

Hosted by BC Transplant and the BC Renal Agency  
2012

**Encountering Anxiety and Depression  
in CKD:  
A Client-Centred Approach**

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**Abbotsford  
Kidney Care Clinic**



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October 17<sup>th</sup>, 2012



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**Overview of Session**

- Risk Factors for Renal Population
- Incidence of Anxiety/Depression in Renal
- Use and Limits of Screening Tools
- SW Assessment and Interventions
- Appropriate Referrals

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### Risks for A&D in CKD

- aging patients
- co-morbidities e.g. vascular
- chronic pain issues
- diagnosed mental health issues
- subclinical or undiagnosed anxiety/depression

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### Risks and Diagnosis

Underlying causes of CKD carries additional very specific risk factors

- secondary to congenital obstruction
- secondary to genetics/losses
- secondary to health crisis/trauma
- secondary to cancer or treatment

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### Compounding CKD and Anxiety/Depression

- A CKD diagnosis may exacerbate or trigger anxiety/depression
- Anxiety/depression impacts ability to process information, challenges motivation/functioning, interferes with decision making, and affects attitude and judgment
- Has consequences for treatment choice and outcomes

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## Incidence

"Studies suggest that at least 25% of dialysis patients have clinical depression and at least 35% more have symptoms that put them at risk for depression."

McCool, M; Johnstone, S.; Stedje, R; Witten, B; Contillo, M; Aebel-Groesch, K, & Hafner, J. (2011)

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"One recent study suggested that 44% of patients in the early stages of dialysis treatment met the criteria for depression."

Watnic et al. (2003)

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## What does that look like?

- Catastrophizing
- Minimizing
- No Shows
- Resistance
- Non-Compliance
- Self-Regulation/Management Issues
- Early Mortality

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## Bridging the Gap



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## A Distinctive & Critical Social Work Perspective

- ... a critical/postmodern theoretical approach
- ... contextualized holistic understandings of people's experiences
- ... promotes self esteem, personal autonomy and power

Christine Morley & Dr. Selma Macfarlane Ph.D. (2010)

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## Screening Tools

- PHQ (Full and Brief) ...
- Geriatric Depression Screen
- Beck Depression Inventory
- Beck or Burns Anxiety Inventories
- MMSE, MOCA
- Cornell Scale for Depression in Dementia
- SAFER older adult suicide risk
- Hamilton, Zung, etc.

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## Limitations of Screening

- Self Assessment requires insight
- Void of collateral information
- Confounding aspects of symptoms
- Can be experienced as invasive
- Denial

...Many cases go undetected

...What to do with the outcomes

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"Unless I open up with you, unless you understand me and my unique situation and feelings, you won't know how to advise or counsel me. What you say is good and fine, but it doesn't quite pertain to me."

Covey, Stephen (1994)

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"Patients with ESRD are at increased risk for psychiatric disorders, according to several studies, either before, during or after replacement therapy."

Curtis et al. (2009)

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### SW Interventions are:

- Based on Theory and Research
- Targeted
- Focused
- Support the Patient
- Support the Goals of Renal Program
- Outcome Driven

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### SW Interventions

- Therapeutic Use of Self
- Cognitive-behavioural
- Crisis Intervention
- Mindfulness-based stress reduction
- Problem-solving
- Loss and Grief
- Motivational Interviewing
- Interpersonal Therapy
- Symptom Targeted Intervention

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### Referrals/Liaison to:

- Family Physician
- Seniors Clinics
- Community MH Support Groups
- Community Counselling Programs
- Psychologists and other therapists
- On Line & other Self Help
- Mental Health
  - MH Support Groups
  - ASTAT, Geriatric MH
- Psychiatric Consults

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