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## P178 -A Review of Anxiety and Depression amongst Haemodialysis Patients in the Western Trust

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**Introduction:** Research shows that anxiety and depression are common in chronic kidney disease and associated with adverse outcomes.

We wanted to explore prevalence rates in the in-centre haemodialysis population in the Western Trust as well as the following:

- Q1. What proportion of patients expressing feeling of anxiety and depression, are receiving medical treatment?
- Q2. What factors influence feelings of anxiety and depression in HD patients?
- Q3. How does a patient's level of anxiety and depression influence their Patient Activation Score?

**Methods:** A retrospective analysis was conducted using electronic health records (EMED) and 2 patient reported questionnaires: 1) EQ5D –EuroQoL which explores 5 dimensions:-mobility, self-care, ability to perform usual activities, pain/discomfort, anxiety/depression. 2) Your Health Survey which incorporates Patient Activation Measures [PAM\* score] by assessing the patient's level of engagement in their care.

**Results:** 94 Patients across both studied hospital sites completed the EQ5D questionnaire with 37% of all patient participants reporting levels of anxiety and/or depression. A disparity in treatment was noted across the sites: 47% of patients in Site 1 received treatment for their associated condition compared to only 20% in Site 2.

Of those patients who completed the Your Health Survey, it was found that individuals who reported a higher symptom burden (combination of scoring for pain, nausea, vomiting, difficulty sleeping) were also assigned a lower patient activation score. Interestingly, highly activated patients reported lower anxiety levels in this cohort. This infers an association between a patient's level of engagement in their care and their experience either of physical symptoms, or of depression and anxiety.

**Conclusion:** The prevalence of anxiety and depression amongst in-centre haemodialysis patients is significant, under-recognised and under-treated. In this population, it is associated with a higher symptom burden and lower patient activation score. A higher activation score is likely to be associated with increased patient compliance, a stronger sense of wellbeing, better mental health and better health outcomes. It is important that strategies which promote patient partnership and involvement such as ShareHD become part and parcel of renal care. It is important to raise awareness of the importance of mental health in chronic kidney disease and highlight available sources of support.