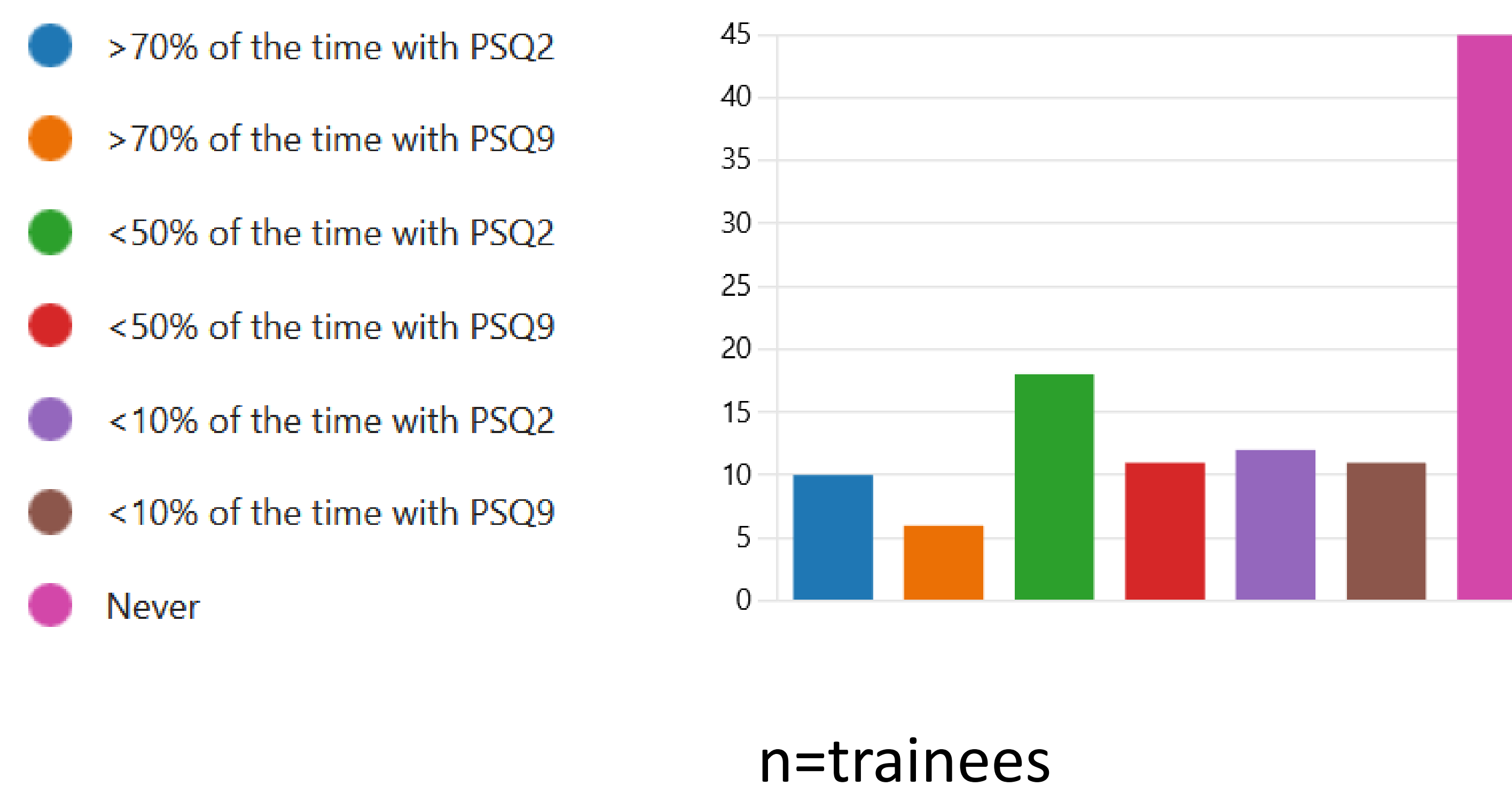
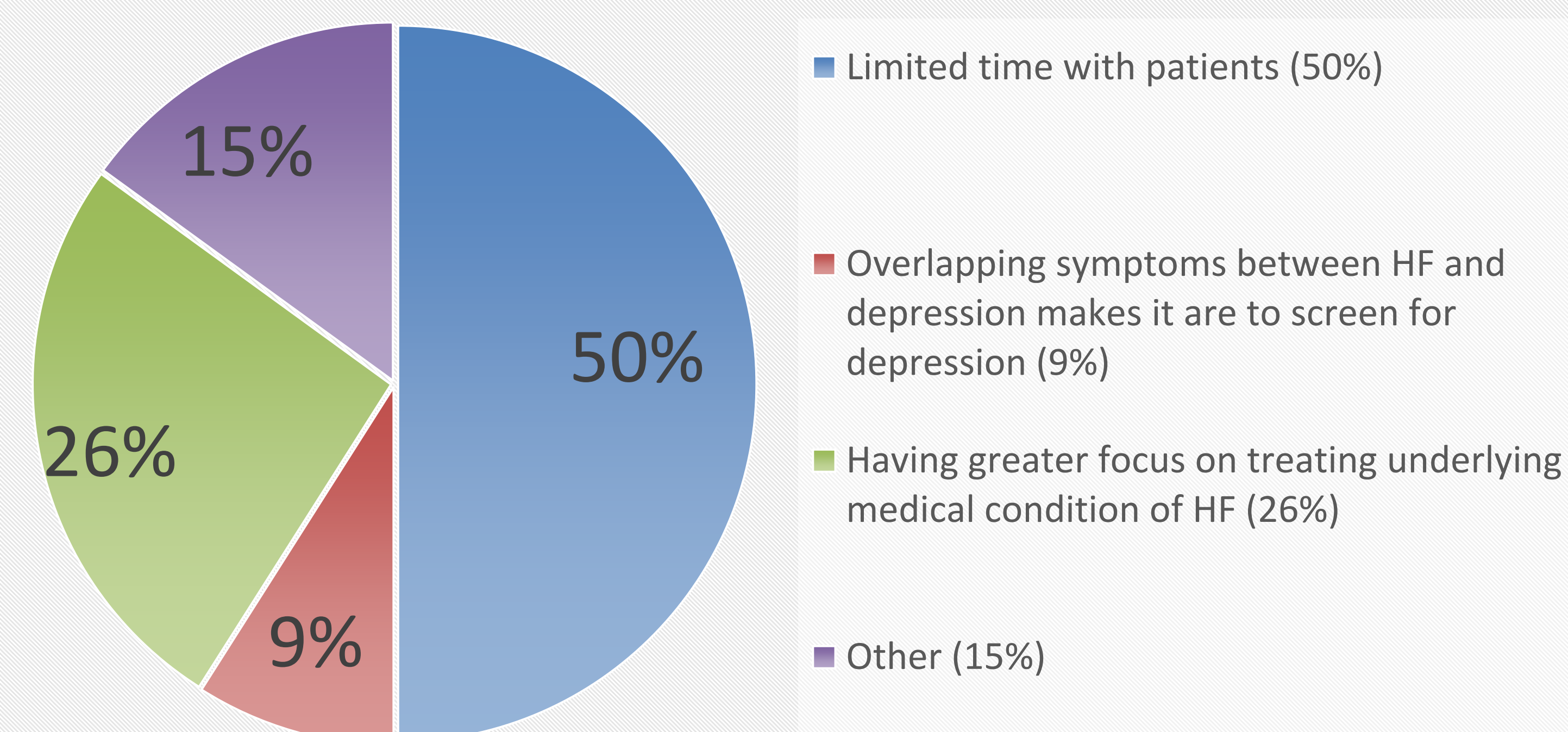


FIGURE 2

Barriers reported by trainees in addressing Depression in PWHF



Results

- A total of 112 surveys were returned.
- More than 90% (91%; 102/112) of trainees noted that the depression is underdiagnosed in PWHF. 98% (110/112) reported PWHF would benefit from being screened for depression.
- Almost all trainees (99% 111/112) of trainees believed that depression limited the positive outcomes of PWHF
- Close to 70% of trainees (68% 77/112) felt somewhat or very comfortable with diagnosing and screening for depression in PWHF
- Only 16/112 or 14% of trainees had reported screening heart failure patients for depression >70% of the time
- Factors that affected trainees' ability to screen for depression in PWHF, 55/112 or 49% of trainees reported that limited time prevented their ability to screen PWHF for depression
- 60/112 or 54% of trainees suggested to use PSQ2/9 to increase screening of depression in PWHF

CONCLUSION

- Identifying and addressing unique comorbidity of depression in PWHF can lead to improved outcomes.
- Majority of trainees in our study believed there is a correlation of heart failure and depression however only 70% were comfortable managing depression in PWHF.
- Improving the comfort level of trainees through interventions such as individualized training courses building greater awareness of the symptoms and signs of depression in PWHF should be a focus of future QI studies.