

Calidad de Vida Relacionada a Salud auto percibida en pacientes con enfermedad coronaria pertenecientes a la Cohorte INTERASPIRE en un centro clínico de la Ciudad de Barranquilla año 2021 – 2022

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RESUMEN

Introducción

Con los nuevos tratamientos para la enfermedad coronaria la mortalidad ha disminuido; Pese a ello existe evidencia del deterioro de la calidad de vida relacionada con salud (CVRS) en estos pacientes.

Objetivos

Evaluar la CVRS auto percibida, Ansiedad y Depresión, y los factores de riesgo clínicos relacionados en la población de pacientes con evento coronario índice.

Materiales y Métodos

Se hizo un subanálisis observacional de 169 pacientes de la Cohorte INTERASPIRE que fueron reclutados en un centro hospitalario de la ciudad de Barranquilla. Los criterios de Inclusión fueron: Pacientes ≥ 18 años y < 80 años, con mínimo 6 meses y máximo 2 años de evolución de evento coronario índice; A los cuales se les aplicó una encuesta clínica y se aplicaron 3 instrumentos de medición de CVRS (HADS, HeartQoL, EQ-5D-3L).

Resultados

Se Reclutaron 169 pacientes en los que se encontró una prevalencia de alteraciones psicológicas medidas por escala HADS, ansiedad en el 50,3%, depresión en el 15%, y alteración global 63,02%. Con respecto a la escala EuroQoL, se encontró un promedio de autopercepción de salud por Escala visual Análoga del 74,05% (DE 19,11%) y puntaje global promedio 6,85 (DE 2,2). La escala HeartQoL el puntaje promedio fue de 2,27 (DE 0,66).

Discusión y Conclusión

Según lo reportado en la literatura, la afectación psicológica en la CVRS es similar en nuestra población por cualquiera de los 3 instrumentos de medición; estos resultados destacan la importancia de evaluar y tratar los síntomas psicológicos posterior a un evento índice coronario, debido a que estos interfieren en la en la calidad de vida relacionada con salud auto percibida por el paciente.

Palabras Claves

Enfermedad Coronaria, Cardiopatía isquémica, HADS, EQ-5D-3L, HeartQoL, ansiedad, depresión, Calidad de vida relacionada con salud.

ABSTRACT

Introduction

Since the arrival of new treatments for coronary disease, mortality has gradually decreased. Despite this, there is evidence that suggests a detriment in health-related quality of life (HRQoL) in the medium and long term in these patients.

Objectives

To evaluate the perceived HRQoL, anxiety and depression, and the related clinical risk factors in the population of patients with coronary events included in the INTERASPIRE Cohort from a hospital in the city of Barranquilla.

Methods

We conducted an observational sub-analysis of 169 patients from the INTERASPIRE Cohort, who were recruited in a hospital in the city of Barranquilla Colombia from 2020 to 2021. The inclusion criteria were: Patients ≥ 18 years and < 80 years, with a minimum of 6 months and maximum 2 years of evolution from an index coronary event. Such patients underwent a clinical survey, physical examination, cardiovascular risk factor measurement laboratories, EKG, and 3 health-related quality of life (HRQoL) measurement instruments; HADS, HeartQol, EQ-5D-3L.

Results

We found in our population a prevalence of psychological alterations, measured by the HADS scale, such as anxiety symptoms in 50.3%, symptoms related to depression in 15%, and global alteration with the complete scale in 63.02%. Regarding the EuroQoL scale, the average of self-perception of health by Visual Analog Scale was 74.05% (SD 19.11%) and an average global score of 6.85 (SD 2.2). The HeartQol scale, with 0 being the lowest value in the total score, the global dimension had an average value of 2.27 (SD 6.6).

Conclusion

The psychological impact on HRQoL is greater in our population by any of the 3 measurement instruments, the same that compared to what has been found in the literature; These results highlight the importance of evaluating and treating psychological symptoms after a coronary event, since these interfere with the patient's self-perceived health-related quality of life.

Key Words

Coronary disease, Ischemic heart disease, HADS, EQ-5D-3L, HeartQoL, anxiety, depression, Health-related quality of life.

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