

OP5

THE IMPACT OF PHYSICAL AND MENTAL DISABILITIES ARISING FROM MYOCARDIAL INFARCTION: A NARRATIVE REVIEW

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Background

Myocardial infarctions (MIs) commonly leave patients with chronic symptoms e.g., depression, anxiety, reduced physical capacity which can impact work participation [1] [2].

Aim

To assess the impact of physical and mental health symptoms of myocardial infarction on work participation.

Methods

A narrative review was undertaken, and a population/concept/context (PCC) framework used to formulate the question and identify search terms. Embase, Medline and PsycINFO databases were searched. Title and abstracts were searched for eligibility with follow-up full-text review undertaken of included studies. Studies were included if they were published in the last five years, reported at least one work-related outcome and one chronic symptom of MIs.

Results

Eight papers were included in the analysis. Return to work rates were as low as 21.5% at 1 month, and as high as 92.7% at 1 year [3]. Studies consistently showed depression and a higher Hospital Anxiety and Depression Scale (HADS) score resulted in a lower likelihood of return to work. Other factors impeding return to work and reducing work capacity were anxiety and cognitive impairment. Physical symptoms had little to no impact. Only cardiac rehabilitation programs that had a combined physical, vocational, and physical approach were found to be effective in improving work outcomes.

Conclusion

Depression, anxiety and cognitive impairment were highlighted to be negative predictors of return to work and work participation. Rehabilitation programs need to identify these risk factors in post-MI patients and provide more personalized therapy, including more focus on psychological therapy.

References:

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