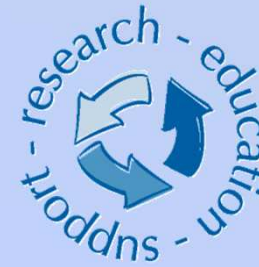


16th Annual Conference of the
National HIV Nurses Association (NHIVNA)



National HIV Nurses Association

Stewart Attridge

Cardiff and Vale University Health Board

26-27 June 2014- City Hall, Cardiff



Saving a 1000 lives – Identifying depression in adults living with HIV To improve patient outcomes

S. Attridge

S. Warren

N. Lomax

Mental and emotional health In HIV

An evening
education
Session for HIV
patients



Is there a link
between mental
illness and HIV?

How does HIV
affect me?

Stress, Anxiety, Depression, Paranoia Delusions, Insomnia, OCD, Personality Disorders, Mental instability, Agoraphobia, Autism, Grandiose delusions, Attention Deficit Hyperactivity disorder, Claustrophobia, Anorexia nervosa, Mood disorder, social phobia, Body dysmorphic disorder, Schizophrenia, Conduct disorder

Monday 29th July 2013

S.A.R.C. - Cardiff Royal Infirmary

17:00 for 17:30 start

Refreshments and snacks provided

Please text your patient details to 0777 972 4928

Or email cav.mdtc@wales.nhs.uk to book your place



Psychiatric Liaison

Integrated Sexual Health

Infectious Diseases



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In the last month have you been down,
depressed or hopeless?

In the last month have you had little interest
or pleasure doing things?



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Hospital Anxiety and Depression Scale (HADS)

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

add columns: [] + [] + []

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card). TOTAL: []

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	_____
	Somewhat difficult	_____
	Very difficult	_____
	Extremely difficult	_____

Tick the box beside the reply that is closest to how you have been feeling in the past week.
Don't take too long over you replies: your immediate is best.

D	A		D	A	
		I feel tense or 'wound up':			I feel as if I am slowed down:
3		Most of the time	3		Nearly all the time
2		A lot of the time	2		Very often
1		From time to time, occasionally	1		Sometimes
0		Not at all	0		Not at all
		I still enjoy the things I used to enjoy:			I get a sort of frightened feeling like 'butterflies' in the stomach:
0		Definitely as much	0		Not at all
1		Not quite so much	1		Occasionally
2		Only a little	2		Quite Often
3		Hardly at all	3		Very Often
		I get a sort of frightened feeling as if something awful is about to happen:			I have lost interest in my appearance:
3		Very definitely and quite badly	3		Definitely
2		Yes, but not too badly	2		I don't take as much care as I should
1		A little, but it doesn't worry me	1		I may not take quite as much care
0		Not at all	0		I take just as much care as ever
		I can laugh and see the funny side of things:			I feel restless as I have to be on the move:
0		As much as I always could	3		Very much indeed
1		Not quite so much now	2		Quite a lot
2		Definitely not so much now	1		Not very much
3		Not at all	0		Not at all
		Worrying thoughts go through my mind:			I look forward with enjoyment to things:
3		A great deal of the time	0		As much as I ever did
2		A lot of the time	1		Rather less than I used to
1		From time to time, but not too often	2		Definitely less than I used to
0		Only occasionally	3		Hardly at all
		I feel cheerful:			I get sudden feelings of panic:
3		Not at all	3		Very often indeed
2		Not often	2		Quite often
1		Sometimes	1		Not very often
0		Most of the time	0		Not at all
		I can sit at ease and feel relaxed:			I can enjoy a good book or radio or TV program:
0		Definitely	0		Often
1		Usually	1		Sometimes
2		Not Often	2		Not often
3		Not at all	3		Very seldom

Please check you have answered all the questions

Scoring:

Total score: Depression (D) _____ Anxiety (A) _____

0-7 = Normal

8-10 = Borderline abnormal (borderline case)

