

Feasibility and Effectiveness of the Heart to Heart (H2H) Program in Veterans with HF

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Clinical Problem

It is well known that patients with heart failure (HF) and concomitant depression and anxiety have a significant increased risk for poor self-care, reduced quality of life (QOL), and readmissions.

Purpose

The objectives of this project are to evaluate feasibility and effectiveness of the heart to heart (H2H) program on depression, anxiety, perceived stress, self-care, and QOL in veterans with HF.

Background

Comorbid psychiatric conditions such as depression and generalized anxiety are very common in patients with HF, with a prevalence ranging from 30~50%. These psychological symptoms have been associated with poor clinical outcomes such as readmissions, higher mortality, and poor self-care.

Search Method and Evidences

- ❑ PubMed, CINAHL, EMBASE, Cochrane Library search for evidences
- ❑ Psychological factors played a greater role in self-care
- ❑ Taking psychological risk factors into account on optimizing HF self-care
- ❑ There are well-established behavioral treatment for depression, anxiety

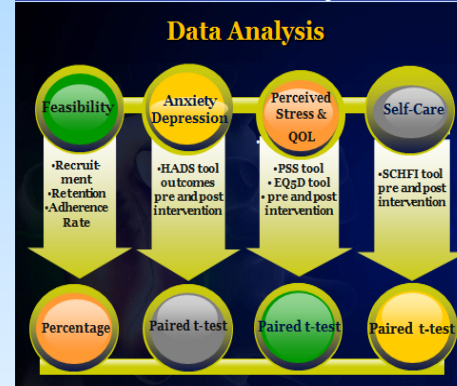
Clinical Innovation/ Implementation

- ❑ **Study Design:**
 - Prospective pre- and post-test design pilot study
- ❑ **Population**
 - Veterans with HF
 - Patients who are permanently residing in long-term facility or who have cognitive impairment were excluded
- ❑ **Intervention**
 - Collaborative, structured, and disease-specific behavioral psychological program was developed by cardiology nurse practitioner and psychologist.
 - Group session weekly for 4 consecutive weeks
 - Each session lasted 1 and ½ hours
 - Interactive lectures, group discussion, psychological therapy

Heart To Heart (H2H) Intervention

	Week 1 Introduction, Defining stress & impacts of stress, Diaphragmatic breathing
	Week 2 Biofeedback demonstration, thoughts, feelings, behaviors, ABC worksheet
	Week 3 Cognitive distortions, mindfulness
	Week 4 Body Scan, mindfulness, biofeedback, Living in the moment what matters most

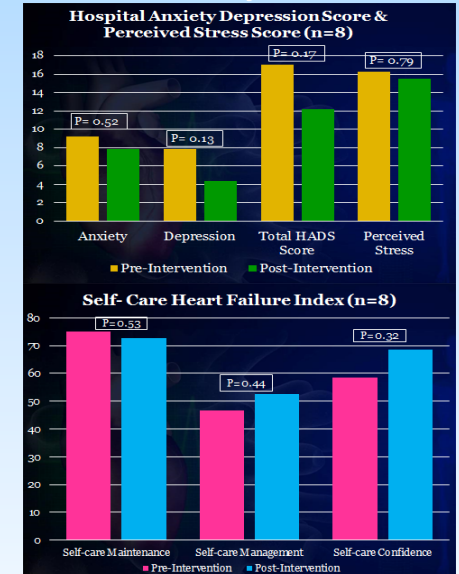
Planned Data Analysis



Preliminary Results

- ❖ **Feasibility**
 - ❑ 26 patients were screened for recruitment and 9 patients agreed to participate. (**Recruitment rate: 34.6%**)
 - ❑ 8 patients completed the intervention and 1 patient withdrew during the intervention. (**Retention rate: 88.9%**)
 - ❑ (**Adherence rate: 100%**)
- ❖ **Quality of Life**
 - ❑ EuroQol-5D Quality of Well-Being Scale
 - ❑ Mobility, self-care, usual activity, pain, anxiety/ depression, own health score did not differ between pre- and post-intervention in this small pilot sample.

Preliminary Results



Conclusion/ Recommendation

A structured, patient-centered, 4-week behavioral-psychological H2H intervention was feasible and showed a trend of reduced anxiety, depression, perceived stress score, and improved self-care management and self-care confidence scores. Further investigation through a larger sample is indicated.