

Article: 1559

Topic: EPV24 - e-Poster 24: Prevention of Mental Disorders

Psychosocial Peculiarities of the Life Quality of Patients After Heart Surgery

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Introduction. Modern cardiosurgery opportunities of highly qualified specialists help patients with congenital heart disease (CHD) to dramatically improve their health and life longevity, but at the same time a great number of patients still complain of weakness, fast tiredness, bad mood and low quality of life.

Aim: to identify psychosocial peculiarities of low quality of life of adult patients of younger age after congenital heart surgery.

Methods. The study involved 65 patients $18 \pm 1,8$ years of age with surgically corrected CHD. The psychodiagnostics included the study of the quality of life and the identification of signs of anxiety and depression in the patients.

Results. We identified gender differences in the quality of life of young adult patients with CHD, namely every day activities of men is significantly limited due to their physical condition which either precedes or follows the worsening of their emotional status, while women have rather high indices of life quality. Young adult patients with surgically corrected CHD display significant limitation of social contacts, decrease of communication levels due to the worsening of their physical and emotional condition. 42% of male and 50% of female patients displayed the symptoms of anxiety and/or depressive disorders.

Conclusion. The implementation of active and timely psychodiagnostics and psychocorrection measures to help adult patients with the inborn congenital heart disease after the surgery to improve their quality of life.