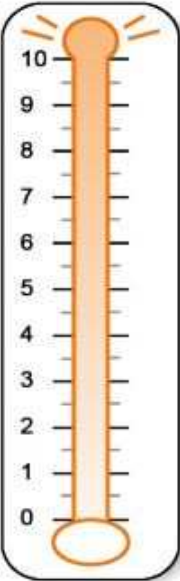
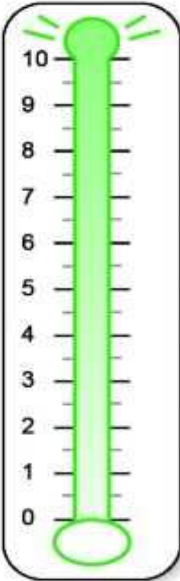
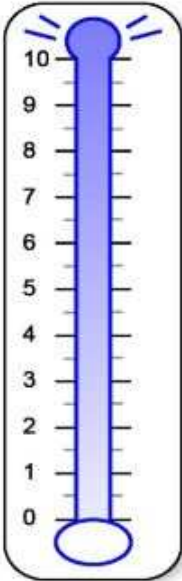
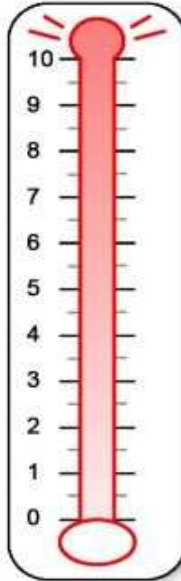
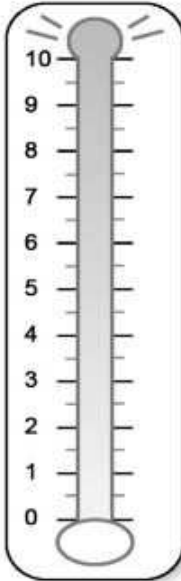
11-21 = Abnormal (case)



Emotion Thermometers 5 items

Instructions

In the first four columns, please mark the number (0-10) that best describes how much emotional upset you have been experiencing in the past week, including today.
In the last column please indicate how much you need help for these concerns.

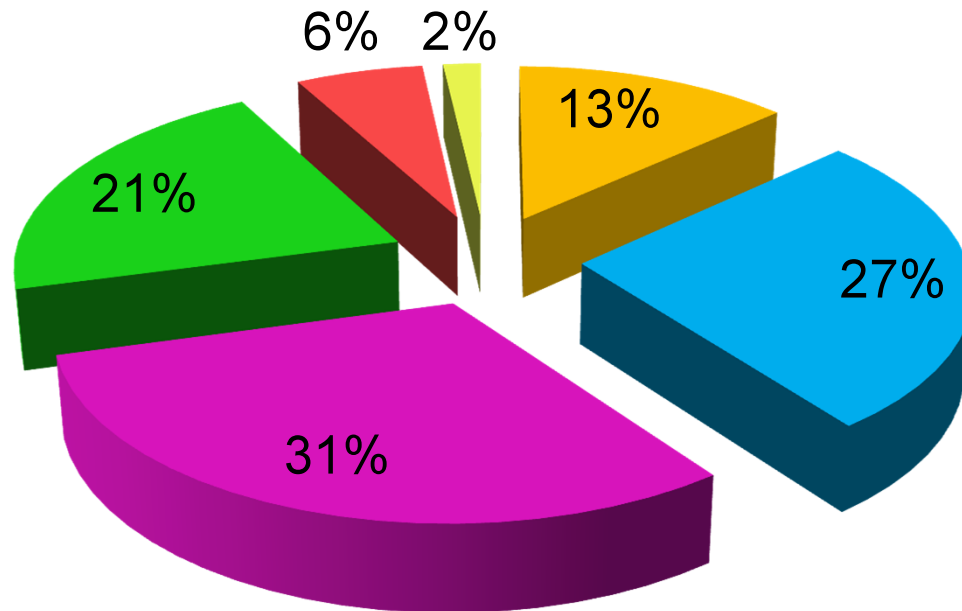
	1. Distress	2. Anxiety	3. Depression	4. Anger	5. Need Help	
Extreme						Desperately
None						Can manage by myself



