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Mental and emotional stress among patients with acute coronary syndrome (MENEACS)

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Acute Coronary Syndrome (ACS) carries emotional stress and can sometimes lead to mental health illness. We, as cardiologists, focus mainly on the physical part and often don't assess the emotional and mental effects of the patients with ACS. There are many reasons why ACS patients' emotions might be affected. Some of this may be due to having to stop working while recovering from the illness and as a consequence they may face financial and social difficulties. But the key reason to cause emotional stress is the uncertainty about the prognosis of their condition. In United Kingdom, the cardiac rehabilitation program addresses some of the issues relevant to mental and emotional health in patients following admission with ACS and the British heart foundation provided an up to date guidance to patients on how to cope with stress. However, the cardiac rehabilitation does not objectively assess how much the patient with acute coronary syndrome is affected. Our aim from this study is to assess the level of anxiety and depression among patients following admission with acute coronary syndrome and underwent percutaneous coronary intervention. This includes patients with ST Elevation Myocardial Infarction (STEMI), Non-ST Elevation Myocardial Infarction (NSTEMI) and Unstable Angina (UA). This is an observational single center study. The hospital depression and anxiety scale are distributed among patients with ACS during their admission or in in outpatients' clinics. Data's also be collected from the medical notes or using our electronic system.

Biography

Nadir Elamin is a Cardiology Registrar at Sheffield Teaching Hospitals, Sheffield, United Kingdom. His interests include cardiology intervention and hospital management. He is also the Founder and currently leading the SJDA-UK group. He has several international, national and regional activities. He has obtained Full Membership of the Royal College of Physicians in 2015 and has several management contributions to different NHS hospitals.

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