

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

Sun Min Kim, DNP, FNP-BC, Julie Bazzo, PsyD, & Helme Silvet, MD, MPH, FACC  
 Loma Linda VA Healthcare System, CA

## 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

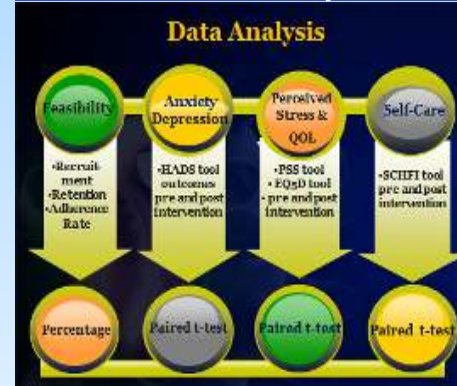
## Clinical Innovation/ Implementation

- ❑ **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

	<b>Week 1</b> Introduction, Defining stress & impacts of stress, Diaphragmatic breathing
	<b>Week 2</b> Biofeedback demonstration, thoughts, feelings, behaviors, ABC worksheet
	<b>Week 3</b> Cognitive distortions, mindfulness
	<b>Week 4</b> 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.