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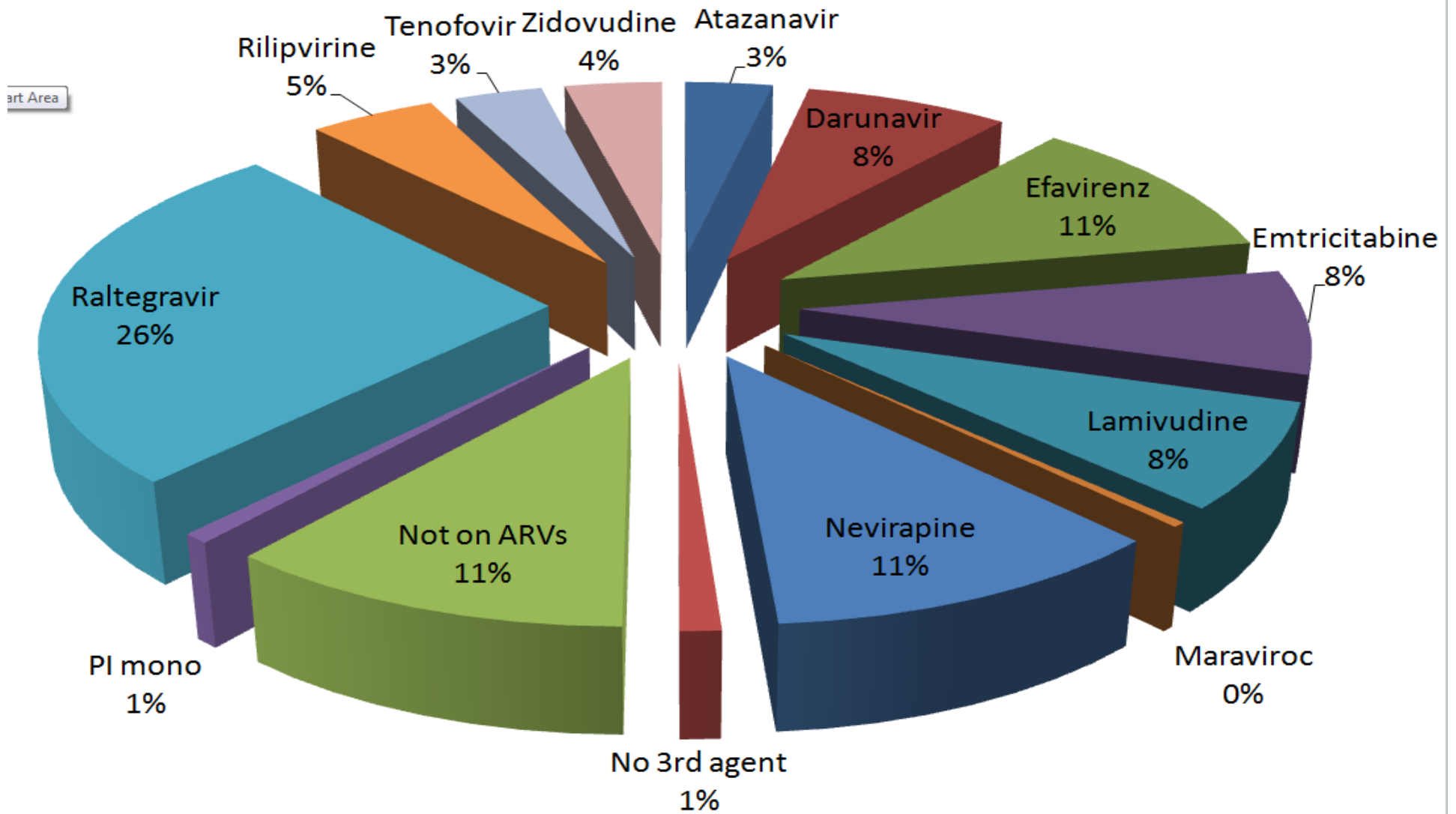
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Those offered the questionnaire



