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Can depression, anxiety, chronic pain or health state lead to suspect self-care maintenance problems in multimorbid patients?

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Summary

- Background

Due to aging society, the numbers of multimorbid patients increase. The main gap of this situation is that these patients demand multicomplex care. Patients with multimorbidity suffer from different health conditions and little is known whether the impairment of one factor affects others. In literature, there is a lack of information about self-care maintenance in multimorbid patients and how it affects patients in general.

- Aim

To investigate the correlation between self-care maintenance, depression, anxiety, chronic pain and whether it affects health state in patients with multimorbidity.

- Methods

46 male and 25 female (age 64.49 ± 7.85) completed four anonymous questionnaires: “self-care maintenance”, Hospital Anxiety and Depression Scale, section “Pain” of European Quality of Life Scale and the visual analogue European Quality of Life Scale. Data analysis was performed using the SPSS 24.0 program. Correlation was significant if $p < 0.05$.

Results

All 71 multimorbid patients completed the questionnaires correctly. Using Pearson's correlation test, difficulty of self-care maintenance was associated with increased depression ($r=0.498$; $p<0.001$), anxiety ($r=0.361$; $p=0.002$) and decreased health state evaluation ($r=-0.576$; $p<0.001$) in multimorbid patients. Using Spearman's test the correlation between self-care maintenance and chronic pain was significant, too ($r=0.480$; $p<0.001$). Increased chronic pain results in difficulty of self-care maintenance.

Conclusion

These results show that different factors indeed affect others in multimorbid patients. Clinicians must be aware that pain worsens patient's self-care maintenance and despite the presence of pain decreased self-care maintenance can cause depression and anxiety. These facts are important in the preparation and application of multicomplex care.