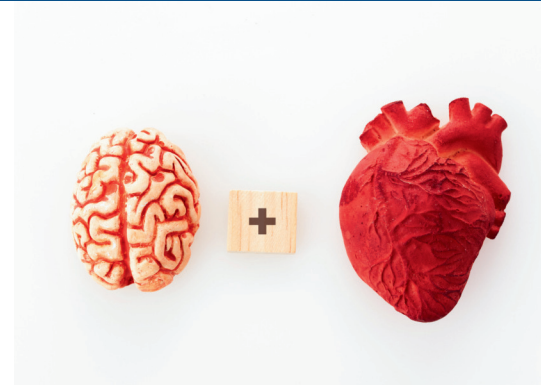


IDENTIFYING CARDIAC PATIENTS AT RISK FOR DEPRESSION



Monitoring cardiac patients for signs of depression is crucial for comprehensive care, as the coexistence of cardiovascular and mental health issues can significantly impact outcomes. Clinicians should be vigilant for various indicators that may suggest the presence of depression in cardiac patients. A few things to watch for include:

- **Changes in behavior or mood.** A sudden withdrawal from social activities, persistent feelings of sadness, or a noticeable decline in interest and pleasure in previously enjoyed activities can all be red flags. Sleep disturbances, such as insomnia or excessive sleeping, may also signal underlying emotional distress.
- **Physical symptoms.** Fatigue, decreased energy levels, and changes in appetite should not be overlooked, as they may be indicative of depression in cardiac patients. Moreover, expressions of hopelessness or thoughts of self-harm should be treated with the utmost seriousness and warrant immediate attention.

Regular communication with patients about their emotional well-being is essential. Engaging in open conversations, utilizing standardized depression screening tools, and involving mental health professionals when needed can facilitate early detection and intervention.

WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at