- 20 - 29 years old
- 30 - 39 years old
- 40 - 49 years old
- 50 - 59 years old
- 60 - 69 years old
- 70 - 79 years old

ARVS



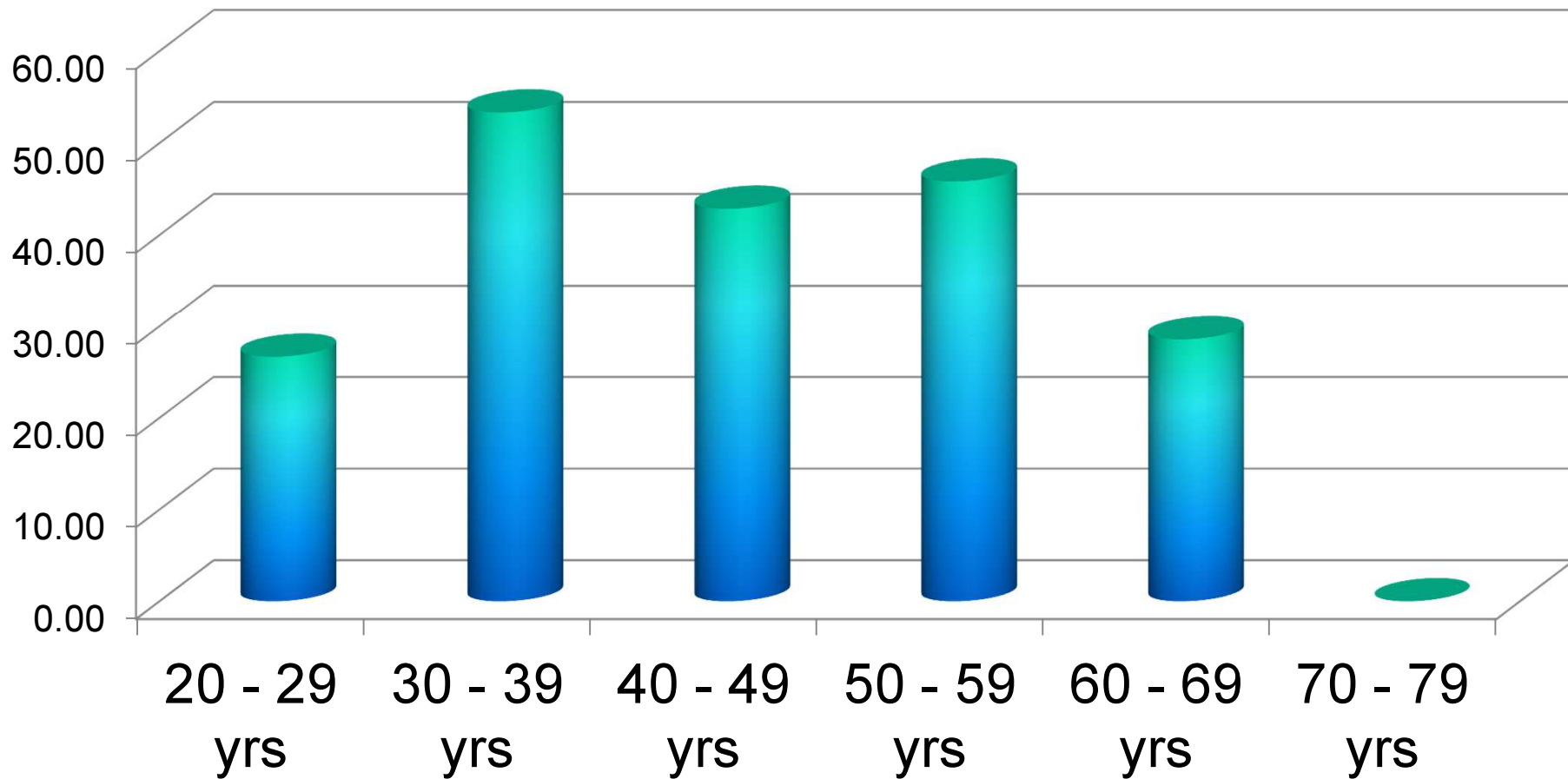
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PHQ9 – Percentage of severely depressed by age group



