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The importance of psychological assessment and support in patients suffering from cardiovascular disease or undergoing cardiac treatment

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Psychosocial factors play undoubtedly important role in the development of cardiovascular diseases and also can highly affect the outcome of cardiac treatment efficacy or the success of rehabilitation.

These factors are shown as having two mayor roles in patient evaluation:

- Risk factors are important in prognosis
- Indicators of need for further specific psychological interventions

According to the literature depression, severe anxiety and other psychosocial characteristics behave as risk factor, such as low socio-economic status, chronic family or work related stress, social isolation or lack of support, negative emotions, affective dysregulation and also negative personality patterns or hostility. Identifying and examining these factors have great potential in multidisciplinary patient care, by highlighting adverse outcome possibilities, and providing clinical solutions since many of the risk factors are treatable psychological conditions.

This presentation shows the important role psychologists can play in biopsychosocial assessment of patients who are candidates for medical treatments or cardiac surgery. The main aspects and benefits of cardiovascular patient evaluation and specific aimed interventions will be introduced, according to systematic review of the literature and clinical experiences.

Biography

Daniel Peter Stoll is a Psychologist, clinical Psychologist Candidate, Ph.D. student and also the Deputy Head of the Psychotherapy Department of the National Centre for Spinal Disorders Hungary. His special interest is in bio-psycho-social evaluation of surgery candidates, also screening process engineering. The field of his doctoral study is the psychodynamic approach of chronic pain. Besides scientific work he is involved in daily patient care and experienced in clinical hypnotherapy and psychotherapy.

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