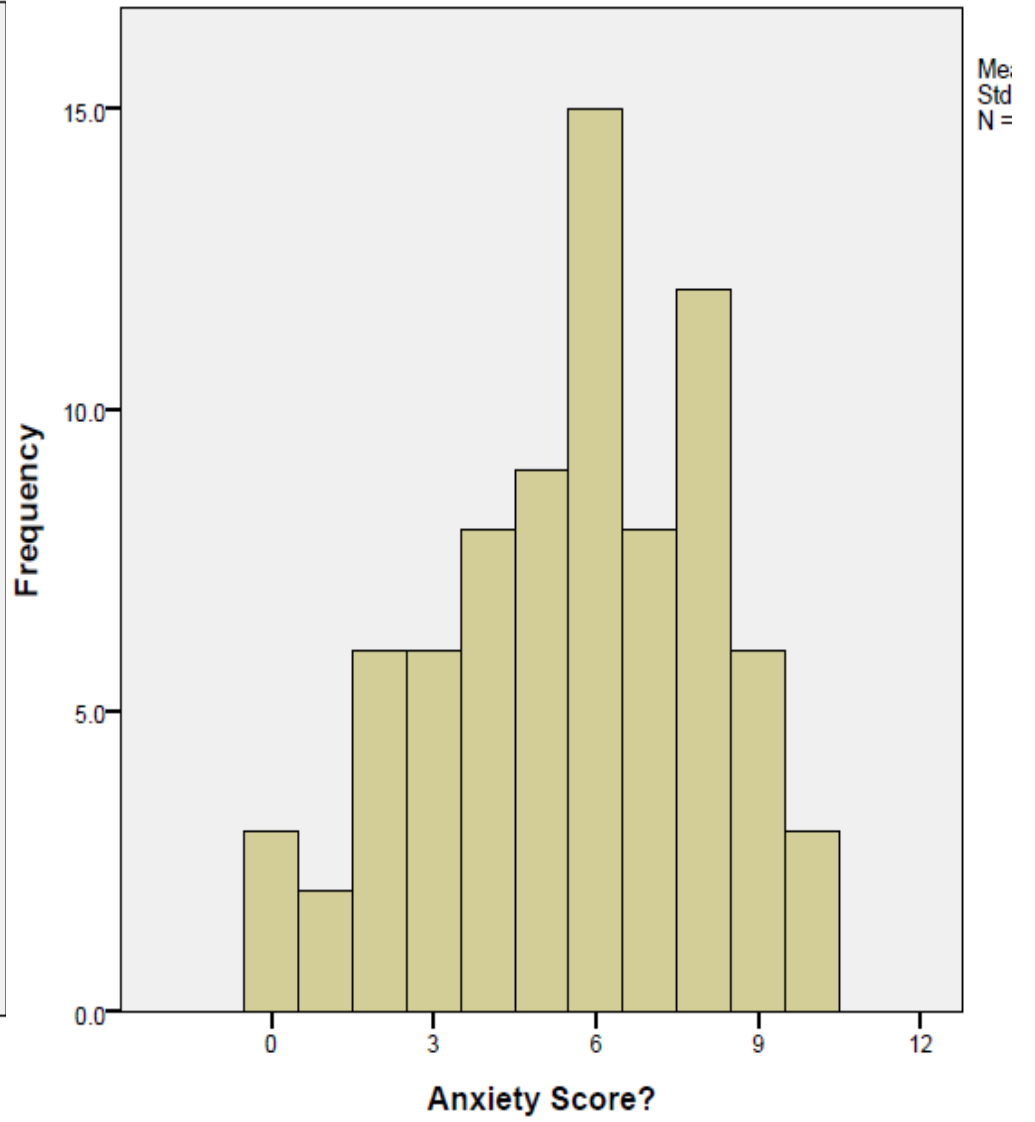
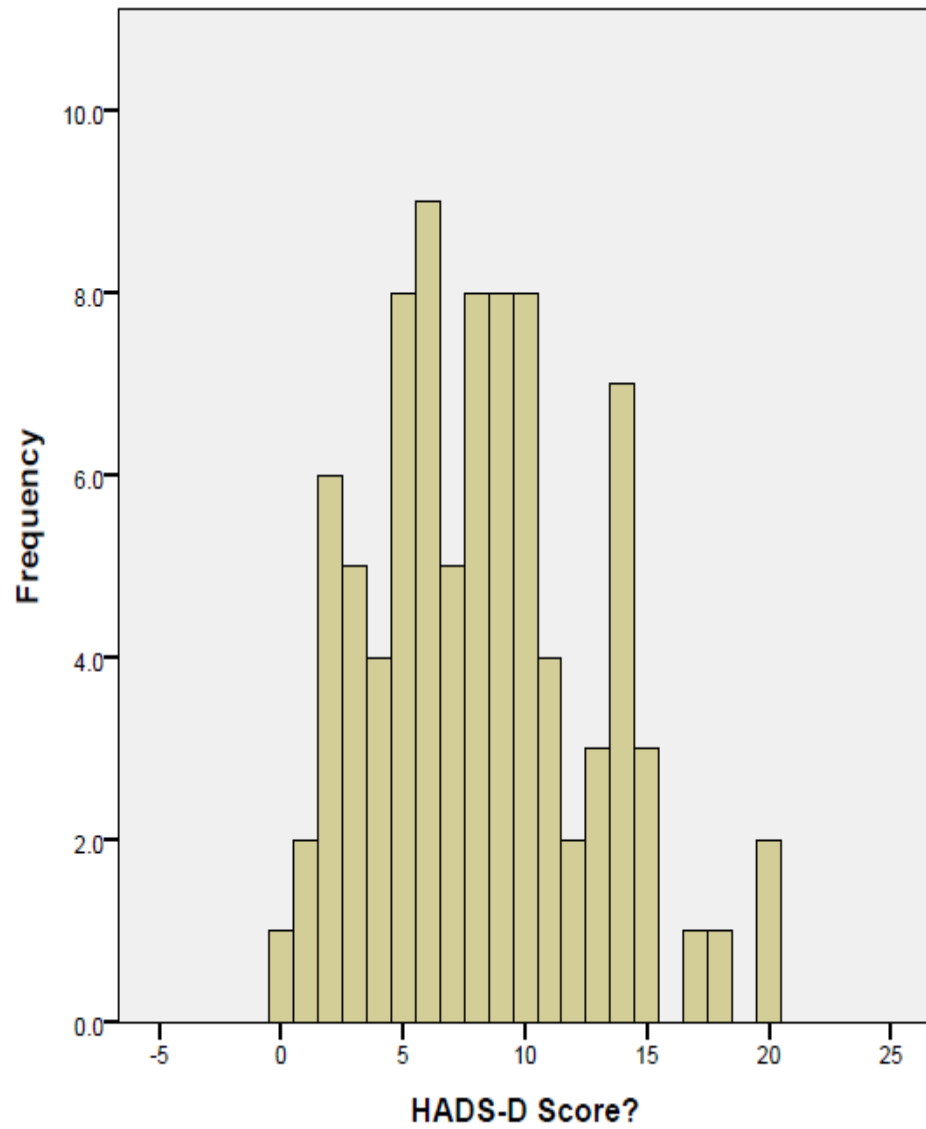
Sexual Orientation * PHQ Score above 10? Crosstabulation

			PHQ Score above 10?		Total
			Yes	No	
Sexual Orientation	Heterosexual	Count	14	15	29
		% of Total	15.1%	16.1%	31.2%
	Homosexual	Count	25	30	55
		% of Total	26.9%	32.3%	59.1%
	Bisexual	Count	5	4	9
		% of Total	5.4%	4.3%	9.7%
Total	Count	44	49	93	
	% of Total	47.3%	52.7%	100.0%	

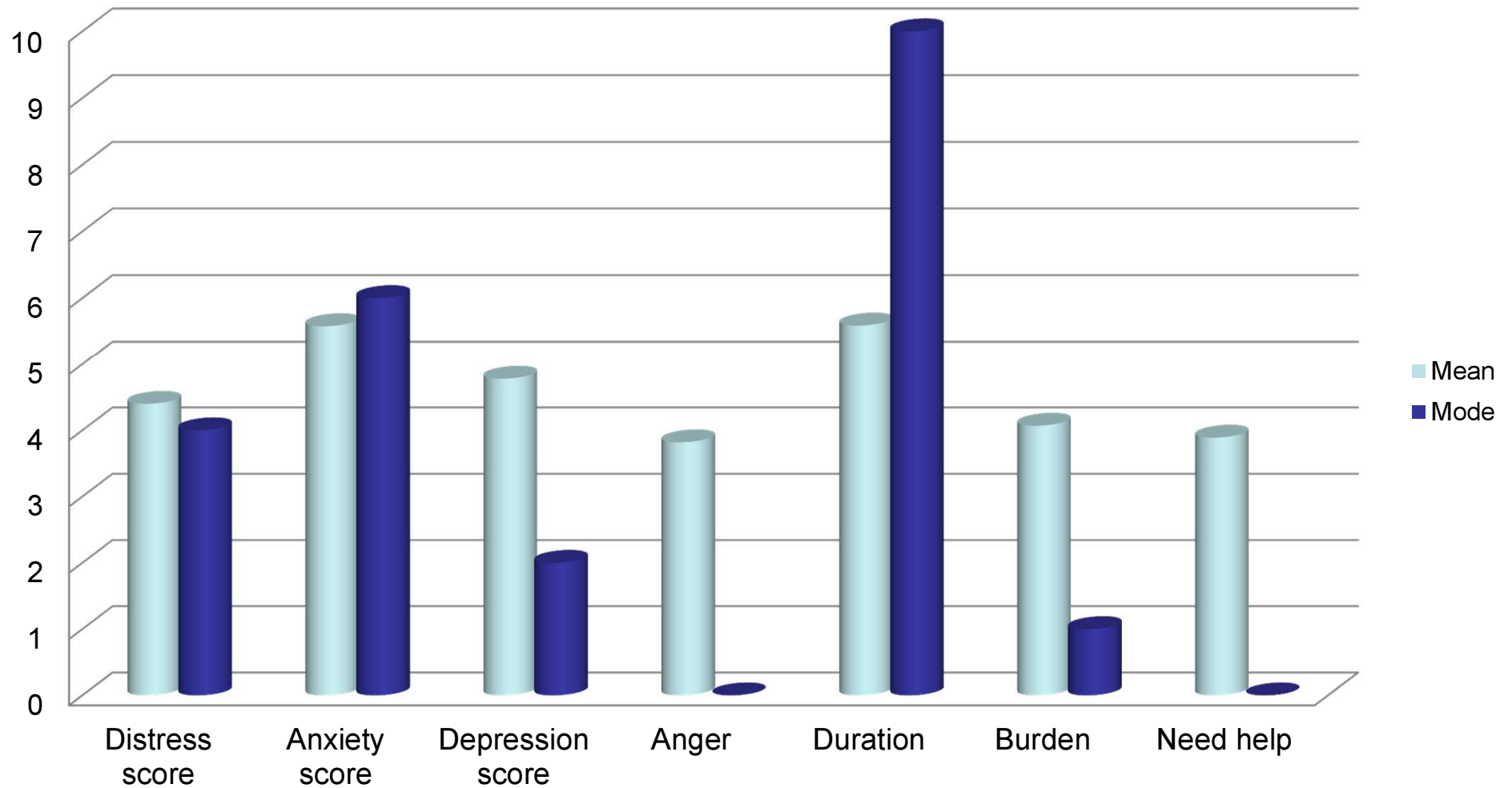


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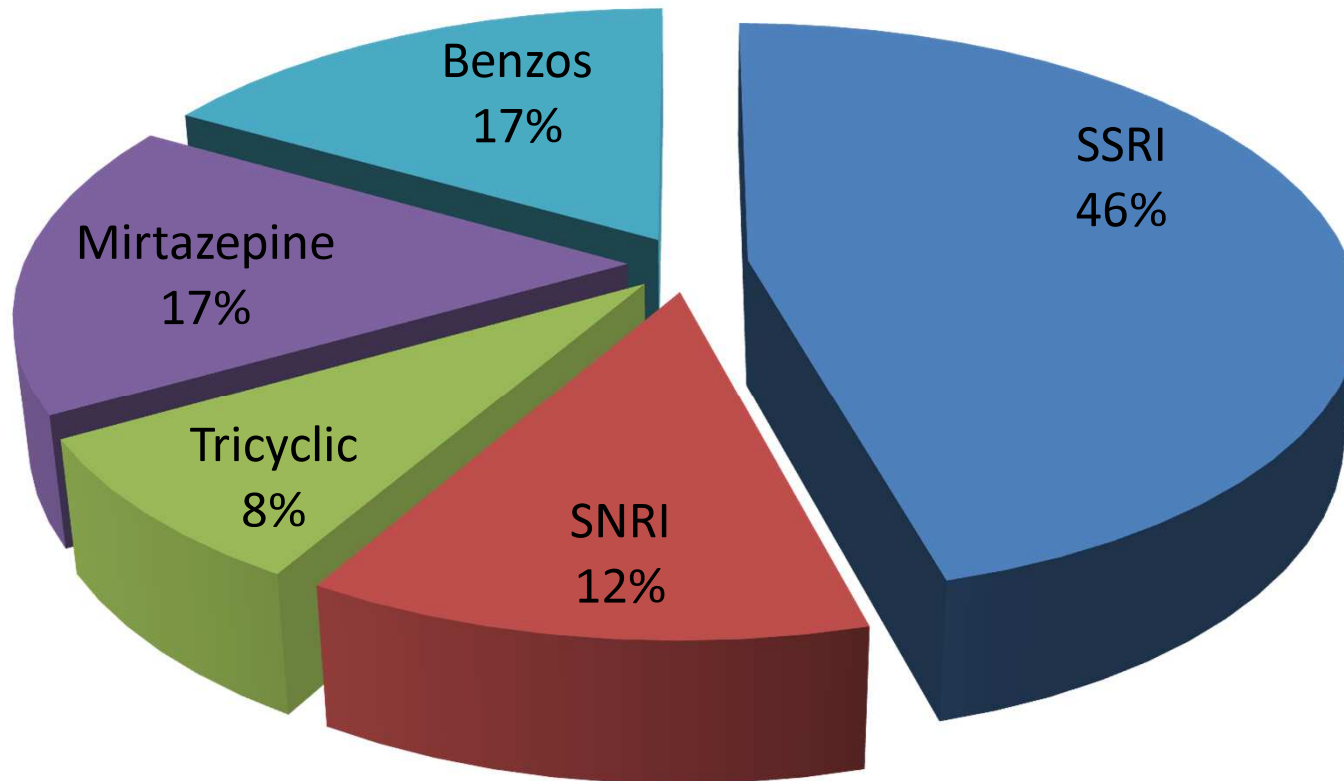
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Mood thermometer scores



Antidepressants prescribed for patients at time of completing the questionnaire



Saving a 100 lives – Identifying depression in adults living with HIV To improve patient outcomes

Summary

- This audit shows that more than 1/3 of all our HIV patients have severe anxiety or depression; which may only be apparent using a specific screening tool.
- Of those identified through screening, more than half have severe anxiety or depression.
- These patients may require more intense MDT input to ensure continuity of care and HIV viral suppression.
- The results also highlight the need for appropriate psychiatric services to be available to HIV